

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, MAY 25, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day!	10 Minute Bodyweight Workout	A perfect no equipment workout to help burn fat and calories. This is a metabolic bodyweight blaster workout, perform each exercise for 30 seconds of work followed by 30 seconds rest one after the other. Let's go! Click Here
Health & Motivation	7 Habits of Highly Effective People	The 7 habits of highly effective people takes an inside out approach – it focuses on the character ethic rather than the personality ethic. 1 - be proactive 2 - begin with the end in mind 3 - put first things first 4 - think win win 5 - seek first to understand then to be understood 6 - synergy 7 - sharpen the saw Click Here

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Art	Sketchpad	Free online drawing application for all ages. Create digital artwork to share online and export to popular image formats JPEG, PNG, and PDF. Click Here
Lunch		Remember to wash your hands for 20 seconds!
College Tour	Explore a virtual trip- Soka University	Let's take a virtual tour of the Soka University of America. 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	<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	Essential Skills	<p>Take ownership of your life in every area! Here are the basics on some practical life skills that will get you moving toward success.</p> <p><u>Click Here</u></p>
Stem	DIY Science	<p>Have you ever imagined you could build your own thermometer? In this activity, you will make a liquid thermometer to track how temperatures vary with location, indoors or outdoors. What will turn out to be the hottest spot in your home? What about the coolest? Your very own homemade thermometer will be able to tell you!</p> <p><u>Click Here</u></p>

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College & Career	Time Management	Having trouble with your time management? Improve productivity, reduce stress and get better exam results through better organization! Find out how in this episode of our Study Skills series Click Here
A Journey to Excellence	Self-Confidence	In Dr. Joseph's TEDx Talk, he explores self confidence and how it is not just the most important skill in athletics, but in our lives. Click Here
Time to Unwind!	Give yourself a break after a busy day	Remembering those who gave it all so that we can live in freedom. Memorial Day Tribute Speech from Ronald Reagan in 1985 at the Arlington National Cemetery Click Here