

**SOAR for Youth**  
**Foster Youth Pre-Collegiate Academy at Cal**  
**2017 Prepare To SOAR Academy (for First Year Students) Schedule**

	<b>Sunday July 23</b>	<b>Monday July 24</b>	<b>Tuesday July 25</b>	<b>Wednesday July 26</b>	<b>Thursday July 27</b>	<b>Friday July 28</b>	<b>Saturday July 29</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>		Sergio Avila Math Workshop	Sergio Avila Math Workshop	Sergio Avila Math Workshop	Sergio Avila Math Workshop	Kathryn Pritchett Writing Workshop and 7 Habits (9:00 - 10:00)	Pack and Social
<b>10:45 - 11:45</b>		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	Adena Ishii UCB Campus Tour 10:30 - 11:30	Completion Celebration (11:00-11:30)
<b>11:45 - 12:30</b>		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out by Noon
<b>12:30 - 01:15</b>		Travel to Cal Adventures	Travel to Cal Adventures	Travel to Chabot Arrive by 1:00 pm	Travel to Cal Adventures	Travel to Cal Adventures	
<b>01:15 - 04:15</b>	Check In, Move to Dorm & Social (3:30 - 4:40)	Outdoor Adventure Hiking and Team Building (SCRA)	Outdoor Adventure Sea Kayaking (UCAC)	Chabot Space and Science Center Visit	Outdoor Adventure Ropes Course (SCRA)	Outdoor Adventure Sailing (1/2 group at a time) (UCAC)	
<b>04:15 - 04:30</b>	Check In, Move To The Dorm & Social	Return from Cal Adventures	Return from Cal Adventures	Return from Chabot	Return from Cal Adventures	Return from Cal Adventures	
<b>04:50 - 05:40</b>	Academy Orientation	Beth Luke Learning to Balance	Classroom Games and Social	Classroom Games and Social	Kim Cohn Visualization	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>	Kim Cohn "Arriving Voice & Body"	Monique Jimenez College Orientation	Former Foster Youth Visit	Barbara Maricle Thrive Factor	Victor Littles Leadership Presence II	Academy Youth Talent Show	
<b>07:40 - 08:30</b>	Victor Littles Leadership Presence I	Lisa Ko Foster Youth Educational Planning Guide	Academy Youth Sharing	Barbara Maricle Thrive Factor "Collage"	Academy Youth Sharing	Academy Youth Talent Show	
<b>8:40 - 10:00</b>	Debrief, Safety Drill & Social	Debrief & Social	Debrief & Social	Debrief & Social	Debrief & Social	Academy Evaluation Debrief & Social	
<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	