

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2025 Prepare To SOAR Academy (for First Year Students) Tentative Schedule

	Sunday July 6	Monday July 7	Tuesday July 8	Wednesday July 9	Thursday July 10	Friday July 11	Saturday July 12
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		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	(UCB Campus Tour & Meet the Hope Scholars 10:30 - 11:30)	Completion Celebration (11:00-Noon)
11:45 - 12:45		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out
12:45 - 01:15		Travel to Hike Location	Travel to Cal Adventures	Travel to	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In (3:30 - 4:30)	Shaylah Ellis Hiking	Cal Adventures Ropes Course	Chabot Space and Science Center	Cal Adventures Paddle Adventures	Cal Adventures Climbing Wall	
04:15 - 04:30	Move to Dorm & Social (4:30 - 5:00)	Return from Hiking	Return from Cal Adventures	Return from Chabot 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	"Arriving Voice & Body"	Monique Adorno- Jimenez College Orientation & CA Foster Youth Educational Guide	Pamela Price Tempest Smith Former Foster Youth Visit	Colette Flood Thrive Factor	Victor Littles Leadership Presence II	How traumatic events trick the brain and what we can do about it	
07:40 - 08:30	Victor Littles Leadership Presence I	Shaylah Ellis Study Smart Study Less	Academy Youth Sharing	Colette Flood 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 & 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	