



# POLARIS

The POLARIS Program schedule includes one business week of engaging experiential learning. Below is a sample of the kind of programming POLARIS students can expect\*:

## Monday: A Day in the Life on the Hill

9:00-10:00 AM	Welcome, introduction to USAI and student self-introductions
10:00-11:00 AM	Discuss current events with experts, policymakers, and members of Congress or their staff
11:00-12:00 PM	Lunch in a congressional office building cafeteria
12:00-1:00PM	Explore Capitol Hill and witness a live congressional committee hearing to see how laws are made
2:00-3:00 PM	Tour the Library of Congress and meet staff from the Congressional Research Service

## Tuesday: Intersections – The Media and the Government

9:00-10:00 AM	Overview of Congressional Structure and the three branches of government
10:00-11:00 AM	Tour C-SPAN to learn more about the importance of civic engagement
11:00-12:00 PM	Inside Washington’s Breaking News—speak to a journalist and discuss transparency, information sharing, and journalism’s role in DC
12:00-1:00PM	Lunch
1:00-2:00 PM	A Conversation with Press Staff: the Importance of Your Online Image
2:00-3:00 PM	Workshop—What Makes Good News? Reading, writing, and understanding how to source your news

## Wednesday: Non-profits, NGOs, and Policy

9:00-10:00 AM	Mid-week review and reflection
10:00-11:00 AM	The Role of NGOs and Non-Profits
11:00-12:00 PM	Tour of the National Bureau of Asian Research and of how non-profits work with professionals across DC
12:00-1:00PM	Lunch
1:00-2:00 PM	Workshop—Writing a Policy Brief and Learning Efficient Writing
2:00-3:00 PM	Meet with policymakers (hear from board directors, special advisors, local school boards, former ambassadors, and more)



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## Thursday: Advocacy and Community Building

9:00-10:00 AM	Workshop – From Ideas to Impact, organizing people for a cause
10:00-11:00 AM	Why Advocacy Matters: A conversation with [youth activist] on grassroots efforts and impact
11:00-12:00 PM	Tour of APIAVote, the role of political advocacy and how they impact the community
12:00-1:00PM	Lunch
1:00-2:00 PM	Real Change with the Rockefeller Foundation—A Conversation on Grantmaking, Foundations, and Mission-focused Work
2:00-3:00 PM	Workshop – How your College Coursework Could Make a Difference

## Friday: College Applications and Resumes

9:00-10:00 AM	Breakfast Roundtable: Preparing for College with your Peers, discussing real advice and experiences with current college students
10:00-11:00 AM	Meet your Mentors: Grad Student Mentor Introductions
11:00-12:00 PM	Workshop – Crafting your Resume
12:00-1:00PM	Lunch
1:00-2:00 PM	Workshop – Nailing your Interviews
2:00-3:00 PM	Wrap-up, reflection, and future steps
6:00-7:00 PM	Connect in the Courtyard: an evening of networking hosted in USAI's courtyard with your POLARIS cohort and USAI friends and partners

*Some weekdays will have optional evening social events for free/at low-cost to the participant.*

\* All organizations listed on this sample are just examples of possible programming. The actual schedule, site visits, activities, etc will be distributed to each POLARIS cohort.