



ESL Virtual Learning

Study Skills

May 13, 2020

Lesson: May 13, 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 13th





Wellness Wednesday

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

- **Make your goal public**
- **Tips for Loving Yourself a Little Bit More**

Remember Monday's Lesson on Goal Setting



Make your goal public

- If you tell someone – or write down – your goal, you’ve essentially made a promise to keep your word.
- When you share your goals you’re literally feeding your accountability muscle.
- Every time you tell the world about some of your goals, you modify them, you make them more specific.
- Sharing your goals with like minded people may help you grow your social circle.

Tips for Loving Yourself a Little Bit More- Try One



I work on smiling at others when I am out and about. I try not to avoid eye contact. I like greeting people and I like when others greet me.



I need to work on this more. I do not take the time to write nice things about myself. It would feel strange, I think. But I will give it a try!





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 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.

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

Mrs. Lamas

