

AVID 10 Distance Learning

	Content and Assignment	Resources
Week 1: 4/1-4/3	Welcome Back and Checking In ☐ Complete the Checking In Google Form ☐ Read the AVID 10 Distance Learning Introduction Letter ☐ Click this link!	
Week 2: 4/6-4/10	The following is a guide through some activities to get you thinking. Choose ONE to do each day. It is not recommended that you complete all tasks in one sitting. Watch Video ☐ Did you know that the #1 predictor of success is HOPE? Take 3-5 minutes and quickwrite what thoughts and ideas came to your mind while watching this video. Read Article ☐ Take notes on key points or ideas from the article. ☐ What are 2 ACTIONS that you can commit to trying this week to improve your overall mindset? Post as a comment in Google classroom post for Week 2. Create a Daily Routine/Schedule → Brainstorm a daily routine for this time at home. Be sure to include time for: ◆ Online Learning ◆ Exercise ◆ Work/job/chores/etc → Example: A Day in the Quarantine Life of Mrs. Long Challenge: Post an Instagram story, Snapchat, or TikTok of the ACTIONS you committed to to inspire your “followers” and friends. ☐ Weekly Check In - Zoom Chat (Tuesday - Time TBD)	Suggested Activities: ☐ Nature Scavenger Hunt ☐ Backyard Yoga w/ Mrs. Newport ☐ Participate in MHS online Spirit Week. Planners/Schedules: ☐ Daily Planner ☐ Weekly Planner

