

**Boys & Girls Clubs of Carson
High School Virtual Program
Tuesday, April 14**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! 10 Minute Standing Abs Workout with no equipment	No sitting or lying down in this killer Standing Abs Workout. We will target that core and set those obliques on fire with a series of standing ab exercises. Focus on using your breath and exhale as you draw your belly button in each time you lift your knee/leg. No equipment needed in this bodyweight ab workout by Heather Robertson! Click Here
Health & Motivation Eric Thomas- I Can, I Will, I Must	Watch this motivational speech by Dr. Eric Thomas on commitment and focus. Click Here
Art Musical Clip “Hamilton”	From the 70 th Annual Tony Awards comes a sample of the Broadway show Hamilton. Hamilton is a musical created by Lin-Manuel Miranda. It was inspired by the biography of the founding father Alexander Hamilton. Click Here
Lunch	Remember to wash your hands for 20 seconds!
College Tour Explore a virtual trip- UCSD	Let’s take a virtual tour of UC San Diego! Learn interesting facts about the historical buildings on campus while getting an inside view of what the campus looks like. Click the arrows on the screen to continue on your virtual tour or skip to places of more interest to you in the menu to the left. If you are interested in applying, click “Learn More”. You will be directed to the college and how to apply! Click Here

Power Hour	<p>Do your best to use this time to work on the homework packets provided by your teachers. Here is a link to Khan Academy to receive tutoring support.</p> <p>Click Here</p>
Life Skills Financial Skills	<p>7 Financial Skills I Wish I Would Have Learned in High School</p> <p>Financial Skills to learn while in high school to help you in your adult life. Topics start at 3:30 in the clip.</p> <p>Click Here</p>
College & Career Job Interviews	<p>Why Should We Hire You? Watch this clip on how to respond to this question when you don't have experience.</p> <p>Click Here</p>
A Journey to Excellence Leadership	<p>Looks aren't Everything</p> <p>Cameron Russell admits she won "a genetic lottery": she's tall, pretty and an underwear model. But don't judge her by her looks. In this fearless talk, she takes a wry look at the industry that had her looking highly seductive at barely 16-years-old.</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p>Have a good day everyone</p> <p>Let's end the day with an inspirational meditation video that is great for teens who want to create healthy habits, and a healthy mind.</p> <p>Click Here</p>