

8:30 AM - 9:10 AM [Opening Ceremony-Reid Arena](#)

Colorado Springs Children's Chorale

Jemond Aly

President L. Song Richardson, Colorado College Welcome

9:10 AM - 10:00 AM [Keynote-Urban Farming: Reclaiming Our Heritage-Reid Arena](#)

Soul Fire Farms/ Food to Power/ DesertArtLab

10:00 AM - 10:15 AM [Break](#)

10:15 AM - 11:30 AM [Careers in Archaeology-Armstrong 326](#)

Explore the history of the region and a career in archaeology with Anna Cordova, Lead Archaeologist of Colorado Springs.

10:15 AM - 11:30 AM [Careers in Construction and Skilled Trade-Bemis Lounge](#)

Skilled trades people are in high demand globally! Find out about your options and get some hands on experience. GE Johnson Construction Company

10:15 AM - 11:30 AM [Find Your Flavor: Using Food to Connect to Identity-Armstrong 301](#)

Join Erin Taylor and Cordelia Fees-Armstrong, from Food to Power, to create personalized spice blends to represent the elements of personality and identity that make up your unique self and give you power.

10:15 AM - 11:30 AM [From Homelessness to PhD-Reid Arena](#)

Join Dr. Antoine Lovell on his inspiring journey from homelessness to his current position as a social policy researcher at the University of Pennsylvania. His research is on how race and racism impact public policymaking and administration.

10:15 AM - 11:30 AM [Hip Hop with Suavé-Cossitt Gym](#)

Join Suavé, choreographer, dancer, and founder of HipHop ConnXion and perfect those dance moves.

10:15 AM - 11:30 AM [How to Become a Millionaire-Armstrong 328](#)

Join retired Air Force Col. Mark Dickerson, and explore how you can become a millionaire.

10:15 AM - 11:30 AM [Life After Life: A Discovery of Self-Palmer 17](#)

When you are all alone, do you hear positive or negative descriptors of yourself? Join this interactive, self-reflective session to change that negative message. Learn to change your narrative and discover your true authentic self. Life After Life

10:15 AM - 11:30 AM [Senior Seminar/Financial Foundations and Vendor Room-Celeste Theater, Cornerstone](#)

Money management can help you work towards your dreams. Learn banking options, account types, how to create a spending plan, and reasons and strategies for saving. Ent Credit Union

10:15 AM - 11:30 AM [Take Your Future Career for a Test Drive-Worner Center Gaylord Hall](#)

Learn about career exploration activities, paid internships, employment immersion opportunities and more with the Pikes Peak Business & Education Alliance. Test drive potential occupations! Jennifer Basco/Abbie Kohlman

10:15 AM - 11:30 AM [The Future of Transportation is Yours-Cornerstone 301](#)

Students will have the opportunity to personally see and understand an electric vehicle race car, fly drones themselves, and learn about magnetic levitation via hands-on demonstrations. Dr. Lynanne George/Bill Michael

10:15 AM - 11:30 AM [The Science of Happiness-Cornerstone 130](#)

We often think we'll be happier when we graduate or find that special person to date but science says we are wrong. Explore the science of happiness. Participate in exercises that increase our wellbeing, resiliency, and happiness. Dr. Kimberly Dickman

11:30 AM - 12:00 PM [Lunch in Reid Arena](#)

12:00 PM - 12:45 PM [Lunch Plenary in Reid Arena-Chris Singleton: Love is Stronger Than Hate](#)

12:45 PM - 1:00 PM [Break](#)

1:00 PM - 2:15 PM [Advocating for LGBTQ+ Issues in School-Armstrong 231](#)

What rights do lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) students have in K-12 schools? Willy Wilkinson

1:00 PM - 2:15 PM [Art. Ecology. Action.-Cornestone 302](#)

Join Desert ArtLAB to explore how art can be used to address serious environmental issues. They have a successful start-up utilizing their ancestral knowledge and food practice to address environmental and social issues. Matthew Garcia/April Bojorquez

1:00 PM - 2:15 PM [Expand Your Curious Mind: DNA Extraction Workshop-Cornerstone 301](#)

Join the Hip Hop MD, Maynard Okereke, for this hands-on STEAM lesson as you extract DNA from a strawberry. Ask questions, hypothesize some outcomes, and expand your curiosity through a collaborative team science demonstration.

1:00 PM - 2:15 PM [Exploring American Sign Language-Armstrong 230](#)

About a half-million people throughout the US use ASL to communicate as their native language. ASL is the third most commonly used language in the United States, after English and Spanish. Learn more with ASL instructor, Julie Riddle

1:00 PM - 2:15 PM [Harnessing The Power Of Youth In The Fight For Justice - Reid Arena](#)

Tim Wise will address the role of young people in the fight for social justice and equity. Historically and in the present-day, young people have always been instrumental in the quest for a more equitable society.

1:00 PM - 2:15 PM [Hip Hop with Suavé-Cossitt Gym](#)

Join Suavé, choreographer, dancer, and founder of HipHop ConnXion and perfect those dance moves.

