



ESL Virtual Learning

Study Skills

April 16, 2020

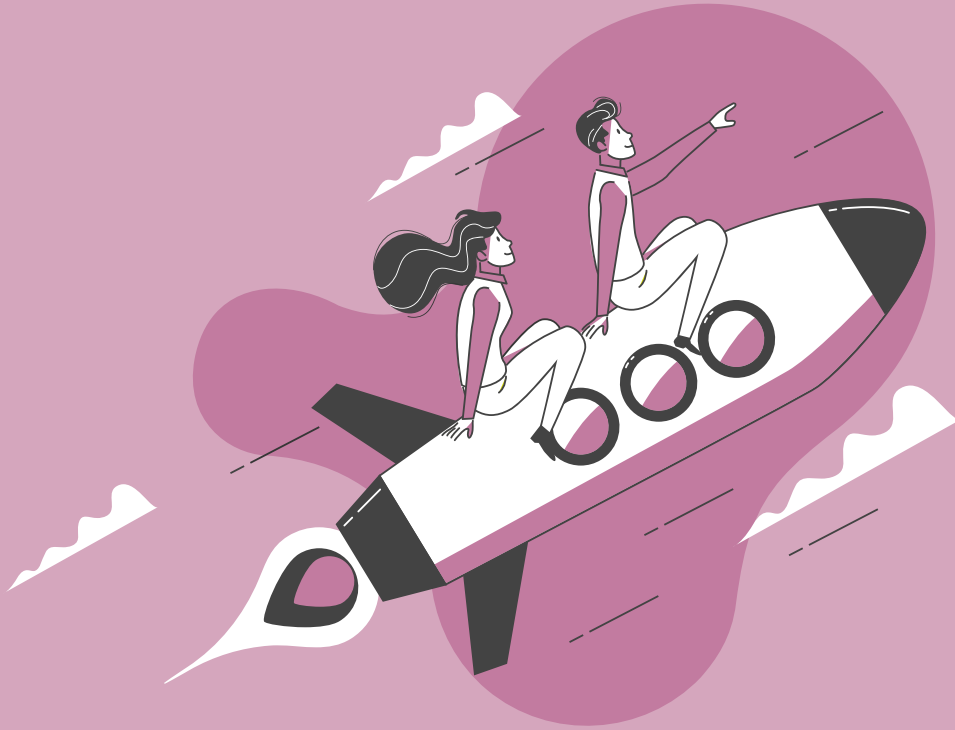
Lesson: April 16, 2020

Objectives:

1. Students will learn how to get started on Online Learning.
2. Students will focus on setting personal goals.
3. Students will be able to define gratitude and practice gratitude to have a positive mindset.

Study Skills E-LEARNING Thursday, April 16th





Thoughtful Thursday!
Today we will discuss setting goals. Continue to do what you need to do so you can get the best grade for 2nd Semester. Today we are going to speak about **GRATITUDE.**
Let's Start!

Thursday's Tip

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 #4

Set Personal Goals

- **To make AWESOME things happen in your life, it helps to set goals for yourself.**
- **Think about what you'd like to accomplish, both short and long term.**
- **Is there a class you want to ace this semester at THS or at Herndon? Maybe you want to get a certain grade point average or achieve a certain score on the ACT exams. Or maybe you need a good ASVAB score to get into the military.**
- **Be sure to put your goals in writing and post the list where you'll see it often.**

“Goals enable you to do more for yourself and others, too.” ~Zig Ziglar



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 from Last Week

- Contact your teachers, tell them hello. We miss you!
- There is still time to improve your grades for 2nd semester.
- You can still get a Chromebook at Truman High School. Go to the school from 11:00a.m. to 1:00p.m. Your parent needs to go to sign a waiver.
- 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.

Thoughtful Thursday



GRATITUDE

noun: the quality of being thankful; readiness to show appreciation and to return kindness

- When you think a negative thought, try to see the positive side in the situation.
- Notice the beauty in nature each day.
- Tell someone you love them and how much you appreciate them.

[40 Ways to Practice Gratitude](#)

**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

