



**OCEAN
DISCOVERY
INSTITUTE**
young lives transformed through science

OCEAN LEADER 10TH GRADE PROGRAM TRAINING 1: PROGRAM OVERVIEW & PROGRAM SPECIFICS



INTRODUCTIONS



OUTLINE

- ❑ Ocean Discovery & Programs
- ❑ Pathway of an Ocean Leader
- ❑ Ocean Leader 10th Grade Program
- ❑ Course Objectives & Syllabus
- ❑ Daily Schedule/Day in the life
- ❑ Roles & Responsibilities
- ❑ Mentor Schedule
- ❑ Supporting our Students



OUR MISSION

To inspire the next generation of science leaders, Ocean Discovery Institute creates learning experiences for young people traditionally excluded from science due to race, income status, and educational opportunity. Our students will join high-paying fields, break generational poverty, and change the future of science.

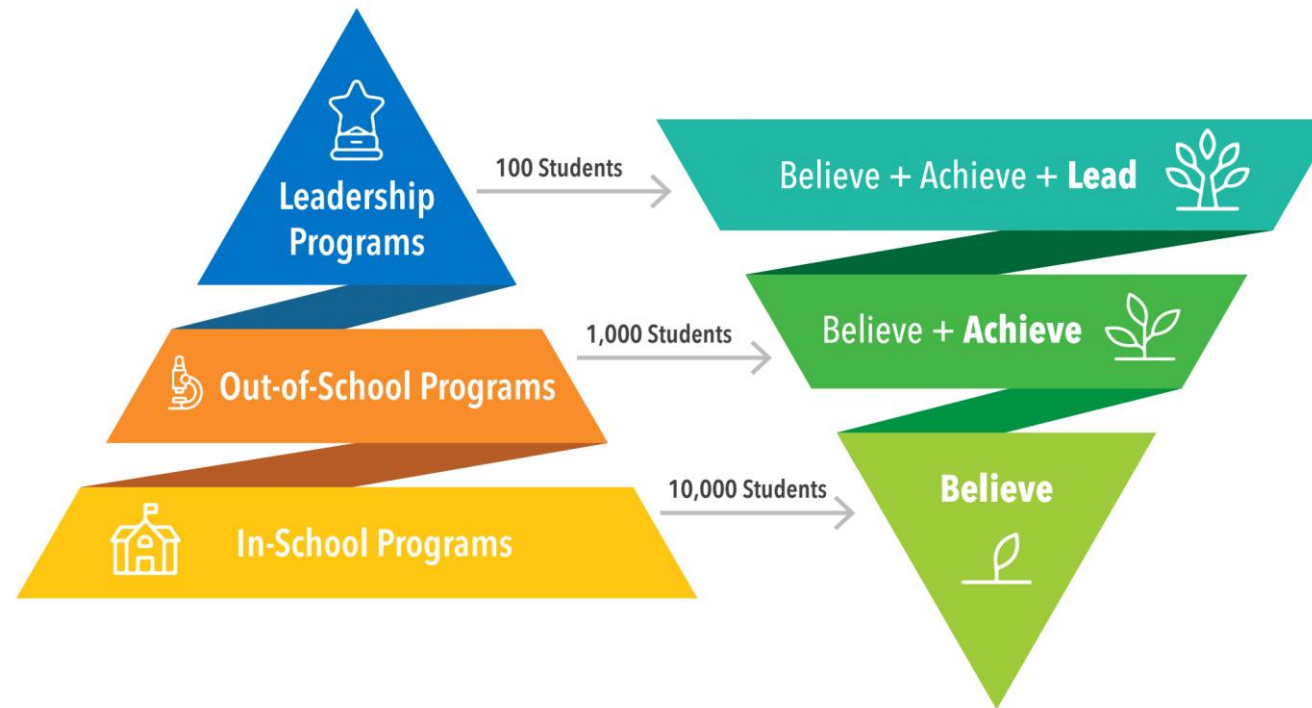
WHY WE ARE UNIQUE



Our model:

- Reach one community at a time
- Supports students throughout their development K-career
- Provides all programming 100% tuition-free
- Uses the ocean as a platform for discovery
- Provides science experiences, mentoring, and tools for success both in-school and out-of-school

OUR PROGRAMS & IMPACT



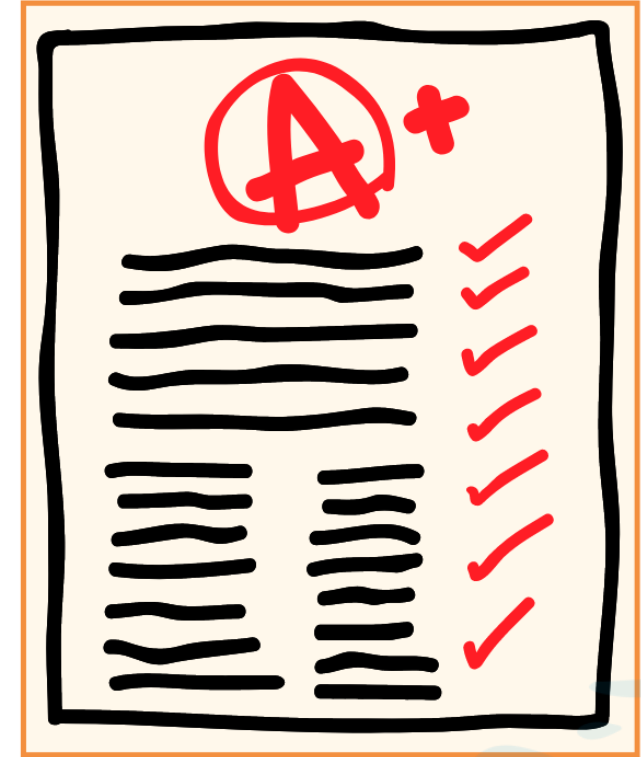
Our program model, showing the scale of each of our 3 programs (left) and their associated goals and impacts (right).



