



Sacred Hearts Academy's Mentorship Program



Grace
Resilience
Initiative
Tenacity

Goals & Objectives

Establish relationships with two influential businesswomen who share their personal testimony, teach their most valued hard and soft skills, nurture confidence and provide encouraging guidance to complete the goals of the team project.

Introduced to other influential professionals that contribute to the group project by sharing expertise and personal testimony.

Shadow professionals, practice appropriate job skills and learn about two different companies on Oahu in afterschool internships.

Develop and practice concepts of group collaboration, written and oral communication, critical thinking, problem solving, marketing, presentation, professional etiquette and networking skills.

Gain an advanced understanding of personal career goals, create a physical and digital resume and collect local professional references.

Mentorship teams raise funds for program sustainability and scholarships.



2019 Mentors: Gidget D.G. Ruscetta (left) and Suzie So-Miyahira (right)

Mission

The Girls Got GRIT (GGG) Mentorship Program at Sacred Hearts Academy inspires and prepares the next generation of female leaders by connecting high school students with professional mentors and internship companies to enhance skill development and build a professional network. By uniting the Academy's young women with inspirational local leaders and companies, Girls Got GRIT is retaining valuable talent and creating a pipeline for workforce development in Hawaii.

Vision

It takes a village to raise a child. This timeless quote reflects the power of relationships in child development because human connection is the foundation of individual and communal growth. The transition from high school to college and then into the workforce is naturally uncomfortable and challenging. The presence of mentors to guide and encourage teenagers along this journey creates healthy habits and provides a neuro-framework for longevity.

Today's teenage girls are plagued by stress more than any other generation before them. In the rapidly changing landscape of business and technology, it is imperative to teach the skillsets that encourage a flexible approach to pressure, a value for social networks and a desire for life-long learning. Practicing powerful behavior in a professional setting solidifies resilience skills and creates a foundation to sustain a healthy future.

The Hawaiian workforce would benefit from a program that nurtures professional skills as Hawaii is experiencing a brain drain. Mainland talent is often unable to thrive in our expensive economy and many move away for competitive salaries and lower housing costs. Local students, however, were raised in our challenging economy and embrace the values that thrive in Hawaii.

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The Girls Got GRIT Pledge

*"As a member of Girls Got GRIT,
I pledge to:*

*Show **gracefulness** inside and
out, and approach all with
honor and integrity.*

*Meet resistance with **resilience**
and finish what I start.*

***Initiate** progress and become a
woman of value.*

***Tenaciously** embrace obstacles
as opportunities, and face the
world with a positive attitude.*

*This is GRIT- and GRIT is what I
am made of!"*

Vision continued...

Yet many local students move to the mainland for college and have difficulty returning home to find reasonable employment because they sacrificed the professional networks that could have benefited career success.

Sacred Hearts Academy recognizes the gap between the academic, professional and social skills needed to be competitive in the Hawaiian workforce. This is the inspiration for the Girls Got GRIT Mentorship Program. Valuable mentors inspire, motivate, and shape high school students to retain and empower talent for Hawaii. GGG produces a generation of valuable young women empowered with Grace, Resilience, Initiative and Tenacity!



How the Program Works

- Application
- Mentorships
- Internships
- Workshops

2019 Mentors: Colleen Reyes (left) and Kat Lin-Hurtubise (right)

Application into the program (Sept-Oct) :

Students submit applications and references to earn one of the prestigious positions on a GGG mentorship team. Student participants must meet the following criteria to apply and remain in the GGG Program:

- Be a Sophomore or Junior at Sacred Hearts Academy
- Have and maintain a 3.0 GPA
- Provide one reference letter from a faculty member or administrator
- Complete a permission form completed by parent or guardian
- Write a one-page essay on a designated topic
- Commit time for Tuesday lunch workshops and afterschool internships/team meetings

Mentorship Phase (Jan – Apr):

Two professional women, from a variety of business sectors, volunteer to mentor a team of five students during the spring semester. Mentors work directly with their team and meet an average of 1 hour per week to build relationships and guide them through a project. From inspiration to implementation, each group creates a unique business proposal based on an annual topic and the students learn how to present their proposal to potential investors.

In April, each mentor hosts a "Presentation Day" where the students present their project to a group of invited business leaders who are given the opportunity to financially invest in the success and expansion of the overall GGG program and scholarship fund.



2018 Internships from left to right & top down: Judge Leslie Kobayashi, Councilwomen Ann Kobayashi and Kimberly Pine, designer Alison Izu Song, Guy Hagi at Hawaii News Now, Bobby Lau at Howard Hughes

Internship Phase (Summer and/or Fall Semester Aug - Dec)

GGG partners with companies to provide students with short-term internships during the summer and/or fall semester (August- December). Students intern at two companies, once a week for eight sessions each. These internships are on Wednesday or Friday afternoons or at an agreed upon schedule during the summer. The experience provides shadowing, career discernment and professional networking opportunities.

Weekly Workshops (throughout the schoolyear)

In addition to powerful mentorships and internships, students also participate in workshops every Tuesday during their lunch recess. These workshops cover topics to teach and reinforce skills that ensure success and longevity in their professional and personal lives. By the conclusion of the both phases, students will gain increased emotional intelligence, an established professional network and a functional physical and digital resume.

Girls Got GRIT Scholarship Fund

The Girls Got GRIT Scholarship Fund was established by foundress, Shelley Cramer, General Manager of Saks 5th Avenue. The scholarship provides two Sacred Hearts students \$5000 each for educational expenses and is transferable to college.

Applications are distributed in January and collected at the end of February.



Foundress Shelley Cramer and the 2019 scholars

2019 Mentors

- **Gidget D. G. Ruscetta**
Chief Operating Officer
Pali Momi Medical Center
- **Suzie So-Miyahira**
Director of Imaging,
Women's Center & Fitness Center
Kapi'olani Medical Center
- **Sharon Brown**
President
First Hawai'ian Bank Foundation
- **Alethea Seto**
Senior VP of Sales, Service and
Retail Training
First Hawai'ian Bank
- **Jenai Sullivan Wall**
Chairman & CEO
Foodland Super Market, Ltd.
- **Joan Bennet**
President & CEO
The Bennet Group
- **Colleen Reyes**
Owner
Island Style Innovations
- **Kat Lin-Hurtubise**
Owner
Gourmet Events Hawai'i
- **Sharlene Tsuda**
VP of Community Development
The Queen's Health Systems
(QHS)
- **Dr. Elizabeth Ignacio, M.D.**
Surgical Dir of Sports Medicine
IMUA Orthopedics, Sports &
Health

2019 Internships

Arcadia Family of Companies
Howard Hughes Corporation
Kapiolani Medical Center
Councilwoman Ann Kobayashi
Councilwoman Kymberly Pine
Straub Medical Center
Teach for America
Susan G Komen Hawaii
Hawaii Food & Wine Festival
Hawaii Humane Society
Pacific Edge Magazine
Oahu Orthodontics
Global Village



Find out more!

Christine "Noe" Oliver '96
3253 Waialae Ave
Honolulu, HI 96816
808-734-5058 ext 238
noliver@sacredhearts.org
IG: @sha_girlsgotgrit
www.sacredhearts.org/GirlsGotGrit

History of Sacred Hearts

Sacred Hearts Academy is Hawaii's largest all-girls' school and was founded in 1909 by the Sisters of the Sacred Hearts. The School's mission is to develop each student to become a contributing member of society by offering a quality curriculum within a Christian environment.

The student body consists of approximately 900 students in grades Pre-Kindergarten-12; students come from all areas of the island of Oahu and several foreign countries. Academy students mirror the ethnic, religious, economic and social diversity of the islands. Many have Asian and Pacific Island backgrounds, and a significant number of families belong to the military. The Academy's student body is diverse in every way except gender.

Many Academy students are first generation private school attendees and college attendees. Although many of the Academy's students come from lower income families, they are able to attend the school because of its scholarship and financial aid programs. Approximately 44% of our students receive financial support, enabling them to thrive and receive an outstanding education with 100% of them going on to college.

The School has been recognized for outstanding 21st century learning and is a National School of Character. The Academy's students commit to 60,000 hours of community service to non-profit organizations each year. The Academy has been successful in instilling within students a strong work ethic and an inner drive to contribute and better their community. Sacred Hearts has been successful in providing its students with an integrated curriculum that focuses on development of both mind and heart.

The Academy is committed to empowering and educating adolescent girls. The Mentorship Program provides a jump start to this process for the young women.

Support for programs such as GGG, that assist girls envision their career goals, are key to continued progress in helping girls live up to their full potential. It is through networking, training, resources and financial support that mentors can help develop the potential of girls as they navigate the path from dream to reality.



Arcadia family of companies



Avalon Development



United Laundry Services



First Hawaiian Bank