

# Build Your Best School Year!

## 2022 High School Summer Camp



# Camp Schedule

### Monday, Aug. 15



9:00 AM – 9:45 AM	Program Orientation
9:45 AM – 10:30 AM	Introduction to Improv Comedy
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	Reel History: Early Hollywood and Digital Literacy
12:00 PM – 12:30 PM	Lunch/CSC Activity
12:30 PM – 1:30 PM	Comic Drawing and Illustration
1:30 PM – 1:45 PM	Break
1:45 PM – 2:30 PM	Life Beyond High School

### Tuesday, Aug. 16



9:00 AM – 9:45 AM	Completing the Stress Cycle
9:45 AM – 10:30 AM	Peer to Peer Mentoring
10:30 AM – 11:00 AM	Motivational Snack!
11:00 AM – 12:00 PM	The Immune System: Defender of Health
12:00 PM – 12:30 PM	Lunch/CSC Activity
12:30 PM – 1:30 PM	Exploring Artificial Intelligence – Train a Virtual Robot to Clean the Ocean
1:30 PM – 1:45 PM	Break
1:45 PM – 2:30 PM	Art of Budgeting

### Wednesday, Aug. 17



9:00 AM – 9:45 AM	Animal Qigong & Tai Chi
9:45 AM – 10:30 AM	Building a Sense of Self
10:30 AM – 11:00 AM	Nutrition/food Demonstration
11:00 AM – 12:00 PM	Food and Nutrition Myths – BUSTED!
12:00 PM – 12:30 PM	Lunch/CSC Activity
12:30 PM – 1:30 PM	Reel History: Early Hollywood and Digital Literacy
1:30 PM – 1:45 PM	Break
1:45 PM – 2:30 PM	Life Beyond High School

### Thursday, Aug. 18



9:00 AM – 9:45 AM	Finding Your Inner Anchor
9:45 AM – 10:30 AM	Peer to Peer Mentoring
10:30 AM – 11:00 AM	Brain Break
11:00 AM – 12:00 PM	The STEM Vibe
12:00 PM – 12:30 PM	Lunch/CSC Activity
12:30 PM – 1:30 PM	Character Counts
1:30 PM – 1:45 PM	Break
1:45 PM – 2:30 PM	The STEM Chat

### Friday, Aug. 19



9:00 AM – 9:45 AM	Animal Qigong & Tai Chi
9:45 AM – 10:30 AM	Introduction to Improv Comedy
10:30 AM – 11:00 AM	Arcade Comedy Performance
11:00 AM – 12:00 PM	Reel History: Early Hollywood and Digital Literacy
12:00 PM – 12:30 PM	Lunch/CSC Activity
12:30 PM – 1:30 PM	Acrylic Painting
1:30 PM – 1:45 PM	Break
1:45 PM – 2:30 PM	Life Beyond High School/Closing Activity