

**SOAR for Youth**  
**Foster Youth Pre-Collegiate Academy at Cal**  
**2026 Prepare To SOAR Academy I (for First Year Students) Tentative Schedule**

	<b>Sunday June 7</b>	<b>Monday June 8</b>	<b>Tuesday June 9</b>	<b>Wednesday June 10</b>	<b>Thursday June 11</b>	<b>Friday June 12</b>	<b>Saturday June 13</b>
<b>08:00 - 08:45</b>		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>08:45 - 09:00</b>		Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Pack
<b>09:00 - 10:30</b>		Math Workshop	Math Workshop	Math Workshop	Math Workshop	Writing Workshop and 7 Habits (9:00 - 10:00)	Pack and Social
<b>10:45 - 11:45</b>		Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	(UCB Campus Tour & Meet the Hope Scholars 10:30 - 11:30	Completion Celebration (11:00-Noon)
<b>11:45 - 12:45</b>		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out
<b>12:45 - 01:15</b>		Travel to Hike Location	Travel to Cal Adventures	Travel to CSSC	Travel to Cal Adventures	Travel to Cal Adventures	
<b>01:15 - 04:15</b>	Check In <b>(3:30 - 4:30)</b>	Hiking and Team Building	Cal Adventures Ropes Course	Chabot Space and Science Center	Cal Adventures Paddle Day	Cal Adventures Climbing Wall	
<b>04:15 - 04:30</b>	Move to Dorm & Social <b>(4:30 - 5:00)</b>	Return from Hiking And Team Building	Return from Cal Adventures	Return from Chabot Space and Science Center	Return from Cal Adventures	Return from Cal Adventures	
<b>05:00 - 05:40</b>	Academy Orientation	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	
<b>05:40 - 06:30</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
<b>06:30 - 06:40</b>	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	
<b>06:40 - 07:30</b>	"Arriving Voice & Body"	College Orientation & CA Foster Youth Educational Guide	Former Foster Youth Visit	Thrive Factor	Leadership Presence II	Study Smart Study Less	
<b>07:40 - 08:30</b>	Leadership Presence I	How traumatic events trick the brain and what we can do about it	Academy Youth Sharing	Thrive Factor "Collage"	Academy Youth Sharing	Academy Youth Talent Show	
<b>8:40 - 10:00</b>	Debrief, Safety Drill & Social	Debrief & Social	Academy Youth Sharing	Debrief & Social	Debrief & Social	Academy Evaluation & Thrive with Lessons Learned	
<b>10:00 - 10:30</b>	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	
<b>10:30</b>	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	