**Loyola University Retreat and Ecology Campus**

**Challenge Course Program**

**Sample Schedule – Full-Day Program**

**Program Goals:** Increased trust among group members and improved communication, problem solving and goal setting skills.

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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 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 | Reflection | Introduction to discussing and reflecting upon group’s successes and challenges during initiatives & transferring lessons learned to future initiatives |
| 10:45 | Whale Watch | Cooperation and problem solving initiative that incorporates physical challenge |
| 11:15 | Nitro Crossing & spotting introduction | Cooperation and problem solving initiative that incorporates increased level of physical challenge |
| 11:45 | Reflection | Discussion of progress and stumbling blocks group has experienced during morning |
| Noon | Lunch |  |
| 1:00pm | Ford 4 on the floor shifter | Energizer to get everyone moving after lunch |
| 1:15 | Spider’s Web | Cooperation and problem solving initiative with high physical challenge |
| 2:00 | Reflection | Discussion of how group responded to and overcame increased physical risk/perceived risk challenge |
| 2:15 | High Ropes Course | High course increases level of challenge and 2-person elements on course encourage continued trust building, cooperation and problem solving |
| 4:45 | Reflection | Discussion and activity to transfer lessons from the program into school setting |
| 5:00 | Large Group Good-bye |  |
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