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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, JULY 13, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Running for Beginners	Running can simultaneously sound like a walk in the park... and incredibly daunting. Here are 5 running tips for beginners. Click Here
Health & Wellness	Mental Health and Music	Need some live lo-fi hip hop beats to chill and relax? Check out this 24/7 streaming radio station to listen to some calming beats. Click Here

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Arts	Get Crafty! Arts	Staying motivated can be hard, but maybe these eight tips can help you! In the end you just must push yourself to work hard for what you want... Just do it! Click Here
Academic Success	Explore a virtual trip- UC Davis	Let's take a virtual tour of the University of California, Davis. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. Click Here
Character and Citizenship	Leadership	Predicting jobs of the future with Mr. Rigo. What are the career fields you are interested in? Watch this video to learn useful information on how to prepare for your future. Click Here