

# Day 1: Setting the Stage & Building Relationships

<b>Time</b>	<b>Group</b>	<b>Topic</b>	<b>Location</b>
3:00-4:30	All	Arrival	Atrium
4:30-6:00	All	Official Welcome & Logistics	Function Room
6:00-7:00	All	DINNER (eat w/small groups)	Dining Hall
7:00-8:00	All	The Importance of Story & Ought Self	Function Room
8:00-9:00	Small Group	Establishing Rapport & Encouraging Vulnerability	Small Group Room
9:00-10:00	All	Nighttime Wind-down	Memorial Hall

# Day 2: Ideal Self

<b>Time</b>	<b>Group</b>	<b>Topic</b>	<b>Location</b>
8:00-9:00	All	BREAKFAST	Dining Hall
9:00-10:30	All	Ideal Self: 27 Dreams	Function Room
10:30-10:45	All	BREAK	
10:45-12:00	Small Group	Asking for Help & Healthy Relationships	Small Group Room
12:00-1:00	All	LUNCH	Dining Hall
1:00-2:30	All	Core Values & Moments of Consequence	Multimedia Center
2:30-3:00	Small Group	TruMotivate Assessment	Small Group Room
3:00-4:30	All	Participant Down Time	
4:30-5:15	All	Travel to Off-Site Event	Meet in Front of Memorial Hall
5:15-8:15	All	Off-Site Event & DINNER	State Museum of Pennsylvania
8:15-9:00	All	Return to Patton Campus	
9:00-10:00	All	Nighttime Wind-down	Memorial Hall

# Day 3: Real Self

<b>Time</b>	<b>Group</b>	<b>Topic</b>	<b>Location</b>
8:00-9:00	All	BREAKFAST	Dining Hall
9:00-10:15	All	Real Self: Identity	Function Room
10:15-10:30	All	BREAK	
10:30-12:00	Small Group	The Story I'm Telling Myself	Small Group Room
12:00-1:00	All	LUNCH	Dining Hall
1:00-2:30	All	TruMotivate & Reflected Best Self	Multimedia Center
2:30-4:00	All	Participant Down Time	
4:00-5:30	Small Group	Rebound Stories	Small Group Room
5:30-6:30	All	DINNER	Dining Hall
6:30-8:30	All	Guest Presenter: Amy Sarig King	Function Room
8:30-9:30	Small Group	Synthesizing My Story	Small Group Room
9:30-10:30	All	Nighttime Wind-down	Memorial Hall



# Day 4: Learning Plan & Skills Acquisition

<b>Time</b>	<b>Group</b>	<b>Topic</b>	<b>Location</b>
8:00-9:00	All	BREAKFAST	Dining Hall
9:00-10:30	All	Learning Agenda Creation	Multimedia Center
10:30-10:45	All	BREAK	
10:45-11:45	Self-Selected	Facilitator Passion Sessions 1	Various Rooms
11:45-12:45	All	LUNCH	Dining Hall
12:45-1:45	Self-Selected	Facilitator Passion Sessions 2	Various Rooms
1:45-2:00	All	BREAK	
2:00-3:00	Small Group	Elevator Pitches	Small Group Room
3:00-4:30	All	Participant Down Time	Dining Hall
4:30-5:30	All	Networking 101	Function Room
5:30-6:30	All	DINNER	Dining Hall

# Day 4: Learning Plan & Skills Acquisition (cont.)

<b>Time</b>	<b>Group</b>	<b>Topic</b>	<b>Location</b>
6:30-7:30	Groups #1-3	Networking Reception (Round 1)	Function Room
6:30-7:30	Groups #4-5	Facilitator's Choice	Small Group Room
7:30-7:45	All	BREAK	
7:45-9:00	Groups #4-5	Networking Reception (Round 2) & Reception Debrief	Function Room
7:45-9:00	Groups #1-3	Reception Debrief & Facilitator's Choice	Small Group Room
9:00-10:00	All	Nighttime Wind-down	Memorial Hall

# Day 5: Celebration & Closure

<b>Time</b>	<b>Group</b>	<b>Topic</b>	<b>Location</b>
8:00-9:00	All	Room Clean Out & BREAKFAST	Dining Hall
9:00-9:45	Small Group	Encouragement & Gratitude	Small Group Room
9:45-10:45	All	BREAK	
10:00-11:30	All	Celebration & Closure	Function Room
11:30	All	Departure	