OUR OUTCOMES

ACHIEVEMENT

Our students score
**34% higher on
tests**



OUR OUTCOMES

COLLEGE

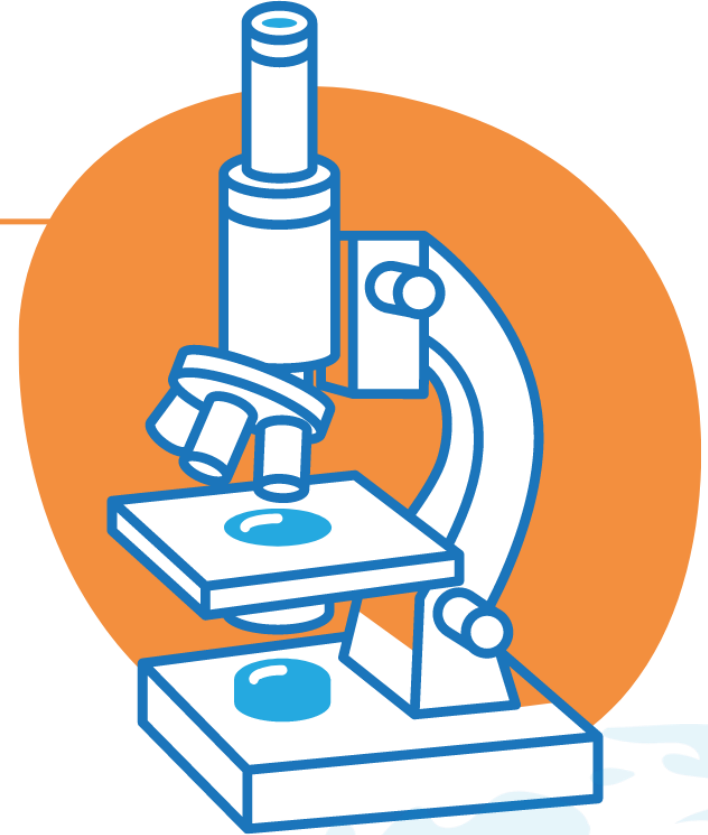
100% of Ocean Leaders
enroll in **higher
education.**



OUR OUTCOMES

CAREERS

60% of our alumni
are in **science**
careers



OCEAN DISCOVERY INSTITUTE
young lives transformed through science



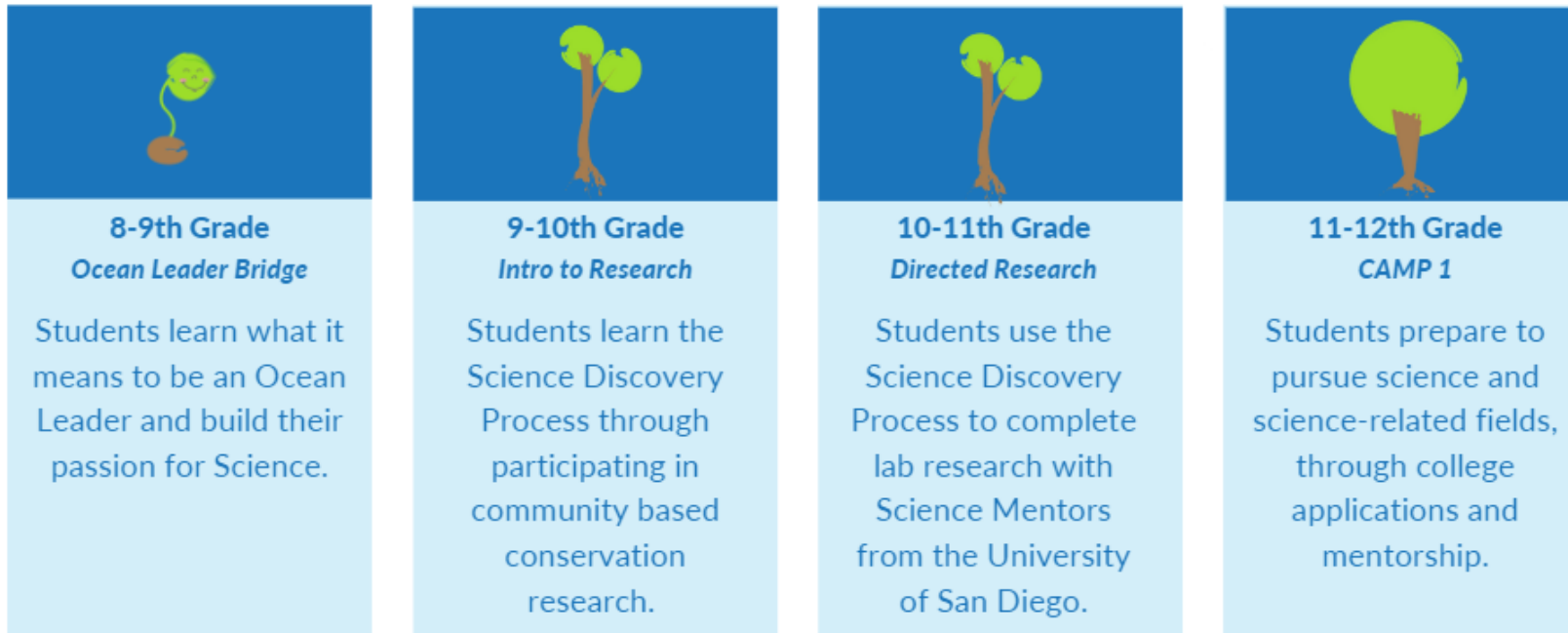
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- ☐ **Pathway of an Ocean Leader**
- ☐ Ocean Leader 10th Grade Program
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OCEAN LEADER PATHWAY

The Ocean Leader Program consists of four science summer programs.



High School Academic Year

Ocean Leaders build a supportive science community with their peers during the school year. They participate in College and Career Coaching for academic success and career preparation and Math Muscle for collaborative mathematics exploration and homework assistance.



OUTLINE

- ☐ Ocean Discovery & Programs
- ☐ Pathway of an Ocean Leader
- ☐ **Ocean Leader 10th Grade Program**
- ☐ Course Objectives & Syllabus
- ☐ Daily schedule
- ☐ Roles & Responsibilities
- ☐ Day in the life of a staff
- ☐ Supporting our Students



OCEAN LEADER 10TH GRADE PROGRAM

A 12-day intensive program designed for students to experience hands-on and community-led research projects that enable students to understand how the Science Discovery Process works and how they may apply it as science leaders.

We teach the importance of a growth mindset and provide a series of growth mindset tools to support learning, healthy bodies, and strong hearts and minds.

In this program, students will:

- Have daily field research experiences
- Swim or snorkel almost daily
- Writing & self-reflection
- Have daily fitness or recreation



OUTLINE

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- ☐ Pathway of an Ocean Leader
- ☐ Ocean Leader 10th Grade Program
- ☐ **Course Objectives & Syllabus**
- ☐ Daily Schedule /Day in the life
- ☐ Roles & Responsibilities
- ☐ Mentor Schedule
- ☐ Supporting our Students



COURSE OBJECTIVES & SYLLABUS

10th Grade Program Objectives:

- Students participate in all stages of the Science Discovery Process through field-based community research projects and gain the knowledge to name and describe each aspect.
- Students live alongside science and alumni mentors who help them transform their perspectives on being changemakers and having a meaningful impact on the world.
- Students strengthen their growth mindset by building community, taking risks in a safe environment and overcoming challenges through hard work.

