

# MLW Senior High Sample Schedule

Monday

8-8:30	Breakfast
8:30-8:55	Morning Sing
9-10	Workshop #1 <ul style="list-style-type: none"><li>A. Self Awareness A</li><li>B. Self Awareness B</li><li>C. Self Awareness w/Robin</li><li>D. Project Planning A</li><li>E. Project Planning B</li><li>F. Group Interaction A</li><li>G. Group Interaction B</li></ul>
10:15-11:15	Committee Meetings
11:30-12:30	Workshop #2 <ul style="list-style-type: none"><li>A. Group Interaction A</li><li>B. Group Interaction w/Robin</li><li>C. Group Interaction B</li><li>D. Self Awareness A</li><li>E. Self Awareness B</li><li>F. Project Planning A</li><li>G. Project Planning B</li></ul>
12:30-1:15	Lunch
1:15-2:15	Workshop #3 <ul style="list-style-type: none"><li>A. Project Planning w/Lauren</li><li>B. Project Planning A</li><li>C. Project Planning B</li><li>D. Group Interaction A</li><li>E. Group Interaction B</li><li>F. Self Awareness A</li><li>G. Self Awareness B</li></ul>
2:15-3	Pictures/Group Meeting
3-4:30	Recreation
4:30-5:30	Tuning
5:30-6:15	Dinner
6:15-7:00	Free Time
7-8:45	Group Meeting
8:45-10:15	Monday Night Activity
10:15	Check-in
10:15-10:45	Hall time
10:45-11:10	Hall Meetings
11:10	Lights Out

Tuesday

8-8:30	Breakfast
8:30-8:55	Morning Sing
9-10:10	Workshop #1
	A. Empowerment (Anti-Apathy/Advocacy) A
	B. Empowerment B
	C. Dealing with Pressure
	D. Leadership as a Lifestyle
	E. Communication/Presentation Skills
	F. Group Interaction 2
	G. Managing Diversity A
	OFF: Managing Diversity B
10:20-11:30	Committee Meetings
11:40-12:30	Art of Facilitation in Groups
12:30-1:15	Lunch
1:20-2:30	Workshop #2
	A. Empowerment A
	B. Empowerment B
	C. Group Interaction 2
	D. Dealing with Pressure
	E. Leadership as a Lifestyle
	F. Communication/Presentation Skills
	G. Managing Diversity A
	OFF: Managing Diversity B
2:30-3	Tuning
3-4	Recreation
4-5:30	REALITY
5:30-6:15	Dinner
6:15-7	Free Time
7-8:30	Group Meetings
8:45-10:15	Dance
10:15	Check-in
10:15-10:45	Hall time
10:45-11:10	Hall meetings
11:10	Lights Out

## **SCHEDULE DESCRIPTIONS**

### **Group Meetings**

Each student is assigned to a dormitory group. These groups live together and have daily group meetings in which students play icebreakers, team building activities, and other games. Each group's activities center around a fun theme. As the week progresses and the group bonds, students learn about themselves and their peers. Students experience the fundamentals of group dynamics and group development. Many students also develop lifelong friendships.

### **Hall Meetings**

Students meet at the end of each day in their dormitory halls to debrief with their counselors and each other. Students reflect on the highlights of the day and unwind. Counselors to elicit feedback from students on all aspects of the program.

### **Mix/Reality Sessions**

Each dormitory group meets in "Mix" or "Reality" sessions to apply the leadership skills the students learn during the workshops. Staff members design real or hypothetical projects to engage students and enable them to analyze, synthesize, and apply leadership concepts. These projects often center around the group's fun theme. Students are encouraged to develop different leadership styles and expand their repertoire of leadership skills. Staff members challenge students to be creative, think critically, and evaluate the group's project and process. Additionally, students are challenged to relate leadership concepts to groups in which they are involved in their schools and communities.

### **Checkpoint/Tuning**

"Checkpoint" or "Tuning" sessions are sessions where staff members meet with students one on one or in small groups. The student to staff ratio is approximately 5:1, which enables staff to individualize each student's experience. Furthermore, these sessions enable staff to assist students in generating specific goals and action plans that students are encouraged to implement in their schools or communities. Additionally, these sessions are opportunities to discuss concepts and issues in more depth.

### **Recreation**

Students are free to do as they wish during recreation time. One of the student-run committees plans optional recreation activities. Students have

access to college facilities including the pool, gymnasium, recreational equipment, billiards and arcade, and campus book store.

### Committees

Students sign up for various committees. These committees meet daily and provide opportunities for students to take ownership over the program and exercise their leadership skills. Committees typically plan and implement a dance, plan and implement a variety show, organize student-led seminars and discussions, create a newsletter, evaluate the program, and produce an end of the week culminating activity. Students also plan and implement recreational activities and culminating activities at the end of the week. Staff members challenge students to be creative, think critically and evaluate each committee's goals and group process.

### Workshops

Staff facilitate workshops on various topics which may include:

Presentation/Communication Skills	Managing Peer Pressure
Group Dynamics	Empowering Others
Self Awareness	Project Planning
Conflict Management	Leadership Styles
Motivation	Advocacy
Team Building	Public Relations
Time and Stress Management	Managing Diversity

MLW staff use fun activities, costumes, themes, high energy, and colorful visual aids to making learning fun and to appeal to students with different learning styles. MLW workshops involve small group activities and discussions to maximize participation.

### Student-Planned activities include:

- dances
- variety shows
- games
- student-led seminars
- recreation with access to college facilities