1:00 PM - 2:15 PM [Let Your Dreams Lead-Cornerstone 130](#)

Discover a road map going forward to identify the dreams, gifts, and talents to achieve a future you can see. You can live your dream! Rick Reese

1:00 PM - 2:15 PM [Medical Minds-Doctors, Nurses and Dentists -Gates Commons in the Palmer Building](#)

Interested in a medical or dental career? Want to experience an emergency room setting? What goes on in a dental office? Get hands on experience and explore a career in medicine and dentistry. Dr. Vicki Schober

1:00 PM - 2:15 PM [Sophomore and Junior Seminar/Financial Foundation and Vendor Room-Cornerstone, Celeste Theater](#)

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1:00 PM - 2:15 PM [Spoken Word Poetry with Ashley Cornelius, Poet Laureate-Armstrong 328](#)

Ashley Cornelius, the Poet Laureate of the Pikes Peak Region, is a power house of expression and talent. Learn WHY to create spoken word poetry, HOW to create it, and how to PERFORM!

1:00 PM - 2:15 PM [YOUiversity: Discovering a Path to the Future-Armstrong 234](#)

Are you unsure about your future? Dr. Charity Peak from Class 101 will help you discover your unique values, interests, skills, and aptitudes. Explore college majors and career paths that align with your personal traits.

2:15 PM - 2:30 PM [Break](#)

2:30 PM - 3:45 PM [8th and 9th Grade Seminar/Financial Foundation and Vendor Room-Celeste Theater, Cornerstone](#)

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2:30 PM - 3:45 PM [Careers in Aviation-Armstrong 328](#)

Join elite pilots from USAFA and the Metro State University Aerobatics team and discover the thrills, rigor and hard work involved in being a pilot. All attendees will have the opportunity to take a flight in a small aircraft soon after the Summit.

2:30 PM - 3:45 PM [Careers in Construction and Skilled Trade-Bemis Lounge](#)

Skilled trades people are in high demand globally! Find out about your options and get some hands on experience. GE Johnson Construction Company

2:30 PM - 3:45 PM [College 101: Prepárese para la universidad-Armstrong 234](#)

College 101: Prepárese para la universidad. Hay información de cómo llegar y lo que necesita hacer para prosperar. La sesión está en español. Sesión para Padres de Familia y Jóvenes. Dr. Nancy Hernandez

2:30 PM - 3:45 PM [Creating Your Own Story-Armstrong 231](#)

Every invention began with an idea that grew into reality. People find ways to solve problems against incredible odds. Folklore is full of stories of ordinary people changing their lives by changing their stories. And you can too. Danyda Feldman

2:30 PM - 3:45 PM [Emotional Intelligence: A bridge to balance, success and self discovery-Armstrong 230](#)

Dartagnon Davon, Paralympic medalist, will help you develop a practice of mindfulness, joy and emotional intelligence as a bridge to success.

2:30 PM - 3:45 PM [Entrepreneurship-Reid Arena](#)

Start your own business and be your own boss. Hear from a panel of local business owners and start thinking about your project!

2:30 PM - 3:45 PM [Expand Your Curious Mind: DNA Extraction Workshop-Cornerstone 301](#)

Join the Hip Hop MD, Maynard Okereke, for this hands-on STEAM lesson as you extract DNA from a strawberry. Ask questions, hypothesize some outcomes, and expand your curiosity through a collaborative team science demonstration.

2:30 PM - 3:45 PM [Hip Hop with Suavé-Cossitt Gym](#)

Join Suavé, choreographer, dancer, and founder of HipHop ConnXion and perfect those dance moves.

2:30 PM - 3:45 PM [In the Kitchen With Chef Pagan-Gaylord Hall, Worner Center](#)
Chef Pagan will create a recipe that you will be able to replicate at home. Participants in this session will receive a copy of the recipe and a grocery voucher to purchase the groceries to complete the dish. Bon Appetit.

2:30 PM - 3:45 PM [Law School, Yes We Can-Armstrong 326](#)
Join judges, lawyers, and law students as they discuss the mentoring program that embraces students as they start a pre-law program in college and follows them through law school, and even provides support after they pass the bar exam to be a lawyer.

2:30 PM - 3:45 PM [Magic with Morphemes/SAT Prep and expanding your vocabulary-Palmer 17](#)
Have you ever wished you could magically improve your vocabulary? There is magic in learning the smallest unit of meaning in a word (morphemes). For every morpheme you learn, your vocabulary is increased by 20 or more words! Dr. Kathy Jones

2:30 PM - 3:45 PM [Stop the Bleed-Gates Commons in the Palmer Building](#)
This American College of Surgeons' program has prepared over 2.1 million people to stop bleeding in a severely injured person. Gain the ability to recognize life-threatening bleeding and intervene effectively to help save a life. Christy Tennant

2:30 PM - 3:45 PM [Visibility Matters: Challenging Media Stereotypes-Cornerstone 308](#)
This session will explore visibility in different forms of media and stereotypes that are being perpetrated. What myths can be demystified? What steps can we take to move forward by changing the perceptions that are presented? Dr. Albert Wiggins

2:30 PM - 3:45 PM [You Have Greatness Within-Barnes 203 Computer Lab](#)
Come meet Dave, Iggy, Sydney, & Courtney who will help students identify their strengths, talents, and gifts; so, they can tap into their Greatness. Students will complete an assessment that will help direct their future. Dwayne Roberts

3:45 PM - 4:00 PM [Break](#)

4:00 PM - 4:30 PM [Awards Ceremony](#)
Scholarships, Educational Gifts and Laptops will be awarded to students in attendance at the Awards Ceremony in Reid Arena