

August 2020

Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27
<p>Life Skills (SSS Workshop) 3:00 - 3:30 <i>Ana Resner</i></p> <p>Students will cover "adulting" skills such as budgeting, housing, cooking, conflict resolution, emotional intelligence, stress mgmt, etc.</p>	<p>Sports Talk 3:00 - 3:30 <i>Naomi, Rosalind, Christian, & Alex</i></p> <p>An open forum for students to discuss the new world of sports, share thoughts on the activism of athletes and the resiliency of the human spirit during the pandemic.</p> <hr/> <p>Vision Boards 3:00 - 3:30 <i>Noemi Villasenor</i></p> <p>Students will be able to build a growth mindset while being inspired for their future.</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>Street Law 3:00 - 3:30pm <i>E'bow Morgan</i></p> <p>Students will explore law principles, policies and concepts in different scenario-driven contexts. Case studies and support for a critical knowledge will be utilized to build legal competencies.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>Teen Summit 3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: curvise, western calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>
Monday, August 31			
<p>Distress Tolerance (SSS Workshop) 3:00 - 3:30pm <i>Shannon Doss</i></p> <p>Teaches students skills for making distress endurable, so that an upsetting situation is not made worse by</p>			

impulsive action. The distress tolerance skills are divided into two categories: the crisis survival skills and reality acceptance skills.

September 2020

	<u>Tuesday, September 1</u>	<u>Wednesday, September 2</u>	<u>Thursday, September 3</u>
	<p>Introduction to Selling on eBay, StockX, GOAT 3:00 - 3:30 <i>Jimmy Castaneda</i></p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>Introduction to Personality Psychology: Understanding Yourself and Others 3:00 - 3:30 <i>Sam Ybarzabal</i></p> <p>Students will learn about personality and communication from a psychology lens. This workshop will cover the origins of personality in psychology, theories of personality, and different ways we "measure" personality using psychology.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>Teen Summit 3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: curvise, western calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>
<u>Monday, September 7</u>	<u>Tuesday, September 8</u>	<u>Wednesday, September 9</u>	<u>Thursday, September 10</u>
			Teen Summit

<p>NO SCHOOL: Labor Day</p>	<p>Introduction to American Sign Language 3:00 - 3:30 <i>Sam Ybarzabal</i></p> <p>Students will learn about American Sign Language by understanding the history of disability rights in America. Students will learn a series of common signs, including how to introduce yourself in sign language and basic conversation signs.</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>Introduction to Coding 3:00 - 3:30 <i>Naomi, Rosalind, & Sam A.</i></p> <p>Students will be introduced to the power and benefits of learning to code using Code.org. Students and staff will learn together and will be exposed to the endless possibilities of pursuing independent learning in coding.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: curvise, western calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>
<p><u>Monday, September 14</u></p>	<p><u>Tuesday, September 15</u></p>	<p><u>Wednesday, September 16</u></p>	<p><u>Thursday, September 17</u></p>
<p>Life Skills (SSS Workshop) 3:00 - 3:30 <i>Ana Resner</i></p> <p>Students will cover "adulthood" skills such as budgeting, housing, cooking, conflict resolution, emotional intelligence, stress mgmt, etc.</p>	<p>Rock the Vote 3:00 - 3:30 <i>Kari Croft</i></p> <p>Students will discuss the power of voting, the issues on the upcoming ballot (besides just voting for President), how to register to vote if they are 18 & eligible, and how to otherwise engage in the process if they aren't.</p>	<p>Protest Literature: Black Writers in American History 3:00 - 3:30 <i>E'bow Morgan</i></p> <p>Students will explore the essence of protest literature in various genres. A critical analysis of African American literary activists would encompass authors' writing's</p>	<p>Teen Summit 3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming</p>

