

## Dimensions of Integral Formation®

Integral Formation is a proven method involves the concentrated, systematic and directed way of educating children who become capable of projecting God's love into the wider community and culture around them. It lays the foundation and provides the opportunity for the Holy Spirit to work in the essence of the human person: the intrinsic powers of intellect and will.

**Intellectual Formation** is the formation of the well-formed mind. A well-formed mind achieves the essential purpose of the mind: the discovery of what is true. Your child will be encouraged to exercise each facet of his intellect through analysis, synthesis, relation and expression. At Everest, we educate students to have the mind of a leader: one who not only discovers truth but can also communicate, convince and lead others to the truth.

**Human Formation** focuses on forging integrity of character, which is the true foundation of joy. This is done through developing leadership skills, forming habits of virtue, and fostering personal responsibility and internalized discipline. Human formation is intended to make our students men and women of principle, a true leader, an asset for today and a necessity for the world of tomorrow.

**Spiritual Formation** guides students to recognize the work of God in their lives and encourages a close and personal relationship with Jesus Christ. This formation occurs in a spiritual environment that encourages the life of grace through daily prayer and practice of virtues, opportunities for sacraments, and theology classes that study the fullness of Catholic faith in all its richness.

**Apostolic Formation** is generosity of self to Christ. Apostolic formation at Everest brings Intellectual, Human and Spiritual formation into harmony by providing the opportunity to discern Christ's plan for a student's life, embrace that plan and to bring others to know Him as well.