

## Lesson 1 Directions:

- **Reading: Online Library Check Out and Journaling**

1. Watch Video of how to use Mid Continent to check out a book: [My MCPL](#)
2. Read for a minimum of 30 minutes (from self selected text or e-book)
3. Select 10 interesting words that stood out to you during your reading and them on your notebook paper..
4. Write a summary of what you read by answering: *Who? What? When? Where? Why? How?*

- **Writing: How does a person overcome adversity?**

1. The strength of the human spirit is unparalleled. We have an extraordinary capacity to deal with pain, discomfort, embarrassment, and failure. What are the characteristics of resilient people and how can a person become more resilient? Respond to this prompt on notebook paper.
2. We suggest that you create a Google Doc and journal everyday or every other day about your experience(s) during this time. This is an unprecedented time in all of our lives - around the world. You will want to look back and remember your thoughts and feelings in years to come. This will take as little or as much time as you want. Be sure to date (and maybe even time stamp) each entry. This doc will be private. You do not need to share it with your teacher.