

Day 1: Setting the Stage, Building Relationships, and Ideal Self

| Time | Group | Topic | Location |
|-------------|--------------|--|------------------------|
| 10:00-11:00 | All | Arrival | Patton Hall |
| 11:00-12:30 | All | Official Welcome & Logistics | Patton Conference Room |
| 12:30-1:15 | All | LUNCH (Boxed Lunch) | Patton Hall |
| 1:15-2:00 | All | Campus Tour & Rooms | |
| 2:00-3:00 | All | The Importance of Story & Ought Self | Memorial Function Room |
| 3:00-3:10 | All | Transition Break | |
| 3:10-3:40 | Small Groups | Establishing Rapport & Encouraging Vulnerability | M117 & M118 |
| 3:40-5:00 | All | Self-Care Break | |
| 5:00-5:45 | Small Groups | TruMotivate Survey | M117 & M118 |
| 5:45-6:30 | All | Dinner | Memorial Dining Hall |
| 6:30-8:00 | All | Ideal Self: 27 Dreams | Memorial Function Room |
| 8:00-9:30 | All | Pool/Game Time | Memorial Hall |
| 9:30-10:30 | All | Evening Wind Down & 1:1 Meetings | Memorial Hall |

Day 2: Ideal Self & Real Self

| Time | Group | Topic | Location |
|-------------|--------------|---|----------------------------|
| 8:00-9:00 | All | Breakfast | Memorial Dining Hall |
| 9:00-10:30 | All | Core Values & Moments of Consequence | Memorial Multimedia Center |
| 10:30-10:45 | All | Transition Break | |
| 10:45-12:00 | Small Groups | Asking for Help & Healthy Relationships | M117 & M118 |
| 12:00-1:00 | All | Lunch | Memorial Dining Hall |
| 1:00-2:15 | All | Real Self: Identity | Memorial Function Room |
| 2:15-4:45 | All | Off-Site Special Event | |
| 4:45-5:15 | All | Self-Care Break | |
| 5:15-6:00 | All | Dinner | Memorial Dining Hall |
| 6:00-7:00 | Small Groups | The Story I'm Telling Myself | M117 & M118 |
| 7:00-8:00 | All | Rebound Stories | Memorial Function Room |
| 8:00-9:30 | All | Pool/Game Time | Memorial Hall |
| 9:30-10:30 | All | Evening Wind Down & 1:1 Meetings | Memorial Hall |

Day 3: Learning Plan & Closure

| Time | Group | Topic | Location |
|-------------|--------------|---------------------------------------|----------------------------|
| 7:30-8:30 | All | Room Clean Out & Breakfast | Memorial Dining Hall |
| 8:30-10:00 | All | TruMotivate & Reflected Best Self | Memorial Multimedia Center |
| 10:00-10:10 | All | Transition Break | |
| 10:10-11:45 | All | Learning Agenda Creation & Sharing | Memorial Multimedia Center |
| 11:45-12:30 | All | Lunch (boxed lunch) | TBD |
| 12:30-1:30 | All | Encouragement, Gratitude, and Closure | M117 |
| 1:30 | All | Participant Departure | |