



SANKOFA RETREAT 2019 Schedule

Date	Start Time	End Time	Activity	Description	Notes
Friday					
10/25	4:00 PM		Meet at the Academic Building in Atlantic City		
	4:10 PM		Departure from Atlantic City to Galloway		
	4:35 PM		Meet at the Campus Center in Galloway for Pick-Up		
	4:45 PM		Depart from Campus Center Galloway to Camp		
	6:00 PM		Arrive at camp and get settled		
	6:15 PM	7:30 PM	Dinner		
	7:30 PM	9:00 PM	Welcome and purpose of event Introductions, and Expectations for the Weekend Distribute Student Journals Topics Schedule Overview An Environment for Excellence “What does it mean to you?” Plant yourself where you can grow, “What does it mean to you?” Self-fulfilling Prophecy – What are you most afraid of? Creating a support system? How do we do that? Who am I? (Personal SWOT) What would you say is an area that you are challenged or are still growing in? How do I think the campus perceives me? How do others see me, impact me? Group Assignments for Saturday Night Skits		

9:00 PM 11:00PM Group Time / Skit and Talent Prep/ Free Time

Saturday

10/26	8:00 AM	9:00 AM	Breakfast
	9:00 AM	10:30 PM	Group A – Defining Webs of Support: Ropes Course 10 ppl Group B – Defining Webs of Support: Ropes Course 10 ppl
	9:00 AM	10:00AM	Group C - Goal Setting and Targets - Archery/Sports 10 ppl Two 30-min intervals Group D - Goal Setting and Targets - Archery/Sports10 ppl Two 30-min intervals
	10:30 AM	11:30 AM	Group A - Goal Setting and Targets - Archery/Sports10 ppl Two 30-min intervals Group B - Goal Setting and Targets - Archery/Sports10 ppl Two 30-min intervals
	10:00 AM	11:00 AM	Group C – The Importance of Teams and Team work Paint Ball 10 ppl Group D – The Importance of Teams and Team work Paint Ball 10 ppl
	11:00 AM	12:00 PM	Group C – Goal Setting and Team Building Readings Recap and Skit Planning Group D – Goal Setting and Team Building Readings Recap and Skit Planning
	11:30 AM	12:00 PM	Group A - Defining Webs of Support/Goal Setting Readings Recap and Skit Planning Group B - Defining Webs of Support/Goal Setting Readings Recap and Skit Planning
	12:00 PM	1:30 PM	Lunch (Life Conversations) Imposter Syndrome What is it that you feel most pressured and concerned about?
	1:30 PM	3:00 PM	Group A – The Importance of Teams and Team work Paint Ball 10 ppl Group B – The Importance of Teams and Team work Paint Ball 10 ppl
	1:30 PM	3:00 PM	Group C – Defining Webs of Support: Ropes Course 10 ppl Group D – Defining Webs of Support: Ropes Course 10 ppl
	3:00 PM	4:00 PM	Dealing with Disappointment and the Importance of Resilience on the Road to Success with Dr. Pedro Santana
	4:00 PM	5:00 PM	Crossing the Line with Dr. Angel Hernandez
	5:00 PM	6:00 PM	Dinner (Life Conversations) Defining Social Capital
	6:00 PM	7:00 PM	Men and Masculinities (Act Like a Man what does that mean to you) with Dr. Angel Hernandez
	7:00 PM	8:00 PM	Mentoring and Mentorship (Do you have a mentor?) Mr. Irvin Rodriguez-Moreno Relationship Building Code Switching
	8:00 PM	9:30 PM	Bonfire Ceremony (Life Conversations) (Relationships and Succeeding in the World of Work) / S'mores During the first evening we had you reflect on the following questions: How do I think the campus perceives me? How do others see me, impact me?

How might that have changed? What do others think now that they have had an opportunity to get to know me?
 What strategies and tactics can we put in action to make things better for young Men on campus?
 What were some of the lessons learned or takeaways from the retreat?
 How do we want to help other young men be successful at Stockton?
 Challenges and Opportunities for the future and how we can use Sankofa to get us ready (Go Back and Fetch It...)

9:30 PM 10:30 PM Perform Skits Covering Topics Learned Throughout Day 1 and Day 2

Sunday

10/27 8:00 AM 9:00 AM Breakfast

9:00 AM 9:30 AM "Maat Morning/ Group Reflections/Journaling and Final Pictures and Videos – (Maat or Ma`at (Egyptian mꜣꜥt /'murʕat/) refers to the ancient Egyptian concept of truth, balance, order, harmony, law, morality, and justice.)"
 Wellness – How can we achieve it? What does personal care look like?
 What other things might we need to be successful?

9:30 AM 10:30 AM Heroes Journey by Dr. Ana Rodriguez and Mr. Bryant Edmondson

11:00 AM Meet at bus

11:30 AM Depart camp

12:30 PM Arrive at Stockton

*Additions and Modifications may occur between now and the retreat.