

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL
MONDAY, NOVEMBER 30TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Dance tutorial	Learn the basics of Merengue with this playlist of dance tutorials. After quarantine, you will be ready to show off your new moves. <u>Click Here</u>
Character and Citizenship	Leadership	In this video, Ms. Lauren discusses how to beat performance anxiety. Learn what performance anxiety is, the signs, and what practices help. <u>Click Here</u>
Health & Wellness	Health Care	In this hair tutorial, learn how to do two easy cornrow braids today! In clear and easy steps that are perfect for beginners, learn how to cornrow your own natural hair. <u>Click Here</u>