

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2024 Prepare To SOAR Academy (for First Year Students) Schedule

	Sunday July 7	Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12	Saturday July 13
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	Kathryn Pritchett Writing Workshop and 7 Habits (9:00 - 10:00)	Pack and Social
10:45 - 11:45		Michael Essien Math Workshop	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 Ropes Course	Chabot Space and Science Center	Cal Adventures Paddle Adventures	Cal Adventures Rock Climbing	
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	Sushi Frausto "Arriving Voice & Body"	Gina Saechao College Orientation & CA Foster Youth Educational Guide	Pamela Price Tempest Smith Former Foster Youth Visit	Laurie Shakur Thrive Factor	Victor Littles Leadership Presence II	Shaylah Ellis Study Smart Study Less	
07:40 - 08:30	Victor Littles Leadership Presence I	Ashlyn Davis How traumatic events trick the brain and what we can do about it	Stacy Daniels Academy Youth Sharing	Laurie Shakur Thrive Factor "Collage"	Stacy Daniels Academy Youth Sharing	Academy Youth Talent Show	
8:40 - 10:00	Debrief, Safety Drill & Social	Debrief & Social	Stacy Daniels Academy Youth Sharing	Debrief & Social	Debrief & Social	Academy Evaluation & Thrive with Lessons Learned	
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	