Day	Date	Field Research Syllabus	Exercise
1	Wed. 6/4	<i>Explore & Wonder</i> Program Goals & Field Station Orientation	Zumba
2	Thurs. 6/5	<i>Explore & Wonder</i> Explore the Bay	Zumba
3	Fri. 6/6	<i>Investigate</i> Islas	Zumba
4	Sat. 6/7	<i>Investigate</i> Fisheries	Zumba
5	Sun. 6/8	<i>Investigate</i> Wetlands	Zumba
6	Mon. 6/9	<i>Analyze</i> Reverse Schedule	Sea Turtle Monitoring
7	Tues 6/10	<i>Analyze</i> Islas Service Day	Art/Snorkel/Seine
8	Wed. 6/11	<i>Analyze</i> Intertidal Monitoring	Art/Snorkel/Seine
9	Thurs. 6/12	<i>Communicate</i> Museo/Community Celebration Preparation	Zumba
10	Fri. 6/13	<i>Celebrate Success!</i> Celebrate!	Art/Snorkel/Seine
11	Sat. 6/14	<i>Make a Difference</i> Town Visit/Community Celebration Practice	Birds
12	Sun. 6/15	<i>Communicate</i> Community Celebration Preparation	Community Celebration

OUTLINE

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- ☐ Syllabus
- ☐ **Daily Schedule /Day in the life**
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PROGRAM DATES & SCHEDULE

IMPORTANT DATES



San Diego, CA

Launch Night: Thursday, **May 22nd**, from 5-7 pm

Departure & Travel Day: Tuesday, **June 3rd**,

7 am Arrive at Lab – 8 am Vans Depart

Travel Day & Return to San Diego: Monday, **June 16th** (TBD)

TYPICAL DAY IN BAJA



Start Time	End Time	Activity
6:00AM	6:30AM	Wake-up
6:30AM	7:15AM	Community Building/ <u>Brkft</u>
7:25 AM	12:25 PM	Field Research
12:30PM	1:10PM	Lunch
1:10PM	2:00PM	Self-Reflection
2:00PM	2:40PM	Siesta
2:40PM	4:25PM	Salud
4:30PM	6:30PM	Know it! Own it!
6:30PM	7:00PM	Dinner
7:05PM	7:30PM	Community Chores
7:30PM	8:30PM	Evening Activity
8:30PM	9:00PM	Sleep Prep
9:00PM	6:00AM	Sleep

WAKE UP



BREAKFAST & COMMUNITY BUILDING

Overview: Building a community of support is one of the Tools for Success.

This community includes peers, program alumni, mentors, and staff who provide a safety net for growing science leaders to fall back on when challenges arise and a network to access to pursue further opportunities.

By offering students a safe, inclusive, and effective community in which they can take risks that no one in their family has done before, they are able to try out what it takes to become a science leader.

Goals: Community building is incorporated into all Ocean Leader programs through the below activities:

- **Food & Conversation:** An informal time to continue expanding their community of support through the shared experience of food and conversation. A daily question is provided.
- **Community Building Activity:** A structured activity designed to build students' belief that they are a unique individual and a member of the Ocean Discovery family and scientific community.
- **Announcements:** A time to introduce new members of the community, share the day's agenda, and upcoming opportunities.



FIELD RESEARCH



LUNCH, SELF-REFLECTION, SIESTA & SALUD



KNOW IT! OWN IT!



The late afternoon is spent reflecting on what we saw that day in the field, gaining a stronger understanding of the Science Discovery Process, and making sure we can connect what we've learned to previous knowledge.

We learn to take this new knowledge and make it our own by using study skills like flash cards and concept maps.

We also have time to ask an “expert” if we have questions or don’t understand something.

DINNER, COMMUNITY CHORES



EXERCISE & BEDTIME



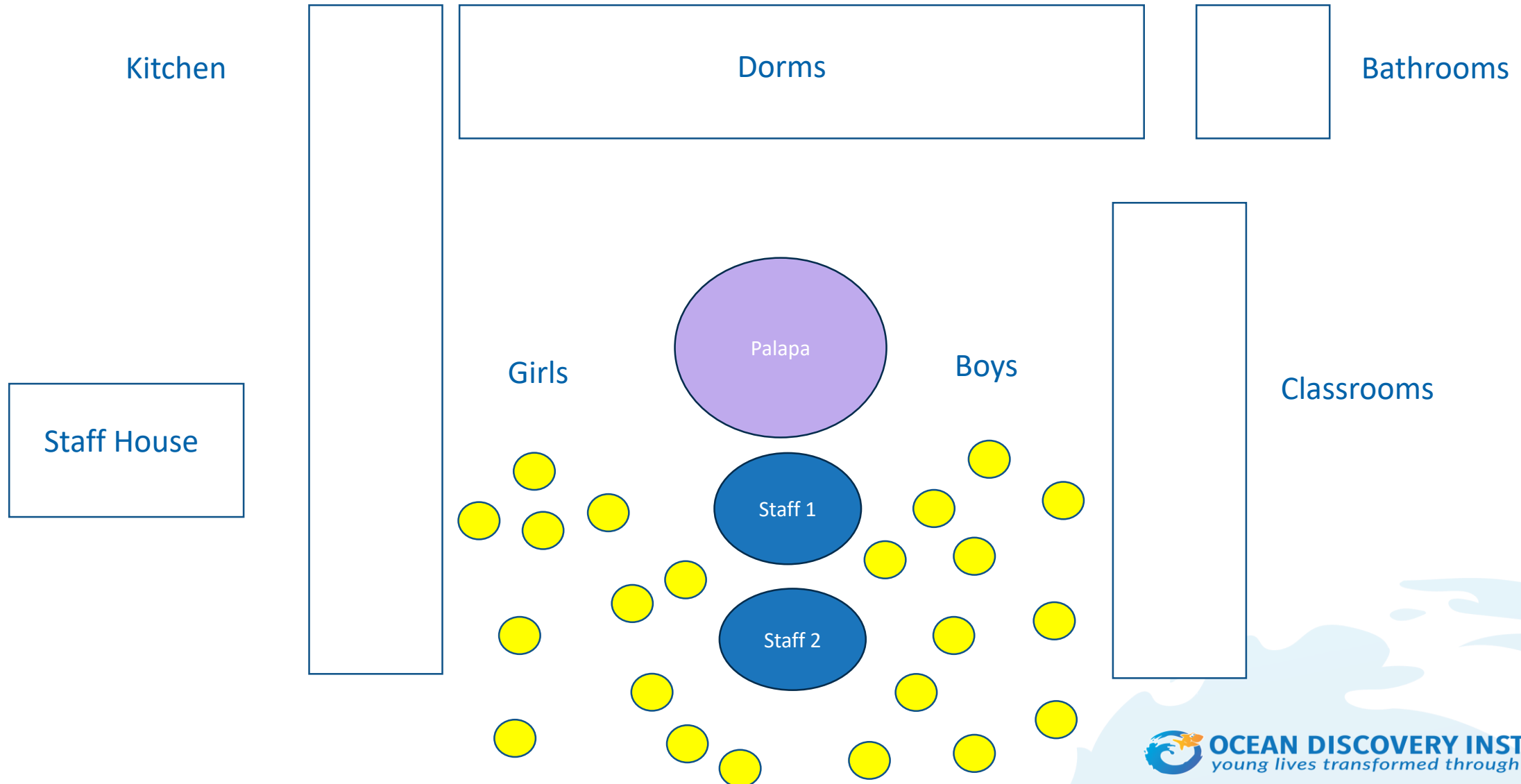
In the evening, we experience a series of activities like Zumba, seining, art, and night snorkeling.



