

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, JULY 1, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Flexibility	An intense full body workout with Chloe Ting. This workout will challenge your core and get you sweating. Click Here
Health & Wellness	Mental Health	Ms. Arnelle discusses self care tips on shaving and using scrubs. Watch as she shows us how to make your own shaving cream and turmeric scrub. Click Here

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, JULY 1, 2020

Arts	Quick Crafts	Check out this video of 20 Awesome ideas using simple everyday items. Click Here
Academic Success	Communication	How to be a successful student, this video includes tips that can help you prepare for next school year. Click Here
Character and Citizenship	Procrastination	Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window -- and encourages us to think harder about what we're really procrastinating on, before we run out of time. Click Here