

	7/14	7/15	7/16	7/17	7/18	7/19	7/20	7/21
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TEAM BUILDING	HEALTHY RELATIONSHIPS	PERSONAL DEVELOPMENT	MENTAL HEALTH	CAREER DAY	MOVEMENT DAY 1	PUBLIC SPEAKING	POSITIVE AFFIRMATIONS
8:00 AM		7:30 - 8:30 Wake Up & Breakfast	Up & Eat Breakfast 8:45 Walk to Classroom	Up & Eat Breakfast	Up & Eat Breakfast	Sleep-in 30 Extra Mins	Wake Up & Eat Breakfast	
8:30 AM		Morning Activities: Yoga, Basketball Shower 9:45 Walk to Classroom	Anti-Bias Training	Morning Activities: Yoga, Basketball 9:45 Walk to Classroom	Morning Activities: Yoga, Basketball 9:45 Walk to Classroom	Up Breakfast 9:45 Walk to Classroom	Meeting: Final PSA Prep	
9:00 AM	Delegate Arrivals / Registration							
9:30 AM		Advanced Conversation on Gender and Orientation	Communication Training	Showers/Prep	Financial Aid for College	Speed Friending	PSA Performance	Public Speaking: How I Want to Be Remembered
10:00 AM								
10:30 AM		Bullying Prevention Training	Lunch	Mental Health/ Self Care/ Self Harm	Lunch	Group Meeting	Lunch	My PALS Experience / Giving Others Positive & Powerful Affirmations / Pick up Certificate - Jr. Counselor Senior Ceremony and Thank You Circle
11:00 AM	Jr. & Sr. Staff Introductions							
11:30 AM	Delegate Introductions	Lunch	Conflict Resolution	Lunch	College Student Panel (Benefits of AP/IB/Honors/Dual Enroll)	Lunch	Cultural Appropriation vs Appreciation (Based on the hit TV Series 'Grown-ish')	Community Service Hours Pick up - Notewriting
12:00 PM	Agreements on Safe Space, Review Schedule, Q&A							
12:30 PM	Who is NVEEE and What is PALS	Healthy Relationships / Teen Dating Violence	Pills and Potions: The Effects of Drugs and Alcohol on Young Brains	Cross the Line + Open Discussion	Breakout Session #1A: Criminal Justice And Psychology	Hot Topic: Immigration	Public Speaking Training	Final Jr. & Sr. Counselor Meeting
1:00 PM	Lunch with Group (Introduction Group Meeting)							
1:30 PM		Anti-Harassment & Consent	Creating Empathy	Being / Open Discussion Wrap Up	Breakout Session #2A: Med & Health Breakout Session #2B: Arts (Performing + Visual)	Break	The Effects Media has on Body Image and Self Esteem	Public Speaking: How I Want to Be Remembered
2:00 PM	Leadership Activity: Discovering Me							
2:30 PM		Dinner	Dinner	Dinner	Breakout Session #3A: Non-profit, Social Service	Dinner and Prom	Final Group Meeting	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
3:00 PM	Indoor Activity: Team Building							
3:30 PM	Shower	Group Meeting: PSA's, Reflections and Surveys	Group Meeting	Art as Therapy	Dinner	Dinner and Prom	Final Group Meeting	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
4:00 PM								
4:30 PM		Mandatory Night Activity Options: Movie Night: Disney vs Action	Ice Cream Social & Lip Sync Battle	Delegate Bed Checks	Talent Showcase (Performing Arts)	Dinner and Prom	Final Group Meeting	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
5:00 PM								
5:30 PM		Delegate Bed Checks	Delegate Bed Checks	Jr. & Sr. Counselor Meeting	Walk Back to Dorms	Prom	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
6:00 PM								
6:30 PM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
6:30 PM								
7:00 PM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
7:30 PM								
7:30 PM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
8:00 PM								
8:30 PM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
8:30 PM								
9:00 PM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
9:30 PM								
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10:00 PM								
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11:00 PM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
11:30 PM								
12:00 AM		Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Jr. & Sr. Counselor Meeting	Bed Check	Bed Check	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure	Notewriting Party + Games and Activity + Room Clean Out + Packing for Departure
12:00 AM								
NOTES	Morning Activities							
	Designated Group Meeting Time							
	Workshops							
	Major Activities							