**Loyola University Retreat and Ecology Campus**

**Challenge Course Program**

**Sample Schedule – Half-Day Program**

**Program Goals:** Improved communication and trust among group members.

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| **Time** | **Activity Name** | **Description of Activity** |
| 9:00am | Large group Welcome | Introduction to facilitation staff & large group energizer game |
| 9:15 | Break into activity groups of 12 students, 5 finger contract discussion | Overview of schedule, guidelines, expectations and introduction of Choose your Challenge concept |
| 9:30 | 2 minute interview & paired interviews | Group gets to ask facilitator about her/himself, group members pair up and ask/share information about each other and then with group |
| 9:45 | Group Juggle | Name game and introductory initiative |
| 10:00 | Samurai Slap | High energy initiative to get the group moving |
| 10:15 | All My Neighbors | High energy moving initiative that encourages sharing information about self |
| 10:30 | Key Punch & Goal Setting skill introduction | Introductory problem solving initiative |
| 10:45 | Whale Watch | Cooperation and problem solving initiative that incorporates physical challenge |
| 11:15 | Nitro Crossing | Cooperation and problem solving initiative that incorporates increased level of physical challenge |
| 11:45 | Reflection | Discussion and activity to transfer lessons from the program into school setting |
| Noon | Large Group Good bye and Lunch |  |