

# Smooth Transitions 2024



## Smooth Transitions Program August 13-August 16

**13 AUG**

Morning	Afternoon	Evening
<b>ST Mentee Move-In</b> 9:00AM-NOON	<b>Family Lunch</b> 1:00PM-2:30PM CAPITAL UNIVERSITY FIELD HOUSE	<b>Dinner</b> 5:00PM-6:00PM
	<b>See You Soon</b> 2:30PM-3:00PM	<b>DEIJB Intro/Project Overview</b> 6:00PM-7:15PM
	<b>ST Overview</b> 3:00PM-3:45PM LC 202	<b>Break</b> 7:15PM-7:30PM
	<b>Breaking the Ice</b> 3:45PM-4:45PM	<b>Ice-cream Social/ Game Night</b> 7:30PM-10:00PM
	<b>Break</b> 4:45PM-5:00PM	

**14 AUG**

Morning	Afternoon	Evening
<b>Breakfast/ Workshop Preparation</b> 8:30AM-9:30AM WEILER SUITES	<b>Lunch/Workshop Preparation</b> NOON-1:00PM	<b>Break</b> 4:45PM-5:00PM
<b>Breaking the Ice</b> 9:30AM-10:15AM	<b>Break</b> 1:00PM-1:15PM	<b>Dinner</b> 5:00PM-6:00PM
<b>Leadership Development/ Project Session 1</b> 10:15AM-11:45AM	<b>Advocacy and Allyship</b> 1:15PM-2:00PM	<b>Games on the Lawn</b> 6:00PM-10:00PM
<b>Break</b> 11:45AM-NOON	<b>Small Group Bonding Time</b> 2:00PM-3:00PM	
	<b>Break</b> 3:00PM-3:15PM	
	<b>Adjusting to Campus Life</b> 3:15PM-4:45PM	

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**15 AUG**

Morning	Afternoon	Evening
<b>Grab &amp; Go Breakfast</b> 8:30AM-9:00AM KOINONIA	<b>Lunch</b> NOON-1:00PM MAIN DINING ROOM	<b>Break</b> 4:45PM-5:10PM
<b>Building the Team</b> 9:00AM-9:45AM	<b>Break</b> 1:00PM-1:20PM	<b>Board Buses</b> 5:15PM-5:20PM
<b>Trees of Wisdom</b> 10:00AM-NOON	<b>Speed Resources</b> 1:30PM-3:30PM	<b>Dinner and Skating</b> 6:00PM-9:00PM
	<b>Project Session 2</b> 3:30PM-4:00PM	<b>Small Group Hang Out</b> 10:00PM
	<b>Identity Trees</b> 4:00PM-4:40PM	

**16 AUG**

Morning	Afternoon	Evening
<b>Grab &amp; Go Breakfast</b> 9:30AM-10:00AM BRIDGE OF LEARNING	<b>Lunch</b> NOON-1:00PM	<b>Sankofa Presentation Preparation</b> 4:45PM-5:30PM
<b>Wellness</b> 10:00AM-11:00AM	<b>Break</b> 1:00PM-1:15PM	<b>Sankofa Dinner</b> 5:30PM-7:30PM
<b>Break</b> 11:00AM-11:15AM	<b>Small Group Bonding</b> 1:15PM-2:15PM	<b>Small Group Hang Out</b> 7:30PM-10:00PM
<b>Project Session 3</b> 11:15AM-NOON	<b>Break</b> 2:15PM-2:30PM	
	<b>Classroom Tours</b> 2:30PM-3:30PM	
	<b>Break</b> 3:30PM-4:45PM	