**Daily Schedule**

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| Icebreaker | 15 - 30 mins |
| Project Spiral | 1 – 3hrs |
| Project Spiral Share | 30 mins |
| Study Program Activity / Guest Speaker | 1 – 4hrs |
| Relaxation Technique | 10-20 mins |
| Reflection and Logbook Entry | 40 mins |

**Reflections**

**To be filled out after each workshop**

What stood out for you?

What learning did you take?

What actions will you take?

What do you need to research?

**To be filled out at the beginning of each next workshop**

Did you take the action you said you would?

What was the result of those actions?

If you didn’t take action, why not?