BEDTIME



BEDTIME

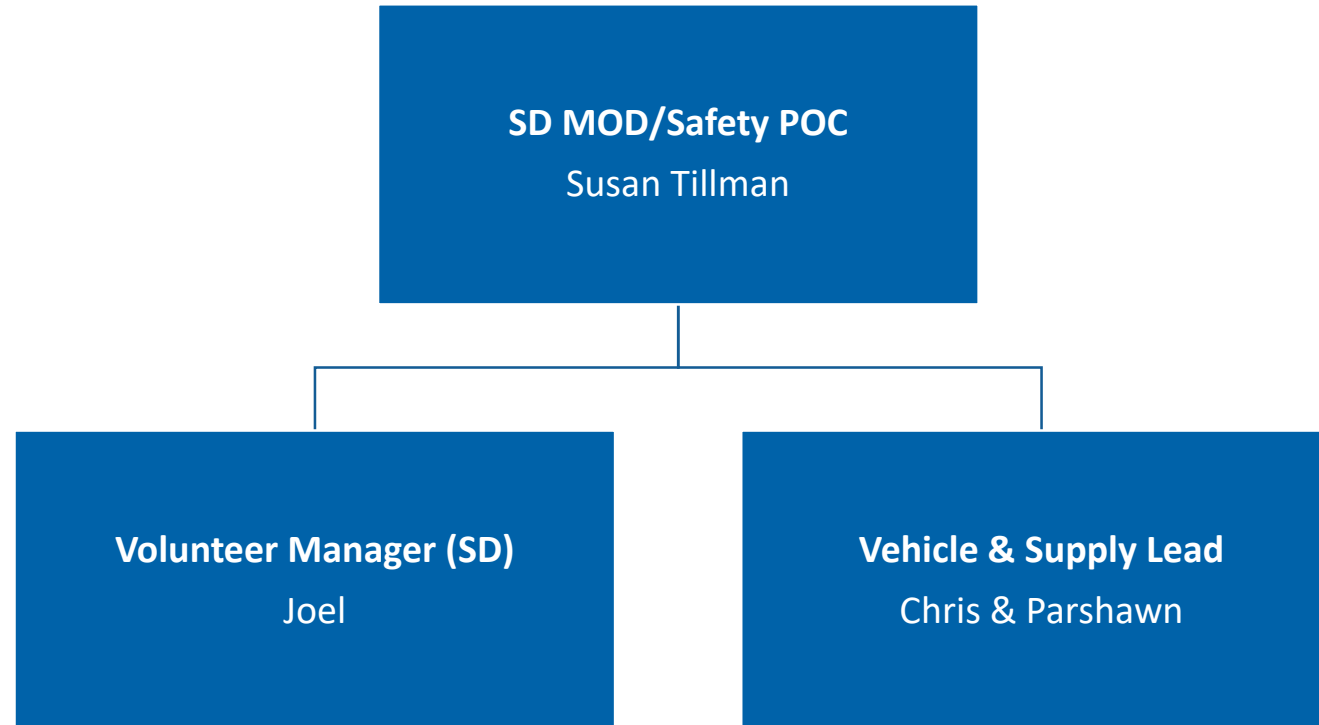


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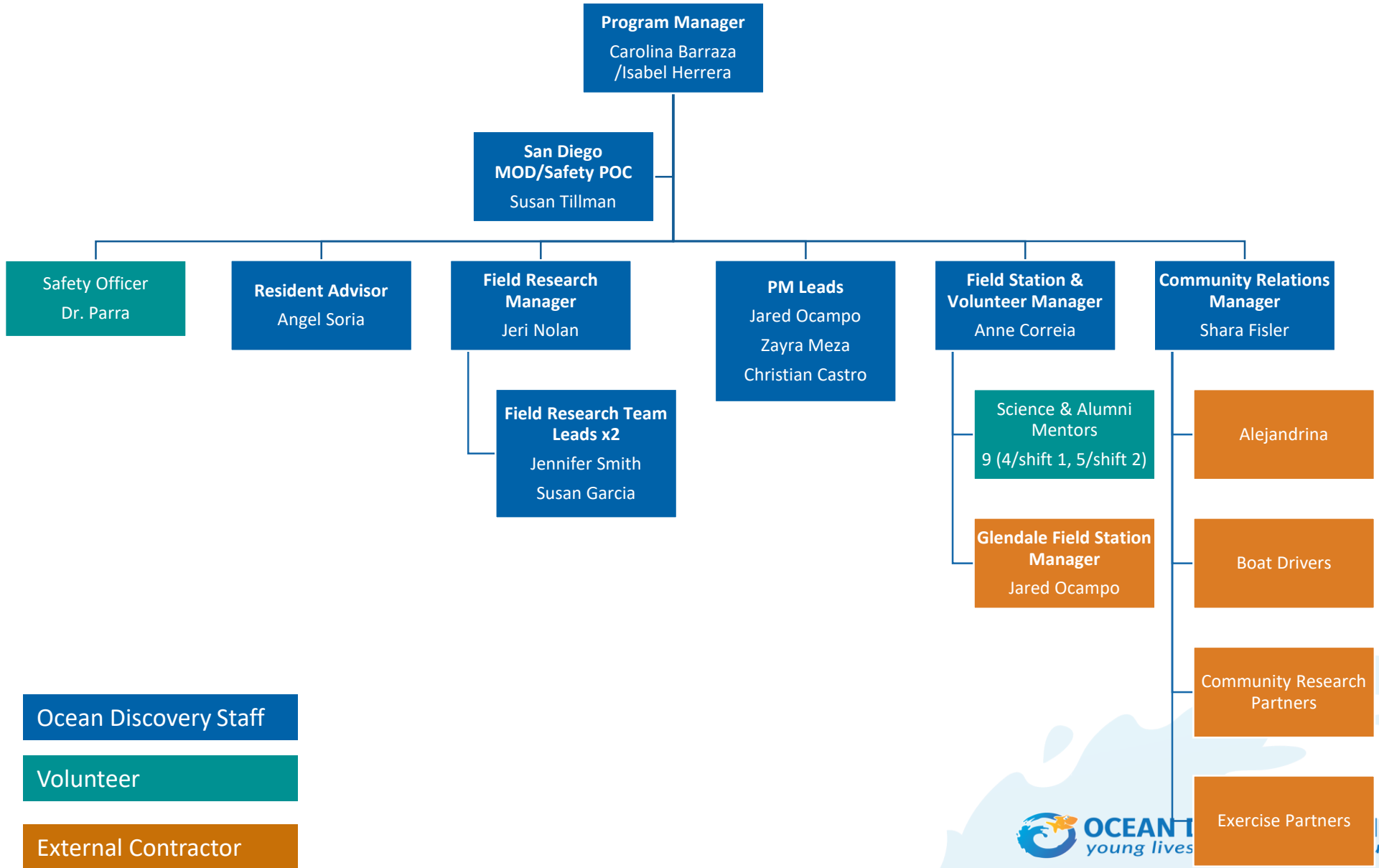
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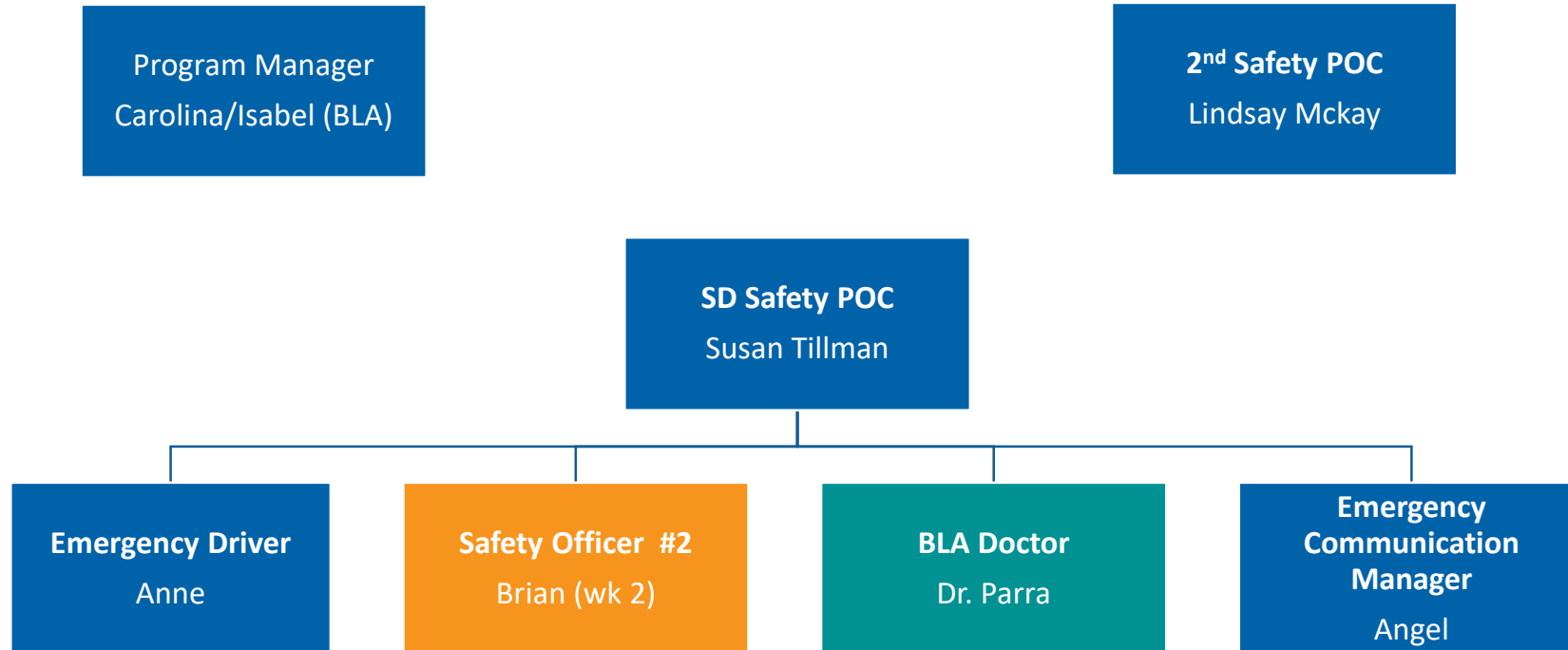
10TH GRADE SD TEAM



10TH GRADE BAJA TEAM



10TH GRADE EMERGENCY TEAM



Position	Scheduled Time & Program Component	Role
Program Manager	6:00 to 6:30 AM Wake-up 6:30 to 7:25 AM Breakfast & Community Building 12:30 to 1 PM Lunch 6:30 to 7 PM Dinner	Ensure program goals are met. Oversee all program schedules. Oversee finances Supervises all staff Facilitate Morning announcements and communication throughout the program. Facilitates all on-site kitchen communication. This includes communicating changes, cues for meals to start etc.
Community Relations Manager		Coordinating with Community Partners Community Celebration Oversight.
Resident Advisor	2:30 to 3:55 PM Salud 7:00 to 8:00 PM Student Health Checks	Act as MOD (as needed) Ensure overall well-being of Ocean Leader. This includes: <ul style="list-style-type: none"> monitoring medicine, behavior facilitating communication home. celebrates birthdays in Bahía de los Ángeles. responding to student incidents. Lead student trip to/from BLA Lead Self-Reflection Manage Safety Officers
Field Station Manager		Setup, oversee maintenance and breakdown of the field station. Orient all participants to the field station upon arrival Oversee photo management and Community Celebration PPT.
