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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, MAY 12, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day!	5 Minute Standing Ab Workout	Fitness tutorial that will help you on your road to healthy living, weight loss, and stress relief. Click Here
Health & Motivation	Quarantine Routine	How to thrive during the quarantine. Here is an online school routine, giving you the best tips for studying/working from home (and gaining motivation to study.) Click Here

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Art	Photo Editing	Practice editing photos with BeFunky's photo editor, you can play with hundreds of amazing photo effects that you can't find anywhere else. Use their stock photos to practice editing like a professional. Click Here
Lunch		Remember to wash your hands for 20 seconds!
College Tour	Explore a virtual trip- CSU Dominguez Hills	Let's take a virtual tour of the California State University, Dominguez Hills. 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

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Power Hour	Algebra	Need Help with Algebra? Check out this free math tutoring website geared to support your questions. Type a question into the math simplifier to get help now. Click Here
Life Skills	Body Language	In this video learn about the conversation on body language. Here are 3 reasons why learning how to read body language is so important when it comes to befriending others and making long lasting relationships. Click Here
Stem	DIY Science	Bonus Video: Let's build a cotton ball launcher with BGCC's own Ms. Arnelle. Follow step by step instructions on how to this fun and creative STEM project. Click Here

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College & Career	Job Interview Tips	“What is your greatest strength?” is a common interview question, watch this video to help you answer and interview better to get the job you want. Click Here
A Journey to Excellence	A Teen Just Trying to Figure it Out	Fifteen-year-old Tavi Gevinson had a hard time finding strong female, teenage role models -- so she built a space where they could find each other. Click Here
Time to Unwind!	Give yourself a break after a busy day	10 incredible coin tricks that anyone can do. These tricks are fast, visual and easy to learn. This video shows multiple ways to vanish a coin, produce a coin, and make coins jump from one hand to the other hand. These tricks are easy to learn and so are perfect for beginners. Click Here