

## Caldwell High School Phase 2 Learning Opportunities Week of April 23rd - April 29th

Hint: Any words that are in blue will link you to an online video or activity.

CTE/ BUSINESS	LESSONS
BIM I	Lesson 3 Topic: The student applies word-processing technology. The student is expected to:  B) improve touch-system skills using the keyboard and keypad to input data; (F) edit a variety of written documents;  (G) insert and edit objects such as tables, graphics, hyperlinks, headers, and footers into a document;  Activity:How do you communicate with computer? worksheet.  Google Class Codes:  Vykukal - 3rd Period - goguphl  Vykukal - 9th Period - tgopwna  Mrs. Lazo: To join Remind to receive information about my classes, text: 81010 & then in the message box enter:  @f83aga.  To join a class, go to google classroom, click the + sign & enter the applicable code:  st period: aqn5wk6  2nd period: durlcza  4th period: ydkxydf  5th period: 3dfvypg  7th period: qvkmkhg  8th period: qykmkhg  8th period: ydjwefk
BIM II	Lesson 3: The student demonstrates professional standards/employability skills required by business and industry.

The student is expected to:(A) communicate effectively with others using oral and written skills;

(F) demonstrate time-management skills by prioritizing tasks, following schedules, and tending to goal-relevant activities in a way that uses time wisely and optimizes efficiency and results.

**Activity:** BIM 2 6th 6 weeks (choose 8 of the 10)

- 1. Write a letter, send a text, or call an elderly relative or friend to check up on them. Remember to be positive and ask after their well-being.
- 2. Make a list of things you are thankful for and why you appreciate these things. Write a few on a post it note and stick it in an area you pass often or set a reminder on your phone to remind you every day to be grateful.
- 3. Reach out to a friend you haven't seen or spoken to in a while. Ask them how they are and have a conversation with them.
- 4. Write a paragraph, poem, song, etc. expressing the "bright side" of quarantine. Focus on the good for a bit and see what you can come up with.
- 5. Write a letter to yourself in a year, two years, etc. Fold it up, put it in an envelope or box if possible, and set a reminder on your phone or computer to open it back up after the allotted time has passed. In your letter, write out your goals, ambitions, and other important info for your future self.
- 6. Take a Myers-Brigg test (<a href="https://www.16personalities.com/free-personality-test">https://www.16personalities.com/free-personality-test</a>). Use your Myers-Brigg results to brainstorm some future careers you might enjoy.
- 7. Write a thank-you note to a parent, teacher, or friend. If you can, hand-write it and mail it to them or send a handwritten note. If not, send them an e-card (https://www.hallmarkecards.com/search/thank%20you).
- 8. Meditate. Take 5-10 minutes today to sit quietly (you can play instrumental music if you need a noise blocker, highly recommend <a href="https://www.youtube.com/watch?v=UfcAVejslrU">https://www.youtube.com/watch?v=UfcAVejslrU</a>), breathe, and think about nothing (<a href="https://www.mindful.org/how-to-meditate/">https://www.mindful.org/how-to-meditate/</a>). If you can't think about nothing, count your breathing- breathe in for 4 seconds, hold your breath for 4 seconds, then exhale for 8 seconds. After you're done, look at some pretty pictures (<a href="https://www.reddit.com/r/MostBeautiful/">https://www.reddit.com/r/MostBeautiful/</a>), watch some cute cat videos (<a href="https://www.reddit.com/r/aww/">https://www.reddit.com/r/aww/</a>), or read a favorite book.
- 9. Remember your kind deeds. Write down the last time you remember doing something nice for someone, whether it was cooking dinner for a loved one or holding the door open for a stranger. Remember the last time someone did something kind for you. Reflect on these experiences and focus on the good people in this world.
- 10. Organize your life one step at a time. Take 5-10 minutes to organize something in your life. Whether it's your closet, your whole room, or just your email inbox, take some time to declutter and enjoy the sensation of getting things in order.

Preview YouTube video Marconi Union - Weightless (Official Video)





When you are done, take a pic & email to klazo@caldwellisd.net. Make sure you are checking your school email. If you have questions, you can ask on remind or classroom.

To join remind:



**Google Class Codes:** To join Remind to receive information about my classes, text: 81010 & then in the message box enter: @f83aga.

To join a class, go to google classroom, click the + sign & enter the applicable code: 7th period: qvkmkhg

Accounting I & II	Lesson 1 Topic: Topic 20 (Bonds Payable)  Activity: Complete Topic 20 on accounting coach.com. Students will take a picture of the completed checklists test scores, & "Certificates of Achievement" and email the pictures to Mrs. Vykukal.  Google Class Codes: jfxx35m				
Principles of Education	Lesson 1 Topic: Plan a Field Trip  Activity: Plan a field trip with an educational purpose to a location within 2 hours of Caldwell. Where?  Educational lessons that could be tied to this field trip? Describe the experience, Special instructions prior to trip?  Adult/Student ratio?  Google Class Codes: dhglocu				
Business/Mark eting/Finance	Lesson 1 Topic: Money & Finances  Activity: Interview an adult (face to face or over the phone) and ask them the given questions about money & finances.  Google Class Codes: wn3tn75				
Practicum of Education	Lesson 1 Topic: Plan a Field Trip  Activity: Plan a field trip with an educational purpose to a location within 2 hours of Caldwell. Where?  Educational lessons that could be tied to this field trip? Describe the experience, Special instructions prior to trip?  Adult/Student ratio?  Google Class Codes: hgbrv6u				