

# MY FUTURE MY FAITH

Navigating  
the transition  
from high  
school to  
college

- College search timeline
- How to pay for college

**3** areas to explore  
on a campus visit  
and so much more!



[NewmanGuide.org](https://NewmanGuide.org)

Explore the advantages of  
a faithful Catholic college

THE  
**Cardinal  
Newman**  
SOCIETY



# HOW TO NAVIGATE THE COLLEGE SEARCH



What if you could find an ideal college, one that sets you up for success in your faith, family and livelihood?



**What do you want out of life?**

**Can the next four years help get you there?**

If college is your next step, you have several different options, including attending a secular or Catholic college. But all paths aren't the same, and your college choice could have significant impact on your faith and future! Consider this:



About **85** percent of Catholics leave the faith after college graduation.



It's during college that many Catholics slide away from prayer, Mass attendance and Catholic beliefs—especially on secular campuses.

**What if a college could help you:**

*prepare for a career and vocation*

*make good, lifelong friends*

*have genuine, clean fun*

*grow in your faith and maturity*

**and become the special person God wants you to be!**



Of course, it doesn't have to be this way. There's a great Catholic college out there, just right for you!

**We'd like to help you find it.**



This is possible at a faithful Catholic college, like those recommended in The Newman Guide ([NewmanGuide.org](http://NewmanGuide.org)).

**Let's take a look.**

# ACADEMICS

The courses you take in college—and the professors who teach them—vary greatly from place to place. College is a big investment! You want to be sure that a college’s academic program prepares you for career and life.



Faithful Catholic colleges offer a wide variety of majors, each beginning with an inspiring core curriculum focused on the liberal arts. You’ll study the great works of mankind and come to a fuller understanding of God, creation, philosophy, history and science.



Today, most colleges hold biases in nearly every subject area. They’ve abandoned a traditional core curriculum in the liberal arts. They push ideologies that are often anti-Christian.

You’ll learn facts and the reasons behind the facts. You’ll learn skills and how to serve humanity in your career. You’ll learn how to think clearly and rationally in any situation.



## But the best colleges aren’t afraid of truth and Catholic ideas:

- They teach theology and philosophy alongside science and the humanities.
- They consider the ethics of every discipline.
- They teach reasoning and communication in addition to facts and skills.

At the faithful Catholic colleges recommended in The Newman Guide, every subject begins with the truth of God and creation—from engineering to nursing to business.



93%

Studies find that 93% of employers value critical thinking skills more than a person’s college major. And consider these recent headlines:

Why Hiring Managers Value a Liberal Arts Education  
*(Times Record News)*

Lesson of the Day: “In the Salary Race, Engineers Sprint, But English Majors Endure”  
*(New York Times)*

Yes, Employers Do Value Liberal Arts Degrees  
*(Harvard Business Review)*

Studying STEM Isn’t the Career Boost We Think  
*(Forbes)*

Liberal Arts Degree? No Degree at All? You Are the Perfect Candidate for a Tech Job  
*(CNBC)*

Why Liberal Arts Is Critical for Building a Successful Business Career  
*(Forbes)*

# DORM LIFE

**Did you know that students typically spend only 15 hours per week in the classroom?**

The rest is spent elsewhere, which is why it's important to consider the quality of dorm life.

Binge drinking, drug use and the hook-up culture are common on most college campuses. College students report high rates of sexual activity, STDs, pregnancies, abortions and sexual assaults.



**That's no way to grow in faith and maturity!**

**What you'll find at the Newman Guide colleges:**



At faithful Catholic colleges, chastity and clean living are encouraged. Most of them provide single-sex dorms, which most other colleges have abandoned. Even more helpful, some preserve the privacy of bedrooms, forbidding opposite-sex visitors at all times of the day. We think this is ideal—a common-sense, traditional practice that protects privacy, chastity and safety.

No one wants to believe it will happen to them, but it's important to be aware that sexual assault is a big problem on college campuses today. Consider this:



College-aged females have the highest rates of sexual assault.



Most sexual assaults in college take place off campus, but about a third occur within student dorms.



Two key factors are associated with sexual assault: drinking and casual sex.



On college campuses, more than half of forced sexual assaults and 90 percent of assaults on incapacitated victims take place after midnight. Most others occur after 6 p.m.



Reasonable dorm policies can go a long way in helping prevent sexual assault, but most colleges offer only co-ed dorms and allow visitors in dorms, even late at night. Consider choosing a faithful Catholic college that protects bedroom privacy and the safety of students.



## SPIRITUAL LIFE



### At a faithful Catholic college:

- Four years immersed in a truly Catholic culture where faith and virtue are promoted.
- Courses in which the truth about God and creation are fully integrated, allowing insights that are excluded from secular education.
- Campus ministry that often provides access to multiple priests and religious, Mass and Confession throughout the week, Eucharistic adoration, celebration of religious feast days and counseling at all times of the day.
- Campus life that is conducive to Christian living and study.
- The assurance of fidelity to Catholic teaching and practice across the entire education.

If you go to a secular college, be sure to seek out the Catholic center or local parish and take advantage of the opportunities for Mass, Confession, counseling and good friendships.

But as good as a Catholic center might be—and the quality can vary greatly, so be sure to investigate—it can never offer all the advantages of a faithful Catholic education.

## CAMPUS LIFE

Life outside the classroom should be fun and exciting—and it should help you grow into adulthood. Clubs, sports and social time prepare you for life, career and vocation.

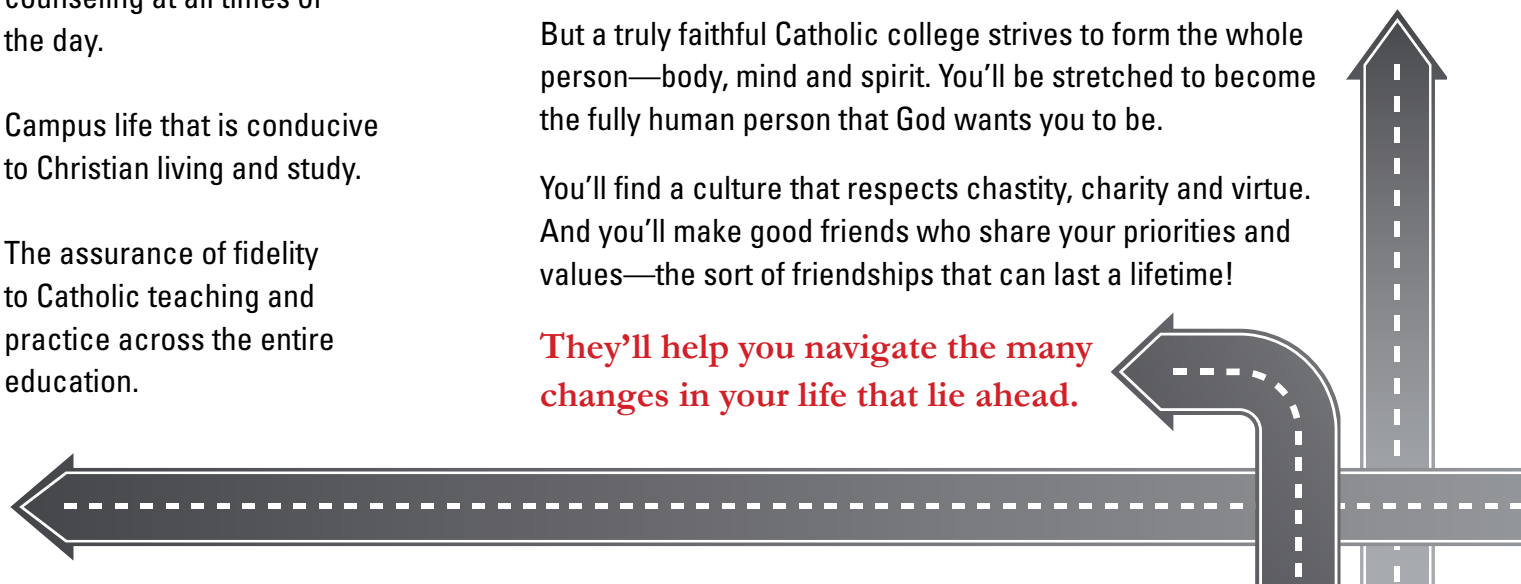
On most college campuses, the lifestyle strongly contradicts Catholic values. Even many Catholic colleges host student clubs, performances, campus speakers and events that oppose Catholic teaching.



