

ESTEEM

MONDAY

August 7, 2006

9:30am – 3:30pm

Introduction, Self Awareness & Learning/Study strategies

Welcome & Introduction (continental breakfast provided)	9:30 – 10:00
Icebreakers	10:00 – 10:30
Break	10:30 – 10:40
Identifying and Utilizing Learning styles	10:40 – 11:30
Break	11:30 – 11:40
Study Strategies/ Exam prep	11:40 – 12:30
Lunch	12:30 – 1:30
Research Tips and Scavenger Hunt	1:30 – 2:30
Yoga, Mindfulness & Meditation techniques for students	2:30 – 3:30

ESTEEM

Tuesday

August 8, 2006

9:30am – 4:00pm

Self Awareness: Conflict resolution, Time & Stress Management

Introduction, warm-up, breakfast	9:30 – 10:00
Identifying Conflict Resolution Styles (survey/discussion)	10:00 – 10:30
Healthy approaches to conflict with roommates, professors etc.	10:30 – 11:00
Break	11:00 – 11:10
Conflict Resolution role plays	11:10 – 12:00
Time & Stress Management Techniques	12:00 – 12:30
Lunch	12:30 – 1:00
Off-site Experiential Learning Activity	1:30 – 4:00

9:30am – 3:30pm

Academic Skill Building – University Essay Writing Workshop

Introduction, warm-up, breakfast	9:30 – 10:00
The 411 on Essay writing (Expectations, Format, Styles)	10:00 – 11:00
Break	11:00 – 10:00
Avoiding Plagerism: APA and MLA referencing	11:00 – 11:30
Proper use of Internet for scholarly research	11:30 – 12:00
Addressing concerns: Essay Question and Answer	12:00 – 12:30
Lunch	12:30 – 1:30
Skills in Action: Writing Activities and individual feedback sessions	1:30 – 3:00
Exploring On-campus supports	3:00 – 3:30

9:30am – 4:00pm

Financial Planning: Budgeting, Loans and Student employment

Introduction, warm-up, breakfast	9:30 – 10:00
Exploring your financial style	10:00 – 10:30
Creating a realistic Budget	10:30 – 11:00
Break	11:00 – 11:10
Options: Student and Emergency Loans	11:10 – 12:00
Creative living on a dime: inexpensive options & student discounts	12:00 – 12:30
Lunch	12:30 – 1:30
Student Employment Options	1:30 – 2:00
Stress Reliever	2:00 – 2:30
Resume Workshop/Critique	2:30 – 3:30
Workers Rights: Health and safety at work	3:30 – 4:00

9:30am – 3:30pm

Becoming Connected: Student Life and Involvement

Introduction, warm-up, breakfast	9:30 – 10:00
Exploring Student Involvement	10:00 – 10:45
Staying Healthy: strategies to incorporate nutrition and exercise	10:45 – 11:30
Break	11:30 – 11:40
Student Survival Tips: From Laundry to Exams	11:40 – 12:30
Lunch	12:30 – 1:30
Off-site Experiential Learning Activity	1:30 – 3:30

9:30am – 3:00pm

Supports & Resources: Sexual, Emotional, Physical Health & Wellness

Welcome: Introduction	9:30 – 10:00
Sexual Assault Definitions and Dispelling myths	10:00 – 10:45
Action Plan: safety contracts, planning and auditing	10:45 – 11:15
Break	11:15 – 11:30
Brainstorm and Role Play	11:30 – 12:30
Lunch	12:30 – 1:00
Exploring Available Support and Resources	1:00 – 2:30
Wrap-up	2:30 – 3:00

Sunday August 13 (Continued) – Wednesday August 16

Overnights leaving Aug 13 @ 2:30 and returning August 1 at 3:00

Trip to Compass Centre: Leadership, Team-building, and Self Awareness activities

The program cumulates in a three day excursion to the Compass Centre, an outdoor educational facility in Madawaska. This trip provides students with the opportunity to focus on building critical leadership and team-building skills in a natural environment. It is the ideal backdrop for young women to celebrate their achievements as confident students ready for action.

3:00pm Departure - 3:00pm Return (Aug. 16th)

Overnights leaving Aug 13 @ 3:00pm and returning August 16 at 3:00pm

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