



# WHY CHOOSE A GIRLS ONLY SCHOOL?

## 1. Academic Focus & Achievement

- Research suggests girls in single-sex schools may participate more actively in class without the pressure of gender stereotypes.
- Leadership opportunities aren't divided by gender—girls take on every role.

## 2. Confidence & Self-Esteem

- A supportive environment helps students build confidence in their abilities.
- Girls can express themselves freely without fear of being overshadowed or judged by boys.
- Fewer social pressures tied to appearance or popularity compared to co-ed schools.

## 3. Leadership Development

- Every leadership position—student council, team captain, student leader—is filled by a girl.
- Encourages girls to develop strong voices and decision-making skills.
- Builds future confidence in professional and social environments.

## 4. Fewer Gender Stereotypes

- Academics, sports, and extracurriculars are pursued without bias or competition with boys.
- Girls are more likely to see themselves as capable in STEM, athletics, and leadership.
- Creates a culture where success is expected and celebrated across all fields.

## 5. Strong Bonds & Supportive Community

- Lifelong friendships often form in all-girls schools.
- A sense of sisterhood and solidarity can foster belonging.
- Alumni networks can provide career and personal support later in life.

## 6. Tailored Teaching Approaches

- Teachers can adapt their methods to the ways many girls learn best (e.g., collaboration, discussion, problem-solving).

## 7. Personal Growth & Independence

- Girls learn to rely on themselves and each other, which can encourage independence.
- More opportunities to try new things without gender-based competition or comparison.





# THE BENEFITS OF A CATHOLIC SCHOOL:

Catholic schools often offer a blend of academic rigor, faith-based formation, and strong community life. The benefits can vary depending on the school, but here are some of the most common ones:

## Social Justice & Values

- Education is rooted in Catholic teachings, traditions and social justice.
- Opportunities to grow in spiritual identity while respecting other faith traditions.
- Emphasis on service, compassion, and living out the faith in daily life.

## Academic Excellence

- Many Catholic schools are known for high academic standards and excellent results.
- Smaller class sizes can allow for more individualized attention.

## Character & Discipline

- Focus on developing the whole person: mind, body, and spirit.
- Emphasis on respect, responsibility, and integrity.
- Structured environment that balances academics, extracurriculars, and moral guidance.

## Community & Belonging

- Strong sense of family and community among students, parents, and school.
- Parents are often actively involved in the school's life.
- Students are encouraged to support one another and build lasting friendships.

## Service & Social Responsibility

- Many Catholic schools have service programs built into the curriculum.
- Students learn the importance of giving back and working for justice.

## Global Perspective

- Instills awareness of global issues and the Church's mission to serve beyond local communities.

