

SOAR for Youth
Foster Youth Pre-Collegiate Academy at Cal
2026 Prepare To SOAR Academy (for First Year Students) Tentative 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		Math Workshop	Math Workshop	Math Workshop	Math Workshop	Writing Workshop and 7 Habits (9:00 - 10:00)	Pack and Social
10:45 - 11:45		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)
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 CSSC	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In (3:30 - 4:30)	Hiking and Team Building	Cal Adventures Ropes Course	Chabot Space and Science Center	Cal Adventures Paddle Day	Cal Adventures Climbing Wall	
04:15 - 04:30	Move to Dorm & Social (4:30 - 5:00)	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	
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"	College Orientation & CA Foster Youth Educational Guide	Former Foster Youth Visit	Thrive Factor	Leadership Presence II	Study Smart Study Less	
07:40 - 08:30	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	
8:40 - 10:00	Debrief, Safety Drill & Social	Debrief & Social	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	