

CONGRESO OST VIRTUAL LESSON PLANS HIGH SCHOOL

WEEK ONE



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST @ KENSINGTON CAPA & EDISON HIGH SCHOOL

Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week 1 Day 1

MONDAY

Activity Theme/Title: Resume Building for the Family

Materials:

A computer, Google Docs Resume Template.

Here is how to access the template:

1. Click on Google Docs on Google home page. ...
2. Click on Template Gallery to open a list of templates.
3. Choose a resume or cover letter template you like the most. ...
 - 4. Add personