

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2021 Prepare To SOAR Academy (for First Year Students) Tentative Schedule

	Sunday August 1	Monday August 2	Tuesday August 3	Wednesday August 4	Thursday August 5	Friday August 6	Saturday August 7
08:00 - 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45 - 09:00		Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Pack
09:00 - 10:30		Math Workshop	Math Workshop	Math Workshop	Math Workshop	Kathryn Pritchett Writing Workshop and 7 Habits (9:00 - 10:00)	Pack and Social
10:45 - 11:45		Kathryn Pritchett Writing Workshop and 7 Habits	Kathryn Pritchett Writing Workshop and 7 Habits	Kathryn Pritchett Writing Workshop and 7 Habits	Kathryn Pritchett Writing Workshop and 7 Habits	Adena Ishii UCB Campus Tour 10:30 - 11:30	Completion Celebration (11:00-Noon)
11:45 - 12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out
12:30 - 01:15		Travel to Cal Adventures	Travel to Cal Adventures	Travel to Chabot Arrive by 1:00 pm	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In, Move to Dorm & Social (3:30 - 5:00)	Cal Adventures Hiking and Team Building	Cal Adventures Sea Kayaking	Chabot Space and Science Center Visit	Cal Adventures Ropes Course	Cal Adventures Sailing	
04:15 - 04:30	Check In, Move to Dorm & Social (3:30 - 5:00)	Return from Cal Adventures	Return from Cal Adventures	Return from Chabot	Return from Cal Adventures	Return from Cal Adventures	
05:00 - 05:40	Academy Orientation	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	
05:40 - 06:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
06:30 - 06:40	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	
06:40 - 07:30	Kim Cohn "Arriving Voice & Body"	Monique Jimenez College Orientation And CA Foster Youth Educational Guide	Former Foster Youth Visit	Denise Fuller Thrive Factor	Victor Littles Leadership Presence II	Roni Alperin How traumatic events trick the brain and what we can do about it	
07:40 - 08:30	Victor Littles Leadership Presence I	Kat Wentworth Study Smart Study less	Academy Youth Sharing	Denise Fuller Thrive Factor "Collage"	Academy Youth Sharing	Academy Youth Talent Show	
8:40 - 10:00	Debrief, Safety Drill & Social	Debrief & Social	Debrief & Social	Debrief & Social	Debrief & Social	Academy Evaluation Debrief & Social	
10:00 - 10:30	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	