Volunteer Manager		Oversees the volunteer's experience in Bahía de los Ángeles. This begins upon their landing in Bahía de los Ángeles to their return to San Diego>
Field Research Manager	7:25 to 12:25 AM Field Research 3:00-4:00 PM Prep, know it! Own it! 4-6:25 PM Know it! Own it!	Prepare for Field Research during Set-up Week. Manage Team Leads. <ul style="list-style-type: none"> Oversee the Team Lead prep and implementation of Field Research. Support staff in effectively engaging volunteers in activities and mentoring of participants, including through coaching and curriculum adaptations. Train team on “Field Safety” Manage curriculum. Identify and document areas for further enhancement. Lead Know it! Own it! With support from Team Leads
Team Leads	7:25 to 12:25AM Field Research 4:30 to 6:30PM Know it! Own it! (alternating)	Prep and lead Field research Support Know it! Own it! Alternate days (as a support & connection to research)
PM Leads	1:10 to 2:00 PM Self-Reflection 2:00 to 2:40 PM Siesta 2:40 to 4:25 PM Salud 7:05 to 7:35 PM Community Chores 7:30 to 8:30 PM Exercise	PM Lead 1 and PM Lead 2 alternate leads on siesta, salud, servant leadership, exercise, and sleep prep.



ROLES & RESPONSIBILITIES

- ❑ “How to calendar the role of xx”
- ❑ This section will outline activities you must schedule that may be outside of implementation agendas and the “BLA Schedule.”
- ❑ It begins by cueing you to schedule your time using the BLA Schedule, then daily tasks, and then tasks by Day #.