	<hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>connection to parallel and current racial oppressions.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: curvise, western calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>
<u>Monday, September 21</u>	<u>Tuesday, September 22</u>	<u>Wednesday, September 23</u>	<u>Thursday, September 24</u>
<p>Healthy Relationships (SSS Workshop) 3:00 - 3:30 <i>Cherokee Perez-Rogers</i></p> <p>Students will discuss healthy relationships both peer and romantic. Discussing effective communication, proper support etc.</p>	<p>Rock the Vote 3:00 - 3:30 <i>Kari Croft</i></p> <p>Students will discuss the power of voting, the issues on the upcoming ballot (besides just voting for President), how to register to vote if they are 18 & eligible, and how to otherwise engage in the process if they aren't.</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>IndepenDANCE: Hip Hop Seminar 3:00 - 3:30 <i>Erin Whalen</i></p> <p>Students will have the opportunity to engage in a hip hop class (warm up, stretch, choreography, cool down). Through this workshop students will build community through communal support and teamwork.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>Teen Summit 3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: curvise, western</p>

			<p>calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>
<u>Monday, September 28</u>	<u>Tuesday, September 29</u>	<u>Wednesday, September 30</u>	<u>Thursday, October 1</u>
<p>Emotional Regulation (SSS Workshop) 3:00 - 3:30 <i>Shannon</i></p> <p>Teaches skills for decreasing unpleasant, distressing emotions and increasing positive emotions. This session is designed to help students acquire a better understanding of emotions and develop a greater capacity to regulate their emotions.</p>	<p>Physical Education 3:00- 3:30 <i>Mario Sazo</i></p> <p>Students will participate in a workshop focusing on health and nutrition habits, exercise science, yoga, mindfulness and meditation and the link between productivity and physical/mental well being.</p> <hr/> <p>Vision Boards 3:00 - 3:30 <i>Noemi Villasenor</i></p> <p>Students will be able to build a growth mindset while being inspired for their future.</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>IndepenDANCE: Hip Hop Seminar 3:00 - 3:30 <i>Erin Whalen</i></p> <p>Students will have the opportunity to engage in a hip hop class (warm up, stretch, choreography, cool down). Through this workshop students will build community through communal support and teamwork.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>Teen Summit 3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: cursive, western calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm:</p>

			<i>Dynasty, Alex, & Isaiah</i>
--	--	--	------------------------------------

October 2020

<u>Monday, October 5</u>	<u>Tuesday, October 6</u>	<u>Wednesday, October 7</u>	<u>Thursday, October 8</u>
<p>The Minimalist Way: Minimalism Strategies to Declutter Your Live and Make Room for Joy 3:00 - 3:30 <i>Tiffany Edwards</i></p>	<p>Introduction to Selling on eBay, StockX, GOAT 3:00 - 3:30 <i>Jimmy Castaneda</i></p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>	<p>Distress Tolerance (SSS Workshop) 3:00 - 3:30pm <i>Shannon Doss</i></p> <p>Teaches students skills for making distress enduring, so that an upsetting situation is not made worse by impulsive action. The distress tolerance skills are divided into two categories: the crisis survival skills and reality acceptance skills.</p> <hr/> <p>College & Career Workshop 2:30 - 4:00pm <i>Dynasty, Alex, & Isaiah</i></p>	<p>Teen Summit 3:00 - 4:00 <i>Shannon, Ana, Scott, & Anthony</i></p> <p>Students will gain communication and social skills as they engage in healthy conversations regarding topics that matter to them most. Students will use these skills to gain confidence and practice in becoming empowered citizens in the community and society.</p> <hr/> <p>The Lost Art of Penmanship & Writing Thank-you Notes 3:00 - 3:30 <i>Ivonne Alarcon</i></p> <p>Students will practice / learn different penmanship styles: cursive, western calligraphy (Bookhand, Italic, Blackletter, Uncial, Copperplate, and Roman), and modern calligraphy. On a weekly basis, students will also practice writing and delivering Thank You notes in their font of choice (a new font each week).</p> <hr/> <p>Senior Workshop 2:30 - 3:30pm: <i>Dynasty, Alex, & Isaiah</i></p>