

2015 NYLF Pathways to STEM

Sample Residential Program Schedule*

7:30 – 8:15 a.m. Breakfast

Each day of exploration begins early as students are escorted by program staff to the dining hall where they may choose from a variety of hot and cold breakfast items.

8:30 – 9:30 a.m. Leadership Group Meeting: Focusing on Core Leadership Skills

Leadership Group meetings create the important framework for the program's most critical goal – a consistent focus on instilling key leadership skills that students will use throughout their lives, including communication, teambuilding, problem-solving, presentation skills, and goal setting. Reinforcement of the importance of these key leadership traits is woven throughout the day and within each activity.

9:30 – 11:50 a.m. STEM Career Exploration Activities

Twice a day, students delve into the exploration of STEM careers. Through various hands-on activities, students examine, question, research, create, investigate, role-play, explore, study, and learn the curriculum and about themselves.

Noon – 12:45 p.m. Lunch

Taking a break from exploring, students and program staff proceed to lunch. Meals are always the perfect time to relax, interact with fellow students, and discuss the day's exciting events!

12:45 – 1 p.m. Teambuilder Activity

Before diving back into the world of discovery, students and program staff participate each day in a short teambuilding activity (outside, if weather permits), which continues to build the bonds of friendship and teamwork between students at the program.

1:10 – 3 p.m. Pathway Activities

Following lunch and the teambuilder, students return to the projects and activities that they began in the morning session.

3:10 – 4 p.m. Recreation Time

Recreation time allows students to go outside (weather permitting) with program staff and fellow students to stretch their legs, participate in a game or art activity, or just relax.

4:10 – 5 p.m. STEM Career Exploration Activities

Students conclude the afternoon with further investigation into STEM careers.

5:15 – 6 p.m. Team Challenge

Students will participate in a series of team challenges, utilizing the skills they cover during their Leadership Group meetings. Guided by staff, students will explore cooperative problem solving and team dynamics through fun and engaging games.

6 – 6:45 p.m. Dinner

Students and their faculty advisors proceed to the dining hall and choose from a wide variety of hot and cold dinner items.

7 – 8:20 p.m. Evening Team Time Activities

The goal of evening team time is to wrap up the busy day by having FUN! Past team time activities have included team rallies; carnival nights; special guests, such as storytellers, authors and jugglers; movie nights; and even variety shows featuring students as performers!

8:30 – 9 p.m. Hall Meetings

Program staff meet with students outside of their rooms, prepare them for bedtime, remind them of the importance of personal hygiene, such as brushing their teeth, encourage a good night's sleep, and go over their next exciting day at *Pathways to Discovery*.

9 p.m. Evening Room Checks

After hall meetings, students are given time to settle in before getting into bed. Program staff is assigned to specific hallways and performs checks on each sleeping room to make sure students are safe, secure, and have everything they need for the evening. All rooms are checked during this time.

**This schedule of events and activities is provided as an example of the overall quality and scope of the experience offered. The specific schedule and details may be modified.*

2015 NYLF Pathways to STEM

Sample Day Program Schedule*

8 – 8:30 a.m. Arrival

Each day of exploration begins early! Students may be dropped off at any time throughout the 30-minute window noted above, but it is important to be at the program no later than 8:30 a.m. in order to participate in the day's first activity.

8:30 – 9:30 a.m. Leadership Group Meeting: Focusing on Core Leadership Skills

Leadership Group meetings create the important framework for the program's most critical goal – a consistent focus on instilling key leadership skills that students will use throughout their lives, including communication, teambuilding, problem solving, presentation skills, and goal setting. Reinforcement of the importance of these key leadership traits is woven throughout the day and within each activity.

9:30 – 11:50 a.m. STEM Career Exploration Activities

Twice a day, students delve into the exploration of STEM careers. Through various hands-on activities, students examine, question, research, create, investigate, role-play, explore, study, and learn about the curriculum and about themselves.

Noon – 12:45 p.m. Lunch

Taking a break from exploring, students and program staff proceed to lunch. Meals are always the perfect time to relax, interact with fellow students, and discuss the day's exciting events!

12:45 – 1 p.m. Teambuilder Activity

Before diving back into the world of discovery, students and program staff participate each day in a short teambuilding activity (outside, if weather permits), which continues to build the bonds of friendship and teamwork between students at the program.

1:10 – 3 p.m. Pathway Activities

Following lunch and the teambuilder, students return to the projects and activities that they began in the morning session.

3:10 – 4 p.m. Recreation Time

Recreation time allows students to go outside (weather permitting) with program staff and fellow students to stretch their legs, participate in a game or art activity, or just relax.

4:10 – 5 p.m. STEM Career Exploration Activities

Students conclude the day with further investigation into STEM careers.

5:15 – 5:30 p.m. Scholar Pick-Up

Parents should arrive to pick-up students during the 15-minute window noted above. Parents will be asked to provide photo identification at pick-up, and they will sign their child out with a program staff member.

**This schedule of events and activities is provided as an example of the overall quality and scope of the experience offered. The specific schedule and details may be modified.*