

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2024 Time To SOAR Academy (for Third Year Students)

	Sunday June 9	Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15
08:00 - 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45 - 09:00		Walk to Class	Walk to Class	Travel	Walk to Class	Walk to Class	Pack
09:00 - 10:15		Renato P Almanzor What's Difficult	Renato P Almanzor What's Possible	Travel (8:45 - 9:30) and Tour CSUEB (9:30 - 11:00am)	Claudia Perkins Julian Ramirez Effective Presentation	Claudia Perkins Julian Ramirez Effective Presentation	Pack and Social
10:30 - 11:45		Renato P Almanzor What's Difficult	Renato P Almanzor What's Possible	Travel to St Mary's (11:00am - Noon)	Claudia Perkins Julian Ramirez Effective Presentation	Claudia Perkins Julian Ramirez Effective Presentation	Completion Celebration (11:00 - 12:00)
11:45 - 12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out
12:30 - 01:15		Travel	Travel	Tour St. Mary's (1:00- 2:00pm)	Travel	Travel	
01:15 - 04:15	Check In, Move to Dorm. Social (3:00 - 4:15)	Pegasus Voyages Sailing	Cal Adventures Ropes Course (1:15-3:30)	Travel to DVC (2:00 - 2:30pm) Tour DVC (2:30 - 3:30pm)	Cal Adventures Sea Kayaking	Cal Adventures Paddle Boarding	
04:15 - 04:50	Academy Orientation	Return to Camp, Get Ready for Class and Dinner	Return to Camp, Get Ready for Class and Dinner (3:30-4:50)	Return to Camp. Get Ready for Social and Dinner (3:30 - 4:50pm)	Return to Camp, Get Ready for Class and Dinner	Return to Camp, Get Ready for Class and Dinner	
04:50 - 05:40	Kim Cohn "Arriving Voice & Body"	Social Get Ready for Class and Dinner	Andrea Diaz MISSEY Human Trafficking	Social Get Ready for Class and Dinner	CA Foster Youth Ombudsperson Office "What I need to know about Foster Care"	Social Get Ready for Class and Dinner	
05:40 - 06:30	Dinner	Dinner	Dinner	Get ready for interview	Dinner	Dinner	
06:30 - 06:40	Safety Drill	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	
06:40 - 07:30	Renato P Almanzor What Matters	Sukari Breshears Resume Creation	Nicole Jagoe Joanie Umscheid Kelly Glynn Job Search and Application Process	Nicole Jagoe Brent Johhson Joanie Umscheid Kelly Glynn Interview Practice	Joe Lewis Tips and Strategies for Career Success	Jenn Awa "Making responsible choices for our body"	
07:40 - 08:30	Renato P Almanzor What Matters	Sukari Breshears Resume Creation	Nicole Jagoe Joanie Umscheid Kelly Glynn Dress for Success Interview Prep.	Nicole Jagoe Brent Johhson Joanie Umscheid Kelly Glynn Interview Practice	Academy Youth Sharing	Jenn Awa "Making responsible choices for our body"	
08:40-10:00	Debrief & Social	Debrief & Social	Debrief & Social	Debrief & Social	Debrief & Social	Academy Evaluation Thriving at Home	
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	