How to calendar the role of the Resident Advisor in BLA

This process takes about 2 to 3 hours. Your schedule should have significant time available as ‘bu respond to student needs.

BLA Schedule

See, [“How to prepare your calendar for your role in BLA.”](#)

Daily

- ☐ Check in with the Safety Officer 1x/ day. Eat lunch, run an errand with them. (30 minutes)
- ☐ Administer medications.
- ☐ Count students at wake up and confirm this number with the PM. (15 minutes)
- ☐ For each meal (breakfast, lunch & dinner) (15 minutes)
 - o Complete the “My Plate” diagram to reflect meal served.
 - o Confirm with Alejandrina that meals are ready and ring the bell.
 - o Have student wash their hands prior to the meal.
 - o Encourage students who have eaten to proceed to wash their plate out. (If you w creates a bottleneck in the program).
- ☐ Before each meal:
 - o Fill in the MyPlate model to communicate what is being served at each meal and the goals of MyPlate.
 - o Ring bell to notify staff and students.

Day 1

- ☐ Prep for Birthday for the next week. (30 minutes)
See, [“How to celebrate birthdays during the program.”](#)

Day 1-3

- ☐ In the first few days of the program pay special attention to transitions, and the first- anything. (3 hours/ day)
You can use the “Program Oversight Protocol.” Part 4: Summer/ Ocean Leader Intro to Research Administrative Protocols: Program Oversight Protocol.”
 - o The first days in BLA should be buffered for observation and problem solving. that the primary goal of your schedule is to ensure the programs follows the s that your team is supported and set up for success.
 - o Be prepared to arrive early and ensure that staff have the tools needed. As ne them through the first day. Review how to start the music, where to physically where supplies are, interactions with students.

~Day 6 (Halfway point of program)

- ☐ Prep for Birthday for the next week. See “How to Celebrate Birthdays in BLA.” (30 minute)
See, ““Part 4: Summer Residential Programs/ Ocean Leader Intro to Research Programs/ Protocols: Birthdays.”



ROLES & RESPONSIBILITIES

How to prepare your calendar for your role in BLA.

- ☐ Open the "BLA Schedule." (smb://192.168.1.8/Master Files/LI/Summer Intensive Science Programs/Ocean Leader Intro to Research Program/Schedule/Schedules YEAR)
- ☐ Filter the "Lead Staff" column for your name and block out time to prepare and lead for each activity.
- ☐ Filter the column "Participating Staff & Volunteers" for your name. Also, include time for any activities requiring "All Staff."
- ☐ Review the "Notes" section for the Manager Meetings and other pertinent notes.
- ☐ Notes:
 - ☐ Extra staff are scheduled to support snorkels. If students' snorkel ratios change, we'll communicate schedule changes with you.
 - ☐ Manager meetings are scheduled, but the PM will cancel if they are not necessary.

	A	B	C	D	E	F	G	H	I	
1	Day	Date	Day	Start Time	End Time	Activity	Description	Lead Staff	Participating Staff & Volunteers	Notes
6	1	19-Jul	Wednesday	6:00 AM	6:30 AM	Wake Up	NA	Jo		
7	1	19-Jul	Wednesday	6:30 AM	7:15 AM	Breakfast and Community Building Activity	See Morning Announcements Board if unable to eat breakfast with the group.	Carolina	All Staff	
8	1	19-Jul	Wednesday	7:15 AM	12:25 PM	Field Research	Program Goals & Field Station Orientation	Carolina	Anne, Tony, Anai, Jeri, Shara, Christina, Pilar, Jo, & All Volunteers	See Curriculum for timing, all staff All are welcome to join for bingo a 9:05am All staff for snorkel meet t Field Research Manager is schedul departure. Protocol can be found i
9	1	19-Jul	Wednesday	12:30 PM	1:00 PM	Lunch	NA	Carolina	All Staff	
10	1	19-Jul	Wednesday	1:05 PM	1:45 PM	Self-Reflection	NA	Jo		
11	1	19-Jul	Wednesday	1:05 PM	1:45 PM	Team Lead Check-in and Prep	Daily meeting to review curriculum and pack	Jeri	Tony, Anai	



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- ☐ Supporting our Students



SUMMER MENTOR CALENDAR

Ocean Leader 10 th Grade Program ~23 students		
	Science Mentors	Alumni Mentors
Shift 1 6/6-6/9 <i>Travel Days 6/5-6/10</i>	2 Science Mentors <ul style="list-style-type: none">• Eber Lambert• Zach Quinlan• Jen Jacques	2 Alumni Mentors <ul style="list-style-type: none">• Diana Santos
Shift 2 6/10-6/13 <i>Travel Days 6/9-6/14</i>	2 Science Mentors <ul style="list-style-type: none">• Alfonso Macias	2 Alumni Mentors <ul style="list-style-type: none">• Jesse Ramirez• Mary Cozy• Pilar Soria

