

**SOAR for Youth**  
**Foster Youth Pre-Collegiate Academy at Cal**  
**2019 Prepare To SOAR Academy (for First Year Students) Tentative Schedule**

|                      | <b>Sunday<br/>July 28</b>                                  | <b>Monday<br/>July 29</b>  | <b>Tuesday<br/>July 30</b>                            | <b>Wednesday<br/>July 31</b>                          | <b>Thursday<br/>August 1</b>                          | <b>Friday<br/>August 2</b>  | <b>Saturday<br/>August 3</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> |  | Jacob Phan<br>Math Workshop                                      | Jacob Phan<br>Math Workshop                           | Jacob Phan<br>Math Workshop                           | Jacob Phan<br>Math Workshop                           | Kathryn Pritchett<br>Writing Workshop<br>and 7 Habits<br>(9:00 - 10:00) | Pack and Social                            |
| <b>10:45 - 11:45</b> |  | Kathryn Pritchett<br>Writing Workshop and<br>7 Habits            | Kathryn Pritchett<br>Writing Workshop<br>and 7 Habits | Kathryn Pritchett<br>Writing Workshop<br>and 7 Habits | Kathryn Pritchett<br>Writing Workshop<br>and 7 Habits | Adena Ishii<br>UCB Campus Tour<br>10:30 - 11:30                         | Completion<br>Celebration<br>(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<br>Adventures                                      | Travel to Cal<br>Adventures                           | Travel to Chabot<br>Arrive by 1:00 pm                 | Travel to Cal<br>Adventures                           | Travel to Cal<br>Adventures   |  |
| <b>01:15 - 04:15</b> | Check In, Move to<br>Dorm & Social<br><b>(3:30 - 4:40)</b> | Outdoor Adventure<br>Hiking and Team<br>Building (SCRA)          | Outdoor Adventure<br>Sea Kayaking (UCAC)              | Chabot Space and<br>Science Center<br>Visit           | Outdoor Adventure<br>Ropes Course<br>(SCRA)           | Outdoor Adventure<br>Sailing (1/2 group at<br>a time) (UCAC)            |  |
| <b>04:15 - 04:30</b> | Check In, Move To<br>The Dorm & Social                     | Return from Cal<br>Adventures                                    | Return from Cal<br>Adventures                         | Return from<br>Chabot                                 | Return from Cal<br>Adventures                         | Return from Cal<br>Adventures   |  |
| <b>05:00 - 05:40</b> | Academy<br>Orientation                                     | Classroom Games and<br>Social                                    | Classroom Games and<br>Social                         | Beth Luke<br>Learning to Balance                      | Classroom Games<br>and Social                         | Classroom Games and<br>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<br>"Arriving Voice &<br>Body"                     | Monique Jimenez<br>College Orientation                           | Former Foster Youth<br>Visit                          | Barbara Maricle<br>Thrive Factor                      | Victor Littles<br>Leadership<br>Presence II           | Madeline Cohen<br>Study Skills  |  |
| <b>07:40 - 08:30</b> | Victor Littles<br>Leadership<br>Presence I                 | Lakeysha Spears<br>Foster Youth<br>Educational Planning<br>Guide | Academy Youth<br>Sharing                              | Barbara Maricle<br>Thrive Factor<br>"Collage"         | Academy Youth<br>Sharing                              | Academy Youth<br>Talent Show  |  |
| <b>8:40 - 10:00</b>  | Debrief, Safety<br>Drill & Social                          | Debrief & Social   | Debrief & Social                                      | Debrief & Social                                      | Debrief & Social                                      | Academy Evaluation<br>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  |  |