

Hello AP Lang students!

This has been a week+ of significant change and adaptations to an ever-evolving world. I know for many of you, there are some uncertainties and disappointments to go along with this change, as well as some new challenges and responsibilities at home that you need to balance. Feelings in response to these unexpected changes in your life are normal and being experienced by many across the country; you are not alone. Here are a few articles that examine the impact this coronavirus crisis is having and the positive ways that people are caring for one another at this difficult time. ([article 1](#) & [article 2](#))

I encourage you to continue to lean on your language arts skills to help you through this time and continue learning.

Talk & listen- talk to your parents, friends, siblings, grandparents, about how you are feeling. Oddly enough, even though we are all isolated, we are all feeling many of the same things. You can be a great supporter to others just by listening and then responding with support and sharing your own feelings and ideas. Keep talking to one another, and remember that we are all still here to learn together. Call or contact a friend from school to talk with, listen to a song you love or [a TED talk about optimism](#). If you need to talk, my phone number is (616) 990-4783. You are welcome to call anytime.

Write-write about how you are feeling. Keep a record of this time in your life, not only because it is a turning point in history, but also because you are bored/anxious/confused/etc., and you need somewhere for those feelings to reside in a raw manner and safely. The written page is a great place to get out your emotions by [keeping a reflective journal](#). You could handwrite this, or keep a typed journal for yourself on your iPad or phone in the notes section or as a google doc that is just for you. You could also share it with a friend/family member, and write back and forth to one another on it!

Keep a record of your learning [in a learning journal](#). You are now learning in a completely different way, and the independent nature of that learning may require you to be doing a lot more individual processing of your ideas than you are used to. Keeping a journal to serve as a written record may be very helpful at this point. Remind yourself of all that you have learned thus far this year, and start setting some new learning goals for yourself going forward.

A notebook is also a great place to write a story or develop your ideas, respond to your world and the new things you are learning. Don't underestimate the power of creativity and getting lost in the creation of a story to give you motivation and purpose! See [this article about keeping a writer's notebook](#) and visit [this site](#) for a fun, daily writing prompt.

Read- I hope that you are into book two at this point and enjoying learning about your topic in a new way from a new author. Remember, the books that you read can serve as incredible examples and experiential evidence in your own conversations and writings in the future.

Expand your reading opportunities! This is also a good time to poke around your room, your house, etc. to look for new or long lost reading opportunities... a chance to reread a book you loved and rediscover why you loved it so much... or a chance to ask your parents or siblings to share their favorite books with you to read. Need new reading material? There is an extensive virtual library available to you through the public library service from Herrick District library ([Howard Miller Library in Zeeland](#) is also part of the Herrick district and your card works there as well). If you don't have a public library card, there is a link at the bottom of [this page](#) for you to get one. You can read these from your iPad or your phone, or check out an audiobook for a different type of reading experience that you can listen to while taking a walk or cleaning around the house.

Miss you all and looking forward to when we can all be in class together again!