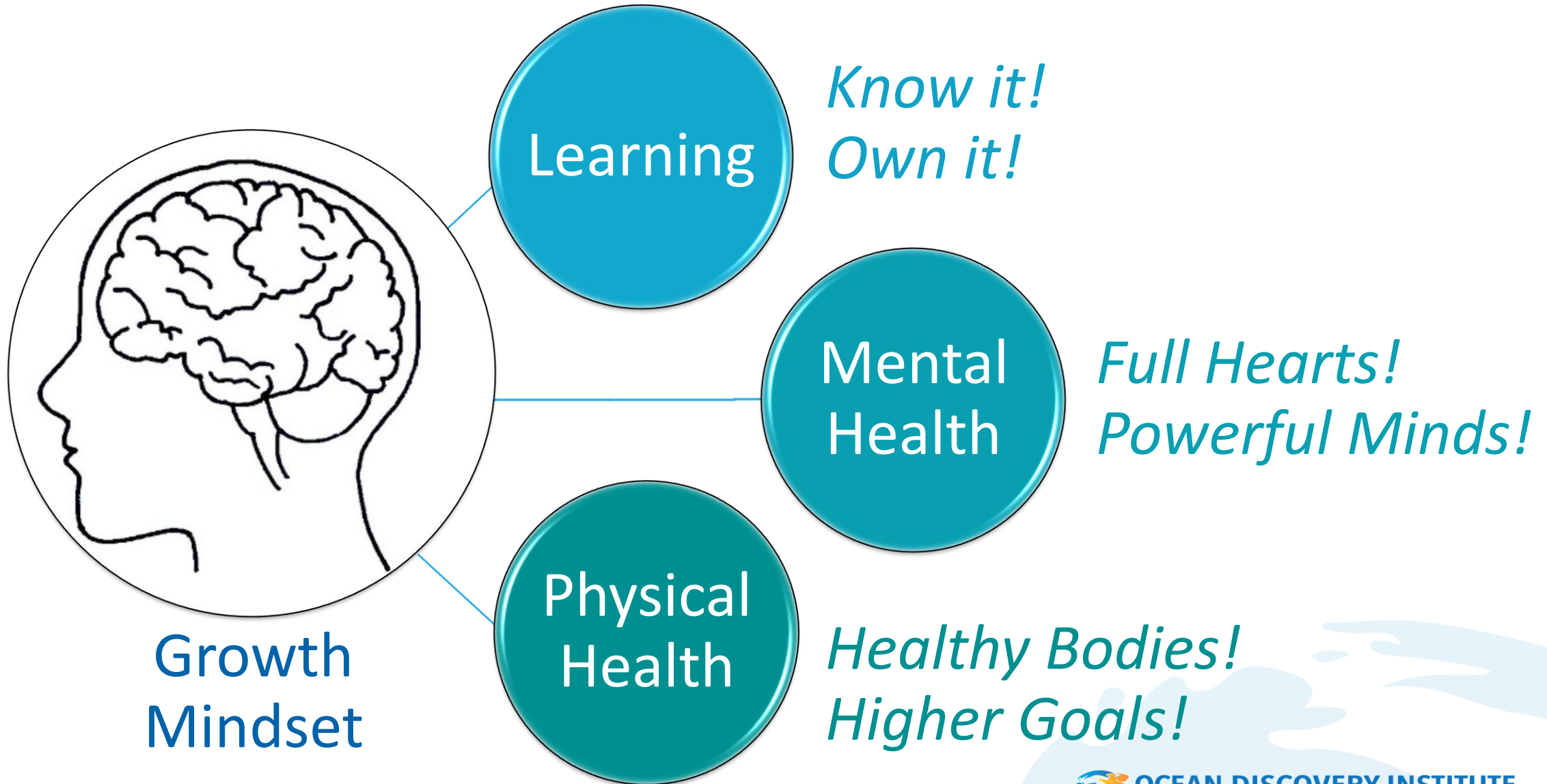


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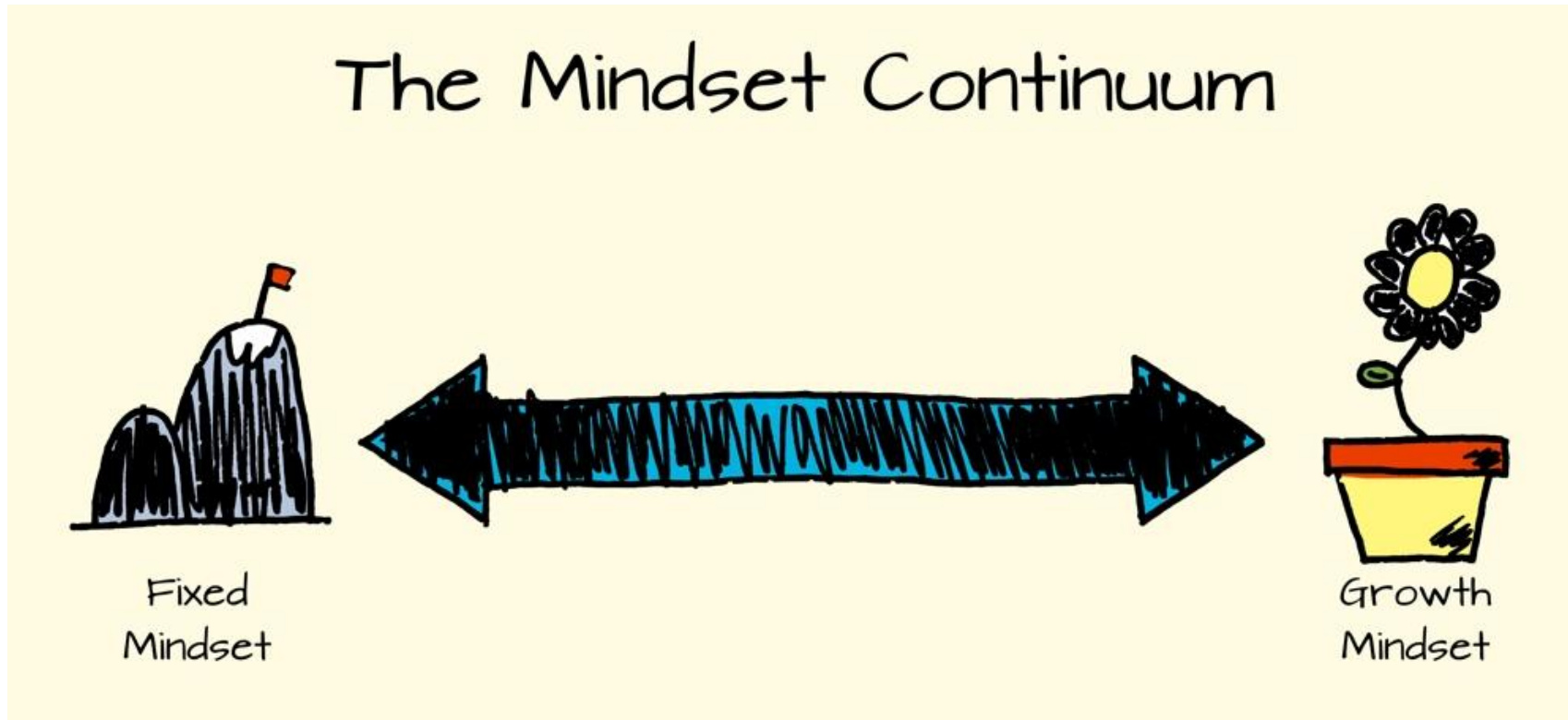
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GROWTH MINDSET



GROWTH MINDSET CONTINUUM



Where are you on the continuum in relation to academic achievement?

Is it the same or different from yesterday?

STUDENT SUPPORTS



- ☐ Signing Night
- ☐ Launch Night
- ☐ Resident Advisor & Family Lead



STUDENT SUPPORTS

Staff Agreements

1. Our student's welfare, well-being, and experience while participating in Ocean Discovery Institute programming or events is of the highest priority. Therefore, all employees, agents, and volunteers who interact with students will be made aware of their level of responsibility and trained to act on student welfare, well-being, and overall experience.
2. Ocean Discovery Institute and its employees are mandatory reporters. Mandated reporters shall make an initial report to the agency immediately or within 36 hours of receiving the information concerning the incident.
3. It is understood and agreed between the employee and Ocean Discovery Institute that confidential information is not to be disclosed to other people outside of Ocean Discovery Institute or to other employees of Ocean Discovery Institute who do not have a legitimate need to know.

