



## 3-day College Readiness Leadership Camp

### Get **FIRED UP** for College and Career Success

#### DAY 1

- 9:00 a.m. - 10:00 a.m. *Let's Get **FIRED UP!*** Opening Keynote and Overview for Camp
- 10:00 a.m. - 11:00 a.m. *Three Keys to College Success: Goals, Planning & Social Skills*
- 11:00 a.m. - 12:00 a.m. What's your **FUEL?** - Why do you want to succeed?  
*College and Career Dream Board Brainstorming*
- 12:00 p.m. - 12:45 p.m. Lunch
- 12:45 p.m. - 1:45 p.m. ***WE ARE IN IT TOGETHER*** - Working with others - Team Building
- 1:45 p.m. - 2:30 p.m. ***INVENTORY*** - Identify Your Strengths and Weaknesses
- 2:30 p.m. - 3:00 p.m. *Final Words for Day 1 + Dream Collage Challenge*

#### DAY 2

- 9:00 a.m. - 10:00 a.m. ***FIRED UP! For Day 2 – REVIEW AND DREAM WORK SHOWCASE***
- 10:00 a.m. - 11:00 a.m. ***REFRAME*** - Seeing life clearly and accepting yourself and others. Step in the Circle and Poker Face Activities. *Dealing with adversity - Group Discussion*

- 11:00 a.m. - 12:00 a.m. **Team Building** - Round the World, In it Together, and Life Goes Up and Down activities. **Group Discussion** - What it takes to work well with others
- 12:00 p.m. - 12:45 p.m. **Lunch**
- 12:45 a.m. -1:30 p.m. **ENERGIZE** - Mind and Body Health Strategies for school and for your future in College. **How to prepare to be FIRED UP for Everyday!**
- 1:30 p.m. - 2:30 p.m. **DECLARE**- The Power of Goal Setting and Taking Action. Setting Goals on Paper activity followed by Goal Setting Team Building activities.
- 2:30 p.m. - 3:00 p.m. Final Words for Day 2 + Dream Work Challenge #2

### **DAY 3**

- 9:00 a.m. - 10:00 a.m. **FIRED UP! For Final Dream Collage Showcase**
- 10:00 a.m.- 11:00 a.m. **UNDERSTAND** - how to connect, empathize and relate to others.
- 11:00 a.m. - 12:00 a.m. Trust Building Activities that help students learn the value of trust
- 12:00 p.m. - 12:45 p.m. **Lunch**
- 12:45 a.m. - 1:30 p.m. Be **PRESENT** and a gift for everyone in your life. How to unplug so you can really tune in and pay attention.
- 1:30 p.m. - 2:30 p.m. Letter To Yourself - **Thank You Note Activity**
- 2:30 p.m. - 2:50 p.m. Photofest and Final Goodbyes
- 2:50 p.m. - 3:00 p.m. Closing Slide Show - **FIRE UP for Life!**

Evening Talent Show, Dance, and Parent Night are optional evening activities for each day.