



MARCH 22-24, 2026

BROOMFIELD, CO

AT-A-GLANCE SCHEDULE	SUN MAR 22	MON MAR 23	TUE MAR 24
		8:00 AM Breakfast	8:00 AM Breakfast
		8:30 - 9:30 AM Morning Keynote	8:30 - 9:30 AM Connection Activity
		9:30 - 10:30 AM Breakout #1	9:30 - 10:00 AM Closing Keynote
		10:30 - 11:00 AM Break Activity	10:00 - 11:00 AM Flowers Activity
		11:00 - 12:00 PM Breakout #2	11:00 - 11:15 AM Transition Break
		12:00 - 1:00 PM Lunch: Grab & Go	11:15 - 12:00 PM Student Showcase for HEP/CAMP Staff
		1:00 - 1:30 PM Movement Activity	
		1:30 - 2:30 PM Afternoon Keynote	
		2:30 - 3:30 PM Breakout #3	
	3:30 - 4:00 PM Break Activity		
	4:00 - 5:00 PM Breakout #4		
	5:00 - 5:45 PM Networking Activity		
	6:15 - 7:00 PM Kickoff Activity	5:45 - 7:15 PM Dinner: On Your Own	
	7:00 - 8:00 PM Opening Keynote	7:30 - 10:00 PM Karaoke & Dance Students & Staff	
	8:00 - 10:00 PM Evening Activity		



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CAMP WORKSHOP DESCRIPTIONS

NAVIGATING YEAR 2 | ALEXIS MEJÍA

Transitioning from the first to the second year of college brings new challenges and opportunities. This session equips students with practical strategies for academic focus, personal growth, community building, and staying motivated throughout their college journey.

W.O.W. GOALS | CHRIS COLLINS

Let's learn how to set big goals and then reach them. Expanding on trusted goal-setting tools like SMART, we dive into understanding how to set and achieve goals that give you the confidence to do hard things well!

FIRST YEAR SUCCESS: THE WRITE WAY | JOAQUÍN ZIHUATANEJO

A focus on the writing and study skills that make the first year of college as successful as possible.

PURPOSE PATHS | JUAN CANGAS

You don't need to have your whole future figured out—just the problems you care enough to solve. This session helps CAMP students identify issues impacting their communities, families, and fields of study, then connect those passions to meaningful career directions. Students walk away with a purpose-driven roadmap to explore internships, majors, and leadership roles aligned with the impact they want to make.

THE YOU BOOK JOURNAL | LAMARR WOMBLE

After dozens of interviews and focus groups with young adults, we found that many aren't pessimistic, but many have difficulty dealing with uncertainty in their lives. As a result, they are less optimistic about their future. Mixing the heart of a journal with the structure of a planner, The You Book Journal connects mental health, goal setting, and life planning.

CIVIC ENGAGEMENT AS LEADERSHIP | LILYAN PRADO-CARRILLO

A session that reframes civic engagement as a powerful leadership practice that prepares students to contribute meaningfully in their workplaces and communities.

A Creative's Guide to Helping Students Redefine their Journey and Success | Marley Lizama

This workshop explores creative and alternative paths to success, helping students rethink what success looks like through a creative, reflective process rooted in mentorship, inspiration, perspective, and personal identity. Rather than presenting a fixed definition of achievement, Marley uses storytelling, dialogue, and guided reflection prompts for students to examine where they are right now, what influences their decisions, and what they need to move forward.



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I GOT MY MONEY BACK: 3 MONEY HACKS TO HELP YOU BUDGET AND BUILD CREDIT EARLY | MJ BRIDGES

Come learn simple money strategies to help you manage your monthly expenses and build a foundation to a healthy life with money!

PURPOSELOVE: RISING THROUGH ADVERSITY WITH HEART AND PURPOSE | DR. LAURA RIZO

Every young adult carries a story filled with challenges, courage, and moments that shaped who they are becoming. In this session, we take an honest look at how adversity, trauma, and ACEs can impact our lives—while also recognizing the resilience, strength, and hope that grow from those experiences. Through a trauma-informed lens and practical SEL tools, participants will learn how to build self-awareness, strengthen mental wellness, manage stress, and make purposeful decisions that move them forward. This workshop is a reminder that your past may be part of your story, but it will never define your future.

PUTTING THE 'I' BACK IN IDENTITY: QUIETING THE NOISE & OWNING YOUR BECOMING | SAM BROWN

This workshop helps students reclaim the most important voice in their lives...their own. Participants will explore how identity is shaped both internally and externally, and learn tools to distinguish between noise (expectations, labels, pressure, stereotypes) and guidance (truth, values, purpose, lived experience, and supportive voices).

WE ARE THE SEEDS: STORIES OF ROOTS, CULTURE, & ANCESTRAL MEMORY | TALISA RAMOS

Consider this a special invitation to slow down, listen, and remember. Together, we'll explore storytelling as a way to connect — to ourselves, to one another, and to the generations who walked before us. This space honors story as medicine: a way of carrying culture, telling truth, and building community through presence and care. This workshop is for anyone craving deeper connection, cultural grounding, and space to be seen and heard. Here, stories aren't shared to impress — they're shared to be held.

DON'T BELIEVE THE LIES: YOU BELONG HERE | ZACH GOWEN

Come learn simple, powerful ways to find your people, quiet the "imposter" voice, and turn "I don't belong here" into "this campus needs someone exactly like me."



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HEP WORKSHOP DESCRIPTIONS

HEP AL PRÓXIMO NIVEL | ALEXIS MEJÍA

Sacar tu GED no es solo pasar un examen es desbloquear tu próximo nivel. En este taller hablaremos de por qué el GED importa, cómo el programa HEP apoya tu proceso, y qué opciones reales se abren después incluyendo certificaciones, entrenamiento laboral, clases de inglés, college y programas de apoyo como CAMP. Con historias reales, conversación abierta y una actividad de mapa de futuro, los participantes conectarán sus metas con próximos pasos claros. Esta sesión trata de convertir el esfuerzo en oportunidad y usar la educación como punto de lanzamiento no solo un final.

**LO QUE AFECTA A TU FAMILIA Y QUIÉN TOMA ESAS DECISIONES
| LILYAN PRADO CARRILLO**

Desde la educación y la seguridad hasta el trabajo y los gastos diarios, muchas decisiones que impactan a tu familia son tomadas por personas que tal vez nunca veas. Este taller te ayudará a entender quién toma esas decisiones, cómo llegan a esos puestos y qué puedes hacer—sin importar tu horario o situación—para mantenerte informado y apoyar a tu familia.

**SIN LÍMITES: DESCUBRIENDO AL HERO (ACRÓNIMO EN INGLES)
INTERIOR | LAURA RIZO**

La vida trae desafíos. Algunos son esperados. Otros no. Cada desafío te da una opción: rendirte o seguir adelante. Sin Límites es un taller interactivo diseñado para ayudarte a mantenerte enfocado en alcanzar tus metas. Identificarás tus fortalezas, aprenderás maneras prácticas de manejar el estrés y desarrollarás hábitos que fomenten tu bienestar emocional. A través de actividades grupales y reflexión, practicarás estrategias para manejar la presión, responder a los contratiempos y mantenerte comprometido incluso cuando la motivación se sienta baja. Definirás tu razón personal para terminar lo que comenzaste y crearás un plan de acción sencillo para seguir adelante. Esta experiencia fortalece la resiliencia, la conciencia emocional y la confianza. Te recuerda que el progreso se logra con una decisión a la vez. Los participantes se van con herramientas prácticas, un claro sentido de propósito y la valentía para continuar su camino.

GUÍA CREATIVA PARA TALLERES DE ESCRITURA | MARLEY LIZAMA

La Guía Creativa para Talleres de Escritura invita a los estudiantes a una experiencia de escritura creativa centrada en las historias, las experiencias y las fortalezas de cada uno. A través de la poesía, la narración y el debate guiado, los estudiantes generan respuestas creativas. Se convierten en expertos en la materia al reflexionar sobre sus perspectivas y crear obras originales basadas en su experiencia e identidad. Con énfasis en la participación por encima de la perfección, se presentan poesía e historias que ayudan a los estudiantes a desarrollar confianza mediante la comprensión y el diálogo para crear sus propias obras originales.