



WOODLANDS ACADEMY
OF THE SACRED HEART

Discover
WOODLANDS ACADEMY



FOUNDED IN

1858

2022 NICHE RANKING

#1 All-Girls School in the State

2020 National Blue Ribbon School

Woodlands Academy of the Sacred Heart is an independent, Catholic, day and boarding, college-preparatory school.

A Woodlands education is about thinking creatively and critically – asking tough questions, making connections, delving deep into ideas. With our distinctive combination of academic excellence, opportunity, support and global studies experience, you will graduate ready to meet whatever challenges and opportunities your future holds with self-confidence and courage.

ASHLEY KOMAC '22

“ I’ve learned how to self-advocate, ask questions, be a leader, and face adversity with a level head and a clear, open mind. I truly grew into myself without losing myself, and I’m really grateful for that. ”

Discover WOODLANDS



UNIVERSITIES & COLLEGES OUR RECENT GRADUATES WERE ACCEPTED TO INCLUDE

100% college matriculation

27 average ACT score

COLLEGE-LEVEL ACHIEVEMENT

2/3 of our students took 168 AP exams in 25 subjects

FIRST YEAR OF COLLEGE SCHOLARSHIP OFFERS

OVER \$1 MILLION

WOODLANDS ACADEMY



AVG. CLASS SIZE

10 students

4 academic levels:
AP, Honors,
College Prep 1,
College Prep 2

EXCEPTIONAL
FACULTY

90%

of full-time faculty
members hold
advanced degrees

Woodlands also provides a comprehensive Learning Program that offers additional support for students with learning difficulties.

CARLEEN SIERRA '22

Being in an all-girls environment has boosted my confidence. Woodlands Academy helped me be a stronger leader for myself and my peers.

Compete AS A WILDCAT

Whether you are an accomplished athlete or brand new to a sport our Athletics program has something for you.

70% of Woodlands students compete in at least one sport

Woodlands athletics have taught me friendship, respect, and teamwork through hard work. It has helped me create new friendships through all grades and memories to last a lifetime.

-ESPERANZA GARCIA '23

TENNIS
VOLLEYBALL
BASKETBALL
SOCCER
SOFTBALL





Values IN EDUCATION

The development of an intellectual life for girls operating with a spiritual core is a hallmark of a Sacred Heart education. The aim of the Academic Program of Woodlands Academy is to instill in our students a deep respect for intellectual values, academic integrity, and a lifelong passion for learning. Woodlands Academy provides a college preparatory program that is intellectually challenging and prepares students to live cooperatively in a global society.

The academic atmosphere of Woodlands Academy is conducive to learning and stimulates engaged thinking and analysis. It promotes the active exchange of thoughts and ideas among students and between students and faculty.

Block SCHEDULE

Our block schedule allows deeper inquiry and balance of workload for our students. Additionally, we have set aside an hour of each school day for community time. Days are designated “Red” or “White.” Students attend half of their classes on each day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 01	Periods 1-4	5-8	1-4	5-8	1-4
WEEK 02	Periods 5-8	1-4	5-8	1-4	5-8

CLASS SCHEDULES

2022-2023

Regular Red/White Schedule (70 min classes)

7:15 - 7:55	Period 0 (Orchestra only)
8:00 - 8:15	Advisory
8:20 - 9:30	Period 1 or 5
9:30 - 9:40	Break
9:40 - 10:50	Period 2 or 6
10:50 - 11:50	Community Time
11:50 - 12:30	Lunch
12:30 - 1:40	Period 3 or 7
1:40 - 1:50	Break
1:50 - 3:00	Period 4 or 8
3:00	Checkout

COMMUNITY TIME

A well-rounded education dedicates time to things outside the four walls of a classroom. Our innovative block schedule's inclusion of community time allows for emphasis on topics essential to a Woodlands education.

CLUBS

SOCIAL AND
EMOTIONAL
LEARNING

COLLEGE
SKILLS

SEMINAR

SACRED HEART
TRADITIONS
AND PRAYER
SERVICES



WOODLANDS OFFERINGS

2022-2023

	GRADE 09	GRADE 10	GRADE 11	GRADE 12
ENGLISH	Literature & Composition Honors Literature & Composition	World Literature Honors World Literature	American Studies: Literature AP English Language	Rhetoric & Creative Writing AP English Literature
INTERNATIONAL LANGUAGES	ESL I, II, III Chinese I, II, III, IV French I, II, III, IV Latin I, II, III, IV Spanish I, II, III, IV	ESL I, II, III Chinese I, II, III, IV, AP French I, II, III, IV AP French Language Latin I, II, III, IV AP Latin Spanish I, II, III, IV AP Spanish Language	ESL I, II, III Chinese I, II, III, IV, AP French I, II, III, IV AP French Language Latin I, II, III, IV AP Latin Spanish I, II, III, IV AP Spanish Language	ESL I, II, III Chinese I, II, III, IV, AP French I, II, III, IV AP French Language Latin I, II, III, IV AP Latin Spanish I, II, III, IV AP Spanish Language
MATHEMATICS & COMPUTER SCIENCE	Algebra I Honors Geometry Honors Algebra II Trig	Geometry Honors Algebra II Honors Pre-Calculus AP Computer Science Principles	Algebra II Honors Pre-Calculus AP Statistics AP Calculus AB AP Computer Science A AP Computer Science Principles	College Algebra Pre-Calculus AP Statistics AP Calculus AB AP Calculus BC AP Computer Science A AP Computer Science Principles
SCIENCE	Physics Honors Physics	Physics Chemistry Honors Chemistry	Chemistry AP Chemistry Biology Honors Biology	Biology AP Biology AP Chemistry AP Physics Astronomy Environmental Science H Honors Engineering Robotics
SOCIAL STUDIES	World History AP World History - Modern	Modern European History AP European History	American Studies: History AP US History	AP Comparative Gov't AP Microeconomics AP Macroeconomics AP Psychology AP Human Geography Global Issues & Modern Media
THEOLOGY	World Religions Hebrew Scriptures	Christian Scriptures Catholicism	Christian Ethics Social Justice Women of Faith Spirituality & Ministry	Christian Ethics Social Justice Women of Faith Spirituality & Ministry
FINE ARTS	Orchestra Freshman Fine Arts	Orchestra Art I Ceramics I Chorus Honors Film Making Photography I Piano I AP Music Theory	Orchestra Art I, II Honors Advanced Studio Art Ceramics I, II Honors Chorus Film Making Photography I, II Piano I AP Art 2D AP Art Drawing AP Art History AP Music Theory	Orchestra Art I, II Honors Advanced Studio Art Ceramics I, II Honors Chorus Film Making Photography I, II Piano I AP Art 2D AP Art Drawing AP Art History AP Music Theory
PHYSICAL WELLNESS	PE & Health	PE & Health	PE Elective Health Junior College Skills	PE Elective Health Senior College Skills

Access TO THE WORLD

Woodlands is part of the worldwide network of Sacred Heart schools in 41 countries. The school's Center for Global Studies taps into this global network to offer one-of-a-kind global education opportunities.

It offers a comprehensive academic and experiential program that cultivates global competencies and cross-cultural communication thus equipping graduates to navigate and flourish in a rapidly changing global landscape.

IDA PSENCIK '25

Woodlands Academy and their Global Studies program have allowed me to fly out of the nest in safe environments that allow me to grow and nourish my love of learning and adventure. It has allowed me to create and expand on previously unthinkable things when I first started my high school journey



INTERNATIONAL EXCHANGE

ACCESS TO THE WORLD through exchanges at Sacred Heart schools across the globe including:

- | | |
|--------------------|-----------------|
| CANADA (2) | FRANCE (7) |
| UNITED STATES (23) | SPAIN (21) |
| MEXICO (6) | AUSTRIA (4) |
| PUERTO RICO (1) | ITALY (5) |
| COLOMBIA (2) | MALTA (2) |
| PERU (7) | EGYPT (5) |
| BRAZIL (2) | CHAD (1) |
| CHILE (3) | UGANDA (4) |
| ARGENTINA (2) | DR CONGO (5) |
| SCOTLAND (2) | JAPAN (7) |
| IRELAND (6) | SOUTH KOREA (1) |
| ENGLAND (7) | INDIA (8) |
| BELGIUM (4) | TAIWAN (2) |
| GERMANY (4) | AUSTRALIA (3) |
| POLAND (1) | NEW ZEALAND (1) |

on **6** continents and in **41** countries

LEGEND

-  INTERNATIONAL EXCHANGE
-  GLOBAL ODYSSEY

GLOBAL ODYSSEY

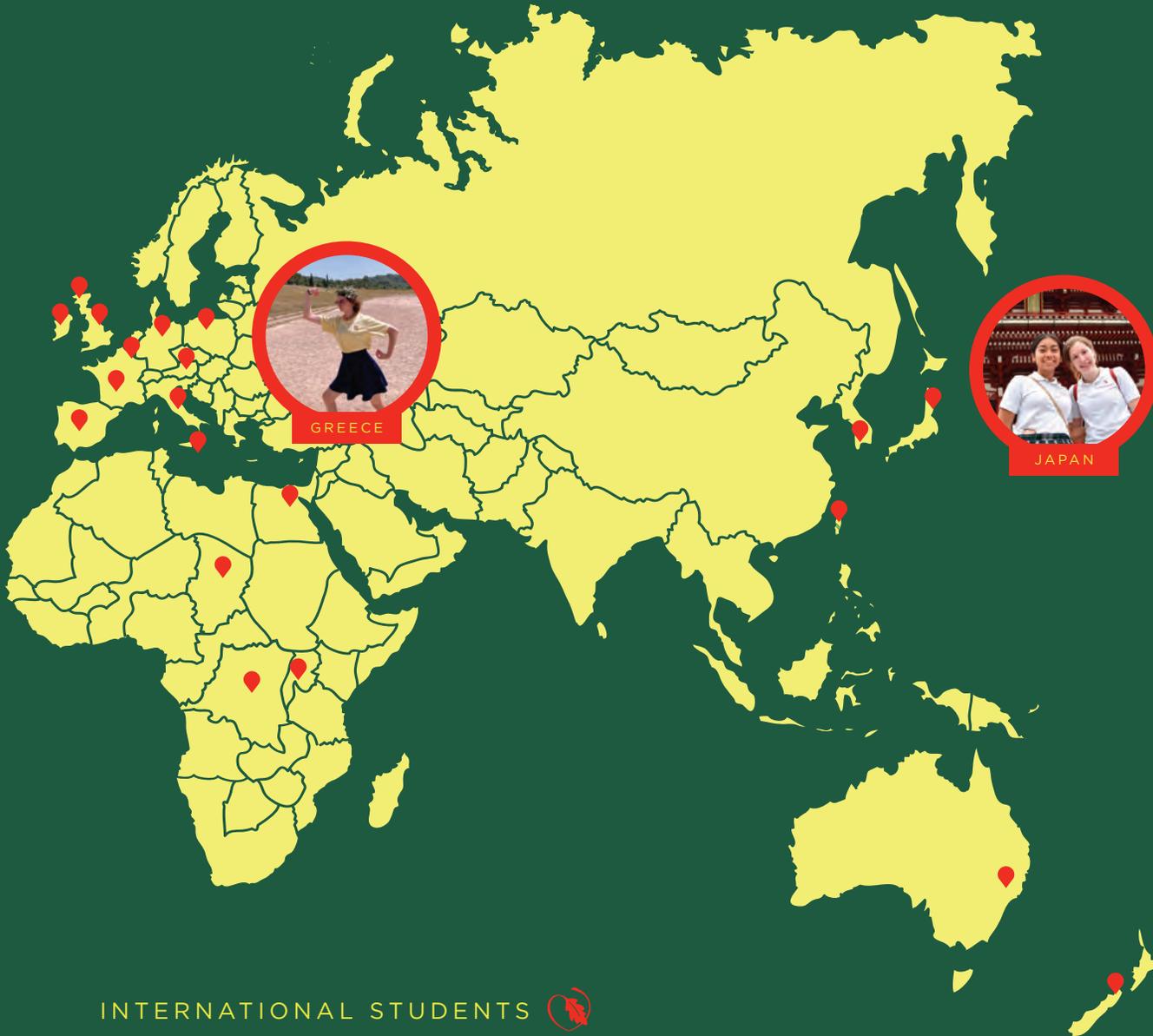
All-school global immersion experience

ACCESS TO THE WORLD through classes, exchanges, and shared global experiences

Each year, Woodlands students travel the world during Global Odyssey. During this time students travel on group trips, go on individual exchange, or take a class of global significance.

100% *of students are involved in at least one of the Center for Global Studies program*

55% *of Woodlands Students traveled during Global Odyssey in 2022 to Alaska, the Galapagos, and Greece.*



INTERNATIONAL STUDENTS

ACCESS TO THE WORLD through learning and living in a global community

27 *The number of nations represented in our academic community providing an immersive global experience every day.*

WE ARE Sacred Heart



In 1800, Saint Madeleine Sophie Barat founded the Society of the Sacred Heart and opened its first schools in France. In 1818, Saint Rose Philippine Duchesne, made the treacherous crossing over the Atlantic to found the first Sacred Heart School in North America. Today, her legacy is lived out each day in the 25 Sacred Heart schools in the U.S. and Canada.

Our identity as a Sacred Heart school ties us to a rich tradition of educating young women and gives our students access to a global network of students and educators.

To learn about some of our students' favorite traditions visit WOODLANDSACADEMY.ORG/CAMPUSLIFE

A CATHOLIC SCHOOL OPEN TO ALL FAITHS

155+
Sacred Heart Schools

in

41
Countries



Pursue THE ARTS

The primary goal of the Visual and Performing Arts at Woodlands is to foster creative intellect and passion for the arts.

Students are encouraged to audition for Woodland's co-curricular choral groups and our theater productions. Our students participate in music and visual art competitions, and are encouraged to submit their work to local juried visual art exhibitions. Additionally, Woodlands students do not have to choose between pursuing co-curricular arts offerings and playing on an athletic team; they can do both, and are encouraged to do so!

CREATIVE OPPORTUNITIES

**TRADITIONAL DARKROOM
AND DIGITAL IMAGING LAB**

CERAMICS STUDIO

3 CHOIRS
(INCLUDING COMPETITIVE SHOW CHOIRS)

ORCHESTRA

FALL PLAY

SPRING MUSICAL

ROBUST FINE ARTS OFFERINGS
(SEE FULL LISTING ON ACADEMIC OFFERINGS PAGE)



Living ON CAMPUS

The Residence Life Program at Woodlands offers students a home away from home. Proximity to a world-class city provides abundant opportunities for cultural events, shopping, and fun while our picturesque Lake Forest campus provides an idyllic place to live and learn.



20% of Woodlands students reside on campus

WHAT ARE SOME OF THE BEST THINGS ABOUT LIVING ON CAMPUS?

The boarding program helped me develop new friendships and made me more comfortable being myself

-VICKY NGUYEN '24

The community here is really great and I consider them my second family.

-SARA BULT '25

I was instantly welcomed in and surrounded by people I knew would be there for me 24/7. I always love our group talks, Target trips, and hanging out. Since I've been here, it enables me to be my truest self, and I know I am surrounding myself with genuine people, and people that I call and consider my family.

KJ MILLER '25



FIND YOUR *Passion*

At Woodlands, there really is something for everyone. From Service Club to Robotics, Scholastic Bowl to Poets & Playwrights — there are countless ways to be involved.

100%

of students participate in multiple clubs

Math team placed in the

TOP 10

in the Illinois State Competition in 2022

STEM

IN & OUT OF THE CLASSROOM

8 AP Math & Science Classes, Mathcats, Robotics, STEM CLUB

ADMISSION AMBASSADORS
BAKING CLUB
CAMPUS MINISTRY
BEST BUDDIES
KALEIDOSCOPE (VARSITY CHOIR)
MICROSCOPE
CLASSICS CLUB
MUSIC MINISTERS
POETS & PLAYWRIGHTS
SERVICE CLUB
SOPHIE'S SINGERS
SPIRIT CLUB
WACOR (WOODLANDS ACADEMY COUNCIL OF REPRESENTATIVES)
YEARBOOK
AND MORE...

Life ON CAMPUS



29 MILES / **38** KM *from O'Hare
International Airport*

Accessible by **2** Metra lines and
7 minutes from Lake Michigan

41 ACRES
in Lake Forest, IL





COME SEE FOR *Yourself!*

Visit us online and plan to join us on campus!

WOODLANDSACADEMY.ORG/ADMISSION



WOODLANDS *Change* GIRLS THE WORLD

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