



ESL Virtual Learning

Study Skills

May 14, 2020

Lesson: May 14, 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 Thursday, May 14th





Thankful Thursday

Continue to do what you have been doing to get the best grade for 2nd Semester.

- **Break up your goal**
- **Attitude of Gratitude**

Remember Monday's lesson on Goal Setting. Stay focused!



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.
- Watch this video on Goal Setting and focus on Step #3 of breaking your goal into smaller goals.



Attitude of Gratitude

In this video Nick Vujicic exemplifies the meaning of attitude of gratitude. This is a great reminder to realize that our life isn't as bad as we think it is. Want to know more about Nick, watch this. This video was made in 2008 and he wasn't married yet. In 2012 he was married and he has children.

YOU ARE WORTHY, YOU HAVE VALUE!



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 11:00a.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.

I hope it was a wonderful day for you. Don't forget teachers are available to help you. You need to email us.

And remember, "You are special!"

Mrs. Lamas

