

2025-26

THE LAUNCH



 **SAUGANASH**
STUDY CENTER

THE LAUNCH

The Launch gives you the practical, intellectual, and moral foundation to be a man of character. Through a combination of seminars, one-on-one mentoring, and presentations by leading professionals, it helps you develop the ideals, habits, and skills necessary to be successful in college and later on as a professional, a friend, and a father.

The Launch is a seminar series and mentoring program that helps young men take advantage of their high school years to forge the character that will prepare them to face the future life challenges of professional work, friendship, marriage and fatherhood, and responsible citizenship with a generous spirit of service and dedication to others. Throughout its four-year curriculum, The Launch emphasizes that the decisions and commitments high school students make play a pivotal role in shaping them into the men they will become.

Freshman Mentoring

Each participant is assigned a mentor at the beginning of their freshman year. During freshman year, the mentor meets individually with him once a month. Mentors help participants to apply the principles covered in each seminar to their everyday lives through practical and measurable monthly goals. Mentors focus on guiding participants to greater self-knowledge and challenging them to form the habits that will define their character. Mentoring sessions last about 30 minutes and take place at Sauganash Study Center. Mentoring is not formally offered after freshman year. Participants may arrange with their mentor to continue to meet on a basis that both the mentor and mentee agree upon.

EDWIN CARBAJAL

Junior Program Director
BA, Biology, Princeton University
MSBS, Microbiology, Icahn School of Medicine at Mount Sinai

PAT HEALY

Sophomore Program Director
BA, Economics & Finance, University of Dallas

PHILIP SPENCE

Freshman Assistant Director
BArch, Architecture, University Notre Dame MS, Architecture, Columbia University

NICK ABOUCHEDID

Senior Program Director
BA, Philosophy, University of Notre Dame

THOMAS BOLES

Freshman Program Director
BA, Economics, UCLA

Mentors



The Big Picture Seminar

From day one of freshman year, you make decisions — sometimes without realizing it — that will affect where you go to college, what kind of job you'll have, and even who your wife will be. This seminar will help you navigate those decisions and make the choices that will help shape you into the man you want to become.

MONDAY	TOPIC COVERED
September 15	<i>Making the Most of High School</i>
September 29	<i>Character & Maturity</i>
October 6	<i>Self-Knowledge</i>
October 27	<i>Time Management</i>
November 3	<i>What Colleges are Looking For</i>
November 24	<i>Study Habits</i>
December 1	<i>Being a Man of Culture</i>
January 12	<i>Extracurricular Activities</i>
January 28 (WEDNESDAY)	<i>Productive Use of Summer</i>
February 2	<i>Service and Leadership</i>
February 23	<i>Self-Mastery</i>
March 2	<i>Excelsior!</i>
March 30	<i>Deep Friendship</i>
April 13	<i>Treating Women with Respect</i>
April 27	<i>True Manliness</i>
May 11	<i>Freedom & Happiness</i>

The Professional Seminar

You're going to spend close to 50 years working in the profession you choose, so you want to make sure it's one that's a good fit for you. You're laying the foundation for your career already in high school, making sophomore year an ideal time to start considering your career options and how they fit with your abilities and interests. In this seminar, leading professionals discuss the challenges and opportunities that arise in their line of work, their daily responsibilities, and what you can do now to prepare for a successful career in their field.

MONDAY	TOPIC COVERED
September 22	<i>Which Career is for You?</i>
October 20	<i>Investments and Finance</i>
November 17	<i>Practicing Law</i>
December 15	<i>Understanding the Medical Profession</i>
January 26	<i>Planning for a Productive Summer</i>
February 9	<i>Starting a Business</i>
March 9	<i>Real Estate</i>
April 20	<i>Making Things Work: Engineering</i>
May 4	<i>Building and Design: Architecture</i>

Guest Speakers

JASON ELDER

Partner and Managing Director,
Performance Trust Capital Partners

NEAL MCNAMARA

Chief Executive Officer,
Virtas Partners

BRIAN DONAHUE, M.D.

Associate Director,
Emergency Department, AMITA
Health Resurrection Medical Center

PETER SPINGOLA

Partner and Founder,
Chapman Spingola LLP

College Application and Beyond

As you begin the college application process, knowing which majors are good fits for you and your professional aspirations can be a critical factor in focusing on the right college, which in turn will enable you to have a more meaningful college career. This seminar starts with presentations by current college students and recent graduates who will familiarize you with their experiences in their majors and their schools. The seminar then delves into key aspects of the college application process.

WEDNESDAY	TOPIC COVERED
September 17	<i>Choosing a Major I</i>
October 15	<i>Choosing a Major II</i>
November 19	<i>Choosing a Major III</i>
December 10	<i>Managing the College Application Process</i>
January 14	<i>Planning for a Productive Summer</i>
February 4	<i>The Art of the Resume I</i>
March 4	<i>The Art of the Resume II</i>
April 15	<i>Learning to Interview</i>
May 14	<i>Mock Interviews</i>

The Modern Man Seminar

A high school senior has two versions of himself: the one that wants to be a man, and the one that's still a boy. Can other people – at work, among your friends, in your family – depend on you? Do you have a vision for your life, one that excites you, one you actually want to live? In this seminar, participants will concretize this vision, think through the habits holding them back, and embrace the challenge of maturity. Your life is just getting started, big decisions are ahead: which version of you will make them?

WEDNESDAY	TOPIC COVERED
September 17	<i>It Starts With You</i>
October 15	<i>Embrace the Pain</i>
November 19	<i>Winning People Over</i>
December 10	<i>Talk Like a Man: The Art of Conversation</i>
January 14	<i>Becoming Interesting</i>
February 4	<i>The Man She's Looking For</i>
March 4	<i>Looking the Part</i>
April 15	<i>Vindicating Masculinity</i>
May 6	<i>Four Years for the Rest of Your Life</i>



Details

LOCATION

All seminars and mentoring sessions are held at

Sauganash Study Center

5815 N. Cicero Avenue

Chicago, IL 60646

SCHEDULE

Freshmen and Sophomore

4:30 - 8:30 pm

Freshmen mentoring will be available every Tuesday from 4:30 to 6:30 pm.

Junior and Senior

6:15 - 8:45 pm

Schedule will include time for study, dinner, and the seminar.

COST

- Freshman Seminar: **\$525**
- Sophomore, Junior & Senior Seminars: **\$375**

Financial considerations should not prevent anyone from attending. Scholarships may be requested.

TRANSPORTATION

For those interested, Sauganash will provide transportation from Northridge Preparatory School on the days of each seminar at 4:00 pm and 6:00 pm. Following the seminar, transportation to Forest Glen Metro Station and Jefferson Park Transit Center can be made available if requested in advance.

DRESS CODE

To foster an atmosphere of serious work, all students attending The Launch are asked to wear collared shirts and long pants. No t-shirts, jeans, shorts, or sandals, please.

SauganashCenter.org/Launch
REGISTER ONLINE

SAUGANASH
STUDY CENTER

FOR MORE INFORMATION

Please contact Thomas Boles at tboles@sauganashcenter.org

The Launch is sponsored by Sauganash Study Center, a supplementary education center for young men. Since 1996, Sauganash has prepared students to be men of ideals engaging the world through their professional work, friendships, and life of service. Sauganash's programs are inspired by a Christian spirit which views the world as good, sees work as fulfillment of man's nature, and emphasizes service towards one's neighbor. The Christian orientation of Sauganash's programs is entrusted to Opus Dei, a personal Prelature of the Catholic Church (www.OpusDei.org).