

ESL Virtual Learning

Study Skills

April, 13, 2020

Lesson: April 13, 2020

Objectives:

1. Students will learn how to manage their time.
2. Students will learn how to get started on Online Learning
3. Students will engage in daily activities to help cope with hard times

Study Skills E-LEARNING Monday, April 13, 2020





**No Video Today.
You need to follow
the advice so you
can get the best
grade for 2nd
Semester.**

First Things First

- If you don't have a computer, you can get one at two locations: Truman and William Chrisman High School.
- One of your parents or guardian need to go to these schools between the hours of 11:00 a.m. and 1:00 p.m.
- They will need to sign a waiver form.
- If you don't have WiFi at home, there are companies helping students get free WiFi during this time.
- This website was sent out to parents to get free **WiFi**:
<https://corporate.comcast.com/covid-19>
- **Please pass this information to as many friends as possible.**

Next...

8 Tips for Making Studying Online Successful

1. **Be Positive**
2. **Get Organized and Stay Organized**
3. **Establish a Flexible Routine**
4. **Set Personal Goals**
5. **Make the Most of Your Resources**
6. **Start on Track and Stay on Track**
7. **Exercise with Friends Online**
8. **Learn to Deal with Setbacks**

Let's talk about #1

Be Positive

We are going through a tough time, an horrible time because people we may know could get really sick and staying positive is something we need to do to get through this time. The best you can do for yourself is to have a positive attitude about online learning. As you know grades are frozen at March 13th. You have time to get failing grades up. This is a good thing. Anything you do will help to get your grades up and going to the ISD Virtual Learning Website to do lessons your teachers have created will make you a better person.





A Weekly Check In!
I would like you to take this **weekly survey** letting me know how you are doing.

Mindful Monday

Mindfulness for Teens

Click on the link above and try some of these meditations to help you when you are feeling anxious, nervous and maybe fearful. Even your teachers are feeling this way. We are trying to do mindful exercises to get us through our stress. We know it's hard for many of you. I hope it helps!

Thank you to our counselors for sharing this information.

**Hope you had a great day.
Don't forget teachers are
available to help you. You
need to email us.
Have a great day and see
you tomorrow.**

Mrs. Lamas