But a truly faithful Catholic college strives to form the whole person—body, mind and spirit. You'll be stretched to become the fully human person that God wants you to be.

You'll find a culture that respects chastity, charity and virtue. And you'll make good friends who share your priorities and values—the sort of friendships that can last a lifetime!

**They'll help you navigate the many changes in your life that lie ahead.**



## BOTTOM LINE

**A lot of colleges are known for providing a good education.**

**But what is “good”?**

The standards have changed a lot in recent decades, but the faithful Catholic colleges recommended at NewmanGuide.org have never abandoned the **True, Good and Beautiful.**



If large numbers of students lose their faith in college—or they fail to become wise and virtuous—then are they really getting a “good” education? And at what cost? Tuition is not the only concern.

Thankfully, there are colleges that provide a “good” and affordable education in the very best sense. A faithful Catholic college can prepare you to become a leader in your family, workplace and community. Meanwhile, it helps prepare you for eternity in Heaven!

Be sure to check out the colleges in this magazine and at NewmanGuide.org, where you will find extensive information about each of the faithful Catholic colleges that is recommended.

There is no cost for the service. We simply want every Catholic family to know about these great college options! Families nationwide are discovering the unique and enormous value of faithful Catholic education.

## COLLEGE SEARCH TIMELINE

### ➤ Fall of your junior year

- Take the PSAT
- Start making a list of colleges you are interested in, especially from those recommended as faithful Catholic colleges at NewmanGuide.org
- Start coming up with a standardized testing plan
- Begin looking at financial aid options
- Sign up for The Cardinal Newman Society’s “Recruit Me” program

### ➤ Winter and spring of your junior year

- Continue to look for scholarships, ask colleges about special scholarship weekends or competitions
- Narrow down your list of colleges and set dates to visit during the spring
- Take the SAT/ACT/CLT

### ➤ Summer between your junior and senior years

- Attend a summer “experience” at one or more colleges that you’re interested in

### ➤ Fall of your senior year

- Submit FAFSA form for aid as soon as possible after Oct. 1st
- Re-take standardized tests if you need to raise your score
- Get letters of recommendation
- Gather application essays, recommendations and forms
- Complete applications

### ➤ Winter and spring of your senior year

- Compete in the Newman Society’s \$5,000 Essay Scholarship Contest
- Complete any last-minute applications
- Compare your options and decide!



# SO MANY CHOICES: Which college is right for you?

Now is the time to start exploring faithful Catholic colleges at [NewmanGuide.org](http://NewmanGuide.org), so you can discover which one will be a good fit for you. Every college is different!

## Finding the right college begins with knowing yourself:

Who are you, and what do you need to be successful?

Is God calling you toward a particular path, and what are your goals for the future?

Which college serves your needs will depend on your answers.

### CONSIDER YOUR PERSONALITY

Are you an extrovert or an introvert? Will you succeed in small classes or in larger ones?

Are you self-motivated, or do you need more structure to succeed?

Faithful Catholic colleges range in size from nearly 100 students to more than 9,000 students. Some are on small campuses in the heart of a city, while others are on sprawling campuses in rural areas.

Consider your personality and the environment that would best help you succeed.

### REFLECT ON YOUR FAITH

Is your faith as strong as a rock, or is it shaky? Do you prefer a particular kind of liturgy—like praise and worship, or more traditional Masses? What will keep you praying and going to Mass?



Are you tempted by certain kinds of sins? What environment will help you avoid them?

Faithful Catholic colleges offer a campus environment that can help you sustain and deepen your faith. You'll experience true Catholic culture and community.

### EVALUATE YOUR GOALS

Faithful Catholic colleges provide a strong liberal arts foundation, rooted in the Catholic tradition. This not only prepares you for a career but also for life.

You can also choose from a wide variety of majors at faithful Catholic colleges, each integrating faith and reason. You'll be prepared for more than a career. You'll be prepared to respond to ethical dilemmas, solve problems, keep your priorities straight and evangelize the culture. Pursue your calling!

Are there particular sports, clubs or activities that you want to participate in during college? Consider what might be most valuable to you.

### TAKE THE NEXT STEPS

Once you have a good idea of what you're looking for, the next step is to dig in and research the colleges that are on your short list. Check out the Newman Guide online ([NewmanGuide.org](http://NewmanGuide.org)) and study college websites.

But don't stop there! Be sure to talk to college professors and staff in addition to admissions officers. Go ahead, email or call them.

Use social media networks to ask current and recent students about their experiences.

Then visit your favorite colleges—the most important part of your search. Look at the campus, but also be sure to ask a lot of questions about everything you still need to know.

Searching for a college doesn't have to be difficult, but it does require thought, research and soul searching. Pray for guidance! With your parents, decide on a college that will provide a strong education and bring you closer to Christ.

# BIG MONEY, HARD CHOICES

The following is adapted from an article by financial counselor Phil Lehahan. It can be read in its entirety at [NewmanGuide.org](http://NewmanGuide.org).

Today most Americans view a college education as a ticket to a particular profession or at least a higher-paying job.

Period.



There's no disputing the fact that what one chooses to study in college can have a significant impact on future career decisions, especially in the decade or so immediately following graduation. This is an important consideration, especially given the rising costs of tuition and other expenses and competition for jobs.

Nevertheless, anyone interested in choosing a Catholic college clearly is thinking beyond

career choices. There are many important benefits—ultimately more important than career—to attending a faithfully Catholic college.

So it is a mistake to view a Catholic college education as nothing more than preparation for a lucrative job, but to be realistic, it is also impossible for most students to separate college decisions from the implications for future employment and wellbeing. As long as it is put in the proper context, a college's impact on a student's future employment and income deserves serious consideration.



# PAYING FOR COLLEGE

When it comes to a genuine Catholic education for our children, finances play a key role in two ways. First, as parents, we have responsibility for providing the resources which allow our children to obtain a solid Catholic education, or helping students find ways to pay for college when we cannot. Second, we are called to be a living example when it comes to applying Godly principles in the area of money management.

You need to decide for yourself whether and when it makes sense to go into debt, and how much debt is reasonable. I strongly believe in minimizing one's debt, but it can make sense to use debt prudently when you're purchasing an appreciating asset. Most often, this relates to the purchase of a home and possibly investment real estate, but it also holds true for obtaining a higher

Prepare for career, but also for life.

Consider student's particular calling.

Look beyond sticker price of college.

Apply and consider scholarships and financial aid.

Invest wisely in Catholic formation.

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education. Many studies have shown that a college degree adds to one's earning potential over the years—although this is only true in the aggregate, and there are many particular instances where a college degree does not significantly increase earning potential for an individual. So taking on some debt to obtain a college degree can make sense in some circumstances if done prudently.

I am concerned that today's parents and students are too easily accepting more debt than they should as part of the financing package, especially when it comes to a degree that, on its own, doesn't point to an adequate income to pay

the debts off in a reasonable time frame. Handling \$50,000 in student loans is very different for an attorney than it is for a teacher at a Catholic school. While there are certainly no guarantees that the lawyer's career path will work out, one can make reasonable assumptions. It is pretty clear that a teacher at a Catholic school will have a limited income, and heavy debts will be an incredible burden.

When the income is expected to be limited, I would look for a plan that can repay the debt in a period of three to five years after graduation. That may mean some pretty radical lifestyle decisions immediately after college to keep expenses incredibly low so that the debts can be repaid quickly.

My sense is that student debt in the range of \$15,000 is reasonable in such a situation. With an educational plan where a higher income can at least be anticipated, additional debt is highly likely and is probably reasonable.

**You might be surprised by the generous scholarships and grants available at faithful Catholic colleges. Many boast net prices that are no different than their secular counterparts.**



Debt is not the only option for paying for college expenses. The federal government has enacted various legislation designed to ease the financial burden of higher education, including the Hope Scholarship Credit, Lifetime Learning Credit, Educational IRAs and 529 Savings Plans. Several states have additional savings and financing plans worth looking at.

And don't forget the possibility of scholarships and grants. Depending on your scholastic abilities and extracurricular activities, as well as your

financial situation, these may provide a substantial portion of the overall college cost. The Knights of Columbus offers a generous scholarship program for members' children attending Catholic colleges. Ask your prospective college about special grant opportunities—often they are not well-promoted—and check around in your local community and with your employer. Often students must apply for scholarships well in advance of the academic year. The College Board's website, [www.collegeboard.com](http://www.collegeboard.com), can be a very helpful tool for better understanding how you can pay for a college education.

Your son or daughter can help too. I'm a big believer in the student playing a substantive role in paying for their education. They may have a greater appreciation for their education if they pay for a portion of it. That means work-study programs when possible, summer work, keeping living expenses low during the college years and having a plan immediately after the college years to aggressively tackle the debt incurred.

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## INVEST WISELY IN CATHOLIC FORMATION

As a parent, I want certain outcomes from higher education for my children. I want a Catholic college to help my son or daughter develop into a Godly young adult with a deep love for Our Lord and the Catholic Church, and to be prepared to contribute to society as a responsible adult using his or her talents in an appropriate way. I can do that within my financial means, even if it requires giving up some of the prestige and trappings of expensive private colleges, or perhaps delaying college to avoid costly debt.

If you are committed to a Catholic education but simply don't have the resources, consider enrolling for the first two years to get a solid Catholic, liberal arts foundation and a healthy campus environment, then transfer to a state university to finish a major. Or consider a community college for the first two years, during

which the student can continue to live at home and save money. Both options are not ideal, but they can be ways to dramatically reduce the overall cost of college.

And I have great news: many of the colleges that are recommended in The Newman Guide are less expensive than comparable institutions, and Catholic educators are typically committed to helping families with generous financial aid packages.



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*Phil Lenahan, treasurer at Catholic Answers and president of Veritas Financial Ministries, has counseled many families on financial issues. His extensive background in accounting included overseeing the finances of a \$250 million division of a Fortune 300 company. He is the author of Seven Steps to Becoming Financially Free: A Catholic Guide to Managing Your Money which is available through Our Sunday Visitor.*



## The Cardinal Newman Society's \$5,000 Essay Scholarship Contest

The Cardinal Newman Society offers an Essay Scholarship Contest exclusively for high school juniors and seniors.



High school students must sign up for our "Recruit Me" program ([NewmanSociety.org/RecruitMe](http://NewmanSociety.org/RecruitMe)) to participate.

The winner of each year's Contest is awarded \$5,000 toward the cost of attending one of the institutions recommended in The Newman Guide. Additionally, several of the Newman Guide colleges have agreed to supplement the Newman Society's scholarship with additional \$5,000 grants over three additional years.

Learn more:

[NewmanSociety.org/EssayContest](http://NewmanSociety.org/EssayContest)



## POPULAR MAJORS, SPORTS AND ACTIVITIES AT NEWMAN GUIDE COLLEGES

**The colleges recommended in The Newman Guide (NewmanGuide.org) are strong in theology and the liberal arts. You can also...**

### **...major in engineering.**

“Catholics need to succeed in the sciences to make an impact on the most important developments of our time,” says Stephen Minnis, president of Benedictine College. “Students don’t just learn information or a skill—they become the person God wants them to be and the world needs.”

### **...compete in intercollegiate athletics.**

“The objective of any sport is to win. But while the objective of the game is to win, the purpose of the game is to become what we were created to be,” says the University of Mary.

### **...excel in a nursing program.**

In a society that lacks respect for the dignity of all human life, it’s extremely important that Catholic college nursing programs integrate Church teachings and prepare students for the ethical dilemmas they may face in the workplace.

### **...prepare for military service.**

Serving our country is a noble calling, and several faithful Catholic colleges help put students on the path for careers in the military.

### **...become a teacher.**

Graduates of liberal arts programs and education programs at Newman Guide colleges are not only well-prepared for a teaching career but are also found in the classrooms and at the helm of several faithful Catholic schools across the country.

### **...explore the visual and performing arts.**

Belmont Abbey College says that through dramatic arts, students “nourish their minds and spirits, develop a deep understanding of the human person and comprehend the beauty of God as expressed through imaginative creation within the framework of theatre.”

### **...study business.**

Dr. Andrew Abela, dean of the Busch School of Business at The Catholic University of America, says, “All of business, including accounting and finance, is properly understood to be oriented to serving the human person, whether that person be customer, employee, supplier, investor or neighbor.”

### **...and so much more!**

Read the FULL ARTICLE online at NewmanGuide.org to learn which Newman Guide colleges offer particular majors, sports and activities.



# HOW TO MAKE A GOOD CAMPUS VISIT



We cannot overstate the importance of making a thorough campus visit before choosing to attend a college! This visit should include an official tour, during which you can ask the questions that matter to you. Try to also talk to other students and professors off the tour to get their take on various aspects of campus life. If you can, spend at least one night in the dorms on a Friday or Saturday to get a clear idea of the campus environment.

## Three key areas to explore:

### STUDY THE ACADEMICS

A solid core curriculum, including strong philosophy and theology courses, is essential to an authentic, integrated Catholic education and should prepare you for success in any field. Ask about what courses are included in the core curriculum, what's required for your major and try to meet some of your future

professors. Ask for examples of graduates who are excelling in their careers.

### LEARN ABOUT THE DORMS

It's important to consider the quality of dorm life. You should look for single-sex dorms and dorm policies that either prohibit or greatly reduce opposite-sex visitation in the dorms.



Studies have proven that single-sex dorms can help reduce binge drinking and the hook-up culture. Additionally, limiting visitation in the dorms promotes privacy, chastity and safety.

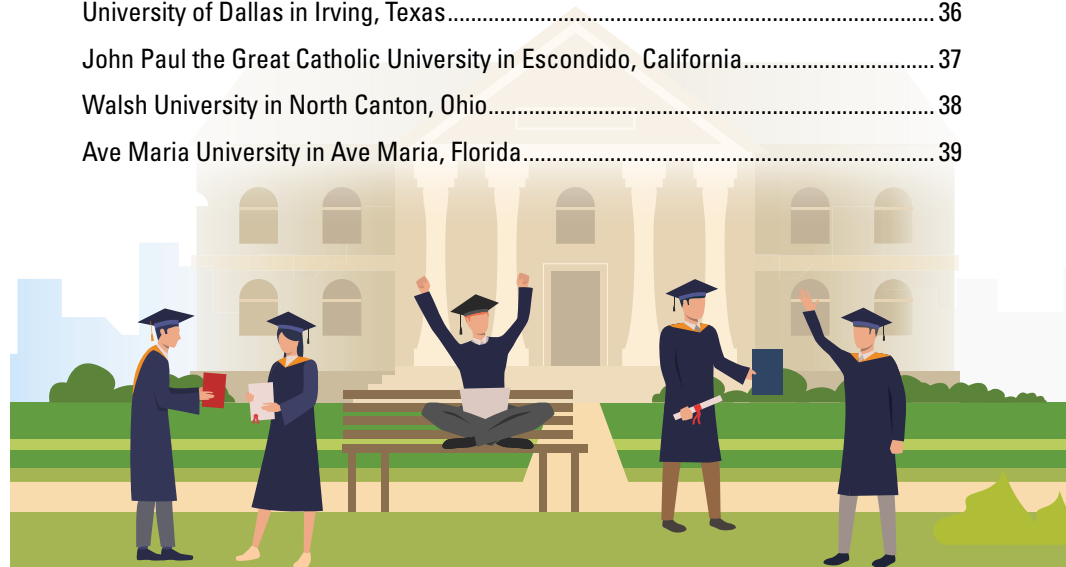
### CONSIDER YOUR FAITH

College is a crucial time for students to either make the faith their own or lose their faith. Will this campus be a place where you will find friends who will support you in the faith? Check out what attendance is like for Mass on campus, and explore the schedule for Mass, adoration, confession and other spiritual opportunities.

# COLLEGES RECOGNIZED IN THE NEWMAN GUIDE

In-depth profiles of all the faithful Catholic colleges recognized by The Cardinal Newman Society can be found online at [NewmanGuide.org](http://NewmanGuide.org). Several of the colleges have also sponsored the printing and distribution of this magazine. The featured sponsors can be found on the following pages:

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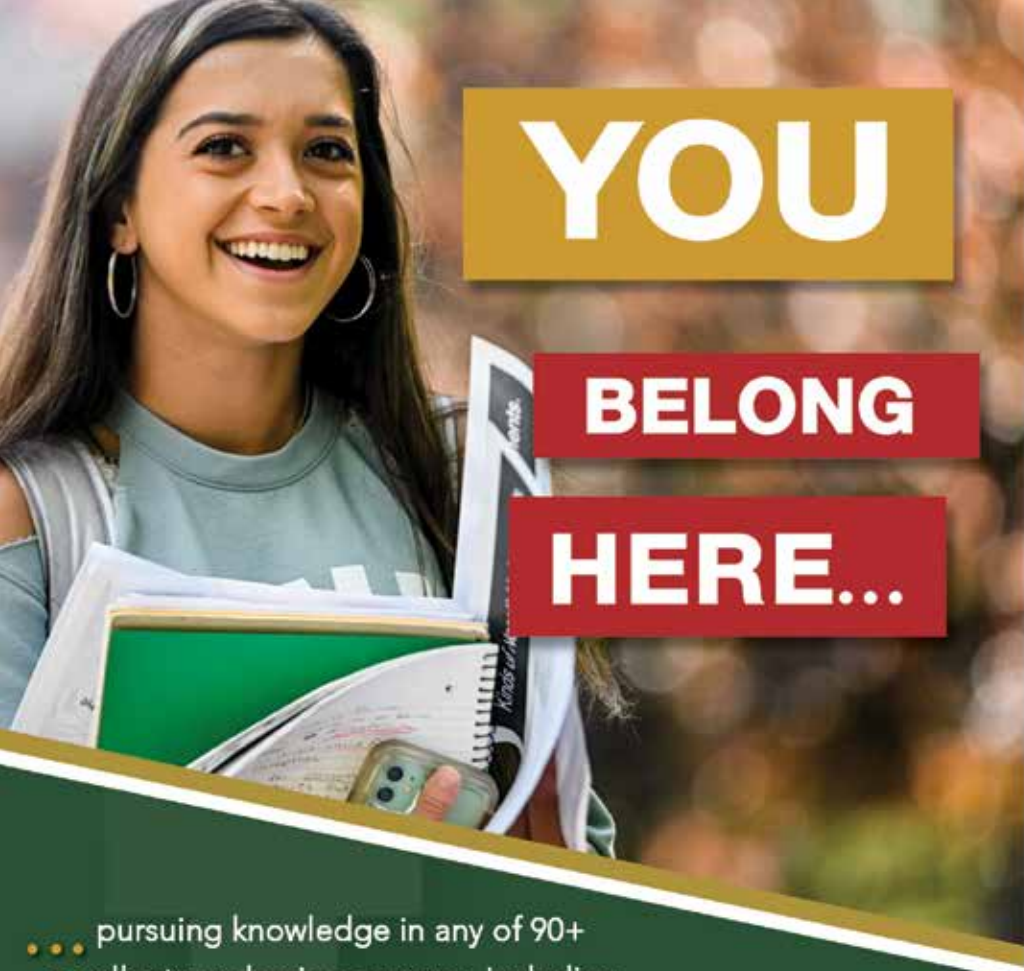
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## In USA Today, Benedictine College Announces a New Proposed Medical School and Classical Library

In addition to forming students in the Raven Standard, Benedictine College in Atchison, Kansas, announced a new proposed medical school in *USA Today* and is building a classically designed library to promote the founding principles and the Catholic intellectual tradition.

The college is in the early stages of the proposed medical school that would be 100% faithful to the Church's teachings and 100% committed to excellence in medical care. President Stephen D. Minnis announced the new initiative in the *USA Today* op-ed "We invited Harrison Butker to speak at our college. We won't bow to cancel culture."

Additionally, the college announced that it is building a classically designed library to tell the story of America's founding principles. The library will house the college's growing collection, provide inspirational study spaces for students, and a museum quality replica of the Independence Hall Assembly Room.

It is all part of the college's "Transform Culture in America" plan. St. John Paul II in *The Church in America* said that through the intercession of

the Blessed Virgin Mary, Catholics can transform culture in America. Benedictine College took him at his word and turned the Holy Father's recommendations for colleges into a detailed, practical plan.

"We know that our students will transform culture in America. Our job is to give them the best opportunity to succeed in their personal, professional and faith lives," said Minnis.

The Raven Standard is designed to deliver the Characteristics of a Raven to students. These put the college's mission into practical terms in the lives of every student, so that by learning *community, faith, and scholarship*, they can become experts at *team-building, integrity, and competency* in the workplace, and can be better *friends, parishioners, and life-long learners* in their personal lives.

The program promotes internships, a highly effective Leadership Seminar, career fairs and the Raven Walk networking platform to help students connect with mission-fit companies and Benedictine alumni as they prepare to graduate and start out on their own.



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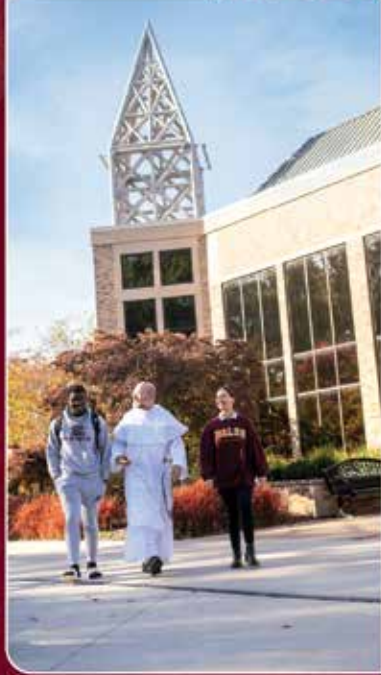
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\*2021-22 National Center for Education Statistics, IPEDS



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