

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, MAY 13, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>Click Here</u>
Greet the Day!	Low Impact Cardio for Beginners	Fitness plan, created for beginners to help you get fit and build strength. <u>Click Here</u>
Health & Motivation	Why Exercise is Important	Have you ever wondered, what happens to your body, when you start exercising? The changes to your body physic, your muscles, the mind, and the heart? Well in this video we are going to explore just that. <u>Click Here</u>

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Art	Tokyo Museum	<p>The Mori Building Digital Art Museum: Epson teamLab Borderless in Odaiba, is the most immersive visual experience in Japan and the first permanent digital art museum in the world.</p> <p>Click Here</p>
Lunch		<p>Remember to wash your hands for 20 seconds!</p>
College Tour	Explore a virtual trip- Emory University	<p>Let's take a virtual tour of Emory University in Atlanta, Georgia. Learn interesting facts about the historical buildings on campus while getting an inside view of what the campus looks like.</p> <p>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.</p> <p>If you are interested in applying, click "Learn More". You will be directed to the college and how to apply!</p> <p>Click Here</p>

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Power Hour	Algebra	<p>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.</p> <p><u>Click Here</u></p>
Life Skills	Leadership	<p><u>5 Takeaways from Barack Obama's Young Leaders' Address</u> Former US President Barack Obama talks to 200 Obama Foundation Leaders from across the Asia Pacific at the Obama Foundation Leader's program held at Kuala Lumpur, Malaysia.</p> <p><u>Click Here</u></p>

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BOYS & GIRLS CLUBS
OF CARSON

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College & Career	Jobs for Teens	The best jobs for teenagers that will not only make money but will lead to a happy, fulfilled life. All these high-paying teen jobs set your teenager up for jobs they will enjoy in the future and give them control over their work. Click Here
A Journey to Excellence	Poetry and Spoken Word	"If I should have a daughter, instead of Mom, she's gonna call me Point B ... " began spoken word poet Sarah Kay. Click Here
Time to Unwind!	Give yourself a break after a busy day	Try fooling your friends with these three amazing magic tricks that you can perform with ordinary household objects. Click Here