



## Take the next STEP in developing your faith...

STEP/McGrath Institute for Church Life at the University of Notre Dame partners with the Diocese of Trenton to provide faith formation opportunities for catechists and teachers.

### Foundations of Catholic Belief

This course explores the fundamental beliefs of the Catholic Church professed in the Creed and presented in the Catechism of the Catholic Church. What is faith, and why does it matter? Why did God create the world? Who is Jesus Christ, and how is he both God and human? What do Catholics mean when they say that God is Father, Son, and Holy Spirit? How does Jesus Christ save us through his life, death, and resurrection? Who is the Holy Spirit, and what does the Spirit have to do with the Church including the sacraments? What do Catholics believe about heaven, hell, and purgatory? This course is accessible to both Catholics and non-Catholics alike, while also addressing contemporary misunderstandings about the Catholic faith.

**Dates:** June 13, 2022, August 29, 2022, October 10, 2022, January 9, 2023, February 20, 2023, April 17, 2023

### Course Content

- Unit 1: The Creed
- Unit 2: Creation
- Unit 3: Jesus Christ
- Unit 4: Salvation in Jesus Christ
- Unit 5: The Church and Sacrament
- Unit 6: The Last Things

### Course Format

- Asynchronous online course.
- Seven weeks in duration, with one week for orientation.
- Typically 15-20 students in each course.
- No required texts, lecture material provided online.
- Supplemental readings are provided to encourage further exploration of topic, internet links provided for all readings.
- Weekly written assignments (200-250 word/half a page) required.
- Reflection and optional discussion question for to test your knowledge and assess learning.
- Facilitator-moderated live discussions with students in course.

### Time Expectations

4 to 6 hours per week, depending on your learning style and schedule.

Consult the [McGrath.nd.edu](https://mcgrath.nd.edu) website for more information or [click here](#) to register.

## Participation expectations

The course requires about four hours per week. You engage the course at the times that fit best with your other obligations.

- Required reading: approx. 1-2 hours.
- Written discussion of material online: approx. 1-2 hours.
- Live “chat” discussion of material: 1 hour at time set by course facilitator.
- A course participant who successfully completes the course earns 35 contact hours of continuing education and receives a certificate of completion.

## Weekly live discussions

The live chat component of the course is often participants’ favorite part of their experience. The facilitator sets time, typically in the evenings to gather live with course participants. If you cannot attend the live chats, there are ways to meet this course requirement.

## How To Register

1. Go to website [mcgrath.nd.edu](http://mcgrath.nd.edu)
2. Click on text “Online Courses” on the white, top navigation bar.
3. Click on the box “STEP Online Courses” for courses in English.
4. Scroll down and click on the box “Courses and Registration.”
5. Search for the title of the course. Upcoming courses are in the top box and all others can be found listed below.
6. Once on course description page, click “Register.”
7. Click on the drop-down box next to “Choose Course Section” to select desired session dates and click “Continue.”
8. On the next page, select your diocesan discount or standard fee and click “Continue.”
9. On the “Buyer Information” page enter your name, address and required fields and click “Continue” at bottom right on the page.
10. On the “Delivery Address” page, skip the “Login” box and enter your address and verify email. Then click “Checkout as Guest.”
11. On next page, review and click on “Submit Order.”
12. Lastly, check your email inbox for a receipt to confirm that STEP processed your order.

Need help or have questions?  
Please call the STEP office 1-866-425-7837  
or email [stepnd@nd.edu](mailto:stepnd@nd.edu)