



What is a typical day at CollegeQuest for Health Careers?

- 7:30 am** **Breakfast:** Family style in the dining hall.
- 8:00 am** **Morning check-in:** Students and staff meet to go over the plan for the day. Students do “free-style” evaluation of the activities from the day before.
- 8:15 am** **Planning for College workshop:** Students work independently on computers to learn more about their top choice colleges, then share what they’ve found in facilitated small groups to get more information about qualifications, course offerings, and degree or certificate programs.
- 10:15 am** **Introduction to College Studies class:** Community College of Vermont (CCV) faculty guide students in developing individualized techniques for recognizing and managing stress to help them excel in school.
- 12:15 pm** **Lunch:** Picnic style on the campus green.
- 1:00 pm** **Science Enrichment:** Students learn about the structure and function of the human heart and lungs, taught by a health care professional from the Rutland community, in preparation for CPR certification class the next day.
- 3:00 pm** **Community Projects:** Students meet with their own project mentors from health and human service agencies in the Rutland area and work on solving real-life challenges to community health.
- 4:00 pm** **Free time:** Students and staff may play a pick-up volleyball game, take a yoga class, or go for a walk across campus to relax with new friends.
- 5:30 pm** **Dinner:** Family style in the dining hall.
- 7:00 pm** **Reflection:** Students meet in small groups with staff to share their highlights from the day, ask questions, and plan their free time together. Students may be encouraged to write in their journals, or spend some time brainstorming together about individual assignments.
- 7:30 pm** **Free time / Study time:** Students may choose to work together or individually on projects, watch a movie together in the residence hall, or play *Operation!*
- 10:00 pm** **Lights out:** Everyone is back in their resident hall room by 10 pm. Lights are out by 11 pm.