



ESL Virtual Learning

Study Skills

May 18, 2020

Lesson: May 18, 2020

Objectives:

1. Students will focus on ending the year with passing grades.
2. Students will contract their teachers for help.
3. Students will understand the importance of working on their mental health.

Study Skills E-LEARNING Monday, May 18th





Mindful Monday!

You can DO THIS!

This is your last week of school. You can still get work in to your teachers but do it as soon as possible.

Make sure you have signed up for Summer School from the ISD Website especially if you did not pass any core subject.

Remember you come back to school with a new chance to change how you do things.



Things to Think About for This Last Week

- **Set goals.** When you set a goal, you make a decision to act in a way that will help you achieve what you want. Goals give you a direction to focus on – one that's measurable and has an endpoint.
- **Find things that interest you within goals that don't.** Sometimes other people set goals or tasks for us that we don't find interesting or want to do. So, try and find something within that task that *does* motivate you. For example: 'I don't love math, but it's going to help me become a builder, which I want more than anything.'
- **Make your goal public.** If you tell someone – or write down – your goal, you've essentially made a promise to keep your word.
- **Break up your goal.** Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.
- **Use rewards.** Promise yourself some sort of reward each time you complete a step/task.
- **Don't do it alone.** Join a class, or find a teacher or someone you can share the experience with. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.

Locker and Supply Drop-off and Pick-up

This starts today on Monday 18 and goes to Friday May 22.

You need to open the link below that will explain the procedure. Remember to look at the High School graphs because there are different procedures every school.

Truman High School Procedure



A Weekly Check In! If you have not done so, I would like you to take this weekly survey letting us know how you are doing.



Things to Remember

- Contact your teachers, tell them hello. We miss you!
- There is still time to improve your grades for 2nd semester.
- Go to this link that was shared in an email by Dr. Herl to get free WiFi. <https://corporate.comcast.com/covid-19>
- Here is a Spanish video on how you can use your cell phone as a HOT SPOT. Please share this with all the other ESL students.

MINDFUL
MONDAY

MAYBE THIS DAY IS NOT
ONE OF YOUR FAVORITES. BUT
NEVER FORGET THAT EVERY
DAY YOU WAKE UP IS AN
AMAZING GIFT AND ITS UP TO
YOU TO MAKE IT COUNT

**This ends another day. I hope
it was a great day for you.
Don't forget teachers are
available to help you. You
need to email us.
Finish Strong!
YOU CAN DO IT!**

Mrs. Lamas

