

Did you say H.F.T ?

Human and Spiritual Formation

« If I had fifty-three minutes to spend,
I would walk slowly toward a well," said the little prince. »

Saint-Exupéry



Elementary level: 30 minute session every Tuesday (optional)

Character Education

Character education encourages individuals to open themselves to others, cultivate generosity, and engage meaningfully in human relationships. It fosters the ability to ask for and offer forgiveness, to resist selfishness, and to reject dishonest behavior. Ultimately, it supports the development of a freer, more authentic self — one who seeks to see beyond outward appearances. As the well-known quote reminds us:

“One sees clearly only with the heart. What is essential is invisible to the eye.”

Catechetical Education (at the request of the parents)

What benefits does catechetical education offer my child? Catechesis gently guides children in coming to know the person of Jesus Christ. Through this process, they learn to embrace values such as love, sharing, freedom, personal responsibility, and authentic human relationships.

They are introduced to the Bible and the message of the Gospel, discovering that they are beloved children of God. They also learn how to encounter God through prayer, as well as how to listen attentively and engage respectfully with others.

Middle and High School: 55 minutes per week

Themes Covered by Grade and Class Level

Deepening self-awareness and understanding of others

Reflecting on how I see myself — and how I am seen by others and by God. How do I view them in return?

Facing “storms” — how do I respond to inner and external challenges in life?

How can I cultivate inner peace and live in peace with others?

What are my deepest desires? What values am I pursuing? What gives meaning to my life?

What does it mean to be truly human? What insights does religion offer on this fundamental question?

Learning from witnesses — individuals whose lives inspire and lead us forward

I-Brand Program (Middle School, Once a Month)

Organized by the Archdiocese of Seoul

The I-Brand program is an interdisciplinary educational initiative offered once a month for middle school students. It provides opportunities for discussion and hands-on activities on a variety of important themes such as:

- Identity
- Human rights
- Ecology
- Personal and social responsibility

Practical (Experiential) Education

Offered upon parental request or consent

The Xavier Apostolate accompanies children in missionary activities and preparation for the sacraments.

The Catholic Student Association (KYCS-CELL) of the Archdiocese of Seoul provides faith-based activities for middle and high school students.