



ESL Virtual Learning

Study Skills

May 20, 2020

Lesson: May 20, 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 Wednesday, May 20th





Wellness Wednesday

You need to submit all missing assignments today! Don't wait!!

- **Stay Focus on Your Goals**

Remember you are special and take care of yourself.

Wellness Wednesday

Be Good to Yourself

**It is Wellness
WEDNESDAY.
Take care
of yourself,
stay refreshed,
and stress
less.**

Wellness Wednesday

Tip of The Week

Stick To A Schedule

When you mix up your eating times--having, say, lunch at noon today and waiting to eat until a few hours later tomorrow--you risk mixing up your hunger signals. Those signals are directly connected to stress hormones which, in turn, promote inflammation.





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!
- Get your missing work in this week!
- 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.

**This ends another day.
Get outside and exercise. Don't
forget teachers are available to
help you. You need to email us.
We miss you!!!
Keep Moving Forward and
remember,
YOU CAN DO IT!**

Mrs. Lamas

