

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2023 Prepare To SOAR Academy (for First Year Students) Tentative Schedule

	Sunday June 25	Monday June 26	Tuesday June 27	Wednesday June 28	Thursday June 29	Friday June 30	Saturday July 1
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		Michael Essien Math Workshop	Michael Essien Math Workshop	Michael Essien Math Workshop	Michael Essien Math Workshop	Michael Essien Math Workshop (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	Hope Scholars 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	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In, Move to Dorm & Social (3:30 - 5:00)	Mahal Caraher Hiking	Cal Adventures Sea Kayaking	Chabot Space and Science Center	Cal Adventures Ropes Course	Cal Adventures Paddle Boarding	
04:15 - 04:30	Check In, Move to Dorm & Social (3:30 - 5:00)	Return from Hiking Activity	Return from Cal Adventures	Return from Space and Science Center	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 & CA Foster Youth Educational Guide	Former Foster Youth Visit	Denise Fuller Thrive Factor	Victor Littles Leadership Presence II	Kat Wentworth Study Smart Study Less	
07:40 - 08:30	Victor Littles Leadership Presence I	Sauntoy Trotter How traumatic events trick the brain and what we can do about it	Sauntoy Trotter Academy Youth Sharing	Denise Fuller Thrive Factor "Collage"	Stacy Daniels 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 & Pack	
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	