Students who complete CDU's independent study noncredit courses and seminars should be able to do one or more of the following:

- Identify the essential and fundamental content of Catholic doctrine, sacraments, and prayer, focusing on the Catechism of the Catholic Church.
- Summarize essential scriptural concepts and themes to assist in reading and praying the Bible.
- Apply the foundations of Catholic morality particularly as current literature, media, and contemporary issues challenge them.
- Describe the history of the Catholic Church in America and its significance for defending religious freedom today.
- Use catechetical principles and methods for faithful catechesis.
- Integrate a basic understanding of the proper relationship of prayer, doctrinal truths, and current issues with living as a disciple of Christ.
- Appreciate and apply spiritual principles and practices that have been approved by the Church.