



# ESL Virtual Learning

# Study Skills

May 11, 2020

## Lesson: May 11, 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 11th





# **Mindful Monday!**

## **You can DO THIS!**

**We know moving into the last few weeks of school and finding motivation might be hard, but we encourage all students to continue to work and progress in your classes. All of the hard work will only help prepare you for next year! Here are some tips to help you stay motivated for these last 3 weeks!**

**~Truman Counseling Department**



# Things to Think About for the Last Two Weeks

- **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.

This poster is from TIP #1. on Goal Setting.

You learned about setting goals early this year.

It doesn't go out of style.

Goals help you keep focus on the target of what you want to accomplish.

1. Work out want you want.
2. What do you enjoy?
3. Start small.
4. Make your goal specific.
5. Break it up
6. Set a time frame to complete the goal.

# SET GOALS LIKE A BOSS

REACH  
OUT.COM

## #1: WORK OUT WHAT YOU WANT

Focus on what you want to do, not on what you think you should do.



## #2: WHAT DO YOU ENJOY?

Write down five things you enjoy doing. Can they help you to achieve your goals?



## #3: START SMALL

Small goals are easier to achieve, so you'll feel good more often.



## #4: DEFINE YOUR GOAL

Make it specific, achievable and with an endpoint. For example: 'learn to make one new recipe a week', instead of 'cook better'.



## #5: BREAK IT UP

Set mini goals to help you stay motivated. For example: Instead of deciding to 'save money', break the goal down to 'save \$20 a week'.



## #6: SET A TIME FRAME

Deadlines help you to stay motivated. Set dates for achieving each mini goal.



# 7 Things Mindful People Do Differently

# 1

Approach everyday things with curiosity  
—and savor them

Forgive their  
mistakes—  
big or small

# 2

# 3

Show gratitude for  
good moments—and  
grace for bad ones

Practice  
compassion and  
nurture connections

# 4

# 5

Make peace with  
imperfection—  
inside and out

Embrace vulnerability  
by trusting others—  
and themselves

# 6

# 7

Accept—and  
appreciate—that  
things come and go

# Mindful Monday

## Which of these 7 things do you practice?

Practice  
compassion and  
nurture connections

# 4

*I practice #4 the best. I am a people person. I like to please. I like to give and I want people to feel good.*

Forgive their  
mistakes—  
big or small

# 2

*I need to work on #2 more. I have a hard time forgiving. You forgive to make your heart open for love.*



**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.
- You can still get a Chromebook at Truman High School. Go to the school from 11:45a.m. to 12:45p.m. Your parent needs to go to sign a waiver. Or go to Cental Office.
- 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. I hope  
it was a great day for you.  
Don't forget teachers are  
available to help you. You  
need to email us.  
Keep Moving Forward- YOU  
CAN DO IT!**

**Mrs. Lamas**