(Ocean Discovery Personnel Handbook, 2022)



Behavior Agreements

To ensure Ocean Discovery Institute is a safe and welcoming place for all of us to make discoveries, the following behaviors **are not** acceptable:

- Endangering the health and safety of children and/or staff, program participants, and volunteers.
- Stealing or damaging Ocean Discovery facility or personal property. Parents may be billed for replacement cost.
- Leaving the program without permission.
- Continuing to disrupt the program.
- Refusing to follow the behavior guidelines or rules.
- Using profanity, vulgarity, or obscenity frequently.
- Using technology or personal electronics for non-program or inappropriate purposes.
- Sexual behavior or public displays of affection.
- Defying instructions of instructors.
- Threatening behavior, bullying, verbal or physical abuse to other program participants, staff, or guests.
- Borrowing of others' possessions without their consent.
- To be in possession of a weapon or implement that staff deem dangerous or potentially dangerous.
- Any illegal activity.



STUDENT SUPPORTS



Age Characteristics

- Social activities are important
- Connections with peers and social support is critical
- Searching for self and self-identity
- Seeking independence, but value relationships with adult role models and mentors
- Exploring career choices, hobbies, and interests

Ocean Leaders are working on:

- Academic struggles- bringing up or maintaining grades, tutoring doesn't always help (diving into this one more).
- Sports- having to maintain grades in order to participate, too tired after sports to do homework, doing sports hinders coaching program participation.
- Time Management- Homework, procrastination, phone is a major distraction, hungry, tired.
- Schedules- Not knowing what assignment is due when.
- Self-Care- Body weight is a big concern with many students, sleep, eating healthier.
- Social Connections- making friends, peer pressure, phone use
- Mental Health- support, when is it needed, where and how to get it
- Money- jobs, activities, family concerns, college.
- Communication- teachers, adults, parents, peers, confidence.



STUDENT SUPPORTS

Cell Phone & Electronics Policy

To help create a space where meaningful connections, community-building, and full engagement thrive, we are implementing a **device-free policy** for this trip.

We strongly encourage students NOT to bring phones or other electronic devices, including headphones, smartwatches, tablets, or gaming systems. We want you to be fully present with your peers and enjoy the experience without digital distractions.

If devices are brought, they will be collected at the start of the program and stored securely in a locked safe. Devices will be returned to students **as we depart back to San Diego**.

This policy helps us:

- Build stronger connections through face-to-face interaction
- Foster peer-to-peer engagement and teamwork
- Reduce distractions so everyone can be fully present
- Ensure a safe and focused environment



WHAT'S NEXT?

Next Meetings

- Tuesday, 5/13 – Live Program Overview & Specifics
- Wednesday, 5/14 – Field Research Manager & Team Leads
- Thursday, 5/15 – Live Health & Safety

You are responsible for:

- All information in the action items in portals and emails.
- We will have *Know it Own it!* quizzes at the beginning of the next training.
- Come with any questions or call/text if you need any clarification.



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THANK YOU!!



ROLES & RESPONSIBILITIES

- ☐ Expect an email today with a recap all the information from this meeting.
- ☐ All staff should review the following tools and protocols on the portal.
- ☐ Begin with the Protocols and Tools Box for your role

TOOLS AND PROTOCOLS FOR ALL STAFF IN BLA (BY ROLE)

Resident Advisor Protocols
Volunteer Manager Protocols
Field Research Manager Protocols
Field Research Team Leads Protocols
PM Lead Protocols

Use the **BLA Schedule Protocol** to calendar your time.

PM LEAD PROTOCOLS IN BLA

Roles & Tools

Roles

PM Leads oversee siesta, salud, servant leadership, exercise, and sleep prep.

Tools

Documents & Location

Document	Location
"Family Communication Sign Up"	smb://192.168.1.8/Master Files/LI/ Leadership Programs Implementation Tools/Leadership Programs Templates & Forms/Ocean Leader Intro to Research Templates & Forms/Schedules/Family Communication Sign Up.xl

Roles:

There are two PM Leads who lead program components from Siesta through Bedtime. They will act as "Activity Lead" or "Activity Support" for each of the components. The "Activity Lead" is indicated by being listed first on the "Daily Schedule". Throughout all components, the Activity Leads will ensure safety policies are followed.

How to calendar for the role of the PM Lead.

BLA Schedule

See, "[How to prepare your calendar for your role in BLA.](#)"

Daily

Schedule time to include the following activities. Include time for any prep and put away.

- ☐ 7:25 to 12:25 Field Research (as needed – see BLA Schedule)
- ☐ 1:45 to 2:30 PM Siesta
- ☐ 2:30 to 3:55 PM Salud
- ☐ 7:05 to 7:35 PM Servant Leadership
- ☐ 7:35 to 8:30 PM Exercise
- ☐ 8:30 to 9 PM Sleep Prep
- ☐ 9 PM to 6 AM Sleep (alternating)

UPDATES

Tools & Practices

- ✓ Keeping antigen tests for all participants this year. Will reassess next year.
- ✓ I updated the adult packing list with photos and links. I included an affordable option and a nicer option.
- ✓ Sleeping Staff will have a designated space and a glow-in-the-dark item to identify them.
- ✓ Students wear wetsuits in open water.
- ✓ I updated the Travel Safety Kit to include a program itinerary printed on the letterhead. This can be shared at border crossings when requested. We can also add this to the volunteer portal so they can print it out / have access to it.
- ✓ “The World is Ours” to music for Field Research
- ✓ Team Leads are responsible for students for the full period of 7:15 to 12:25. Not a change – just a clarification.
- ✓ No community-building activity on days when mentors depart. (time will be used to say goodbye to mentors departing)
- ✓ Boats will always stay within visual proximity. If boats separate, there must be a clear plan (who makes the plan?)
- ✓ Students can use their snorkel gear bags as their backpacks. They can use it to carry (a notebook, pencil, towels, water bottles, etc.)

Roles

- ✓ Anne will focus on Volunteer Management in BLA & the Field Station.
- ✓ Angel will take over supplies this year.
- ✓ Carolina will oversee the ppt for the community presentation. Angel will oversee the student photos. Shara will continue to oversee the community photos.
 - ✓ look
- ✓ The Program Manager will lead student reflections.
- ✓ One team lead (pre-assigned) will have first aid tools.

UPDATES

Schedule. See slide 42

- ✓ Update daily schedule based on this year (below).
 - It was determined that 2.5 hours in the classroom for Know it! Own it! was too long.
 - Extended lunch by 5 minutes
 - Extended self-reflection by 5 minutes
 - Extended Siesta by 10 minutes
- ✓ For 30 minutes after lunch, the Team Lead will prepare all adults for their role in the Field Trip for the following day. This is called the Mentor Briefing Meeting.

STUDENT SUPPORTS

❑ In addition to the tools here, watch/ review the following materials on the portal.

SUPPORTING OUR STUDENTS (ALL STAFF)

Student Bios

Volunteers- **Coming Soon!**

Supporting our Student's Video

Growth Mindset Video – and Growth Mindset Training PowerPoint

Ocean Discovery Long-Term Mentor Training Student Bios