

# Intensive Level Formation for Christian Service

## METHODOLOGY

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The intent of the Intensive Level courses is to present Catholic teaching in a manner that not only informs, but also helps to form the spiritual life and practice of the participant. We begin with the assumption that participants come with a history of God's action in their lives, and that continued growth in faith and skills for ministry is their goal. Therefore, the following principals are the foundation for our methodology.

1. All sessions are grounded in respect for each individual's unique history, spirituality, and previous learning. Therefore the contributions of participants as well as those of presenters will be valued.
2. There are many ways of learning, so we make strong efforts to accommodate the participants' different learning styles by using a variety of teaching techniques.
3. A balance of presenter input (such as lectures, videos, presentations) and active involvement of the participants (such as small or large group process) has proven to be the best means of achieving the most learning. At least one third of the session time is therefore devoted to active involvement of the participants.
4. Frequent stretch breaks (about one every hour) and one longer break (about 15 minutes) each morning and afternoon help keep participants fresh and alert.
5. A time of prayer that is organized around the theme of the day is an essential part of each session. It can be at the beginning, the end, or some other part of the session. Using different prayer forms and styles of praying exposes the participants to new ways of praying and models creativity in the use of prayer in ministerial settings.
6. Theological Reflection is our preferred method for learning and assisting others in their learning. We ask presenters to design their sessions according to this method whenever possible.
1. Integrated into each session of the curriculum are: the Word of God as it comes to us in Scripture; the teachings of the Church as expressed in the *Catechism of the Catholic Church*, [usccb.org/.../catechism/catechism-of-the-catholic-church](http://usccb.org/.../catechism/catechism-of-the-catholic-church).
7. cultural implications and applications to the content; and the justice dimension of all Catholic teaching. Presenters are encouraged to plan their sessions to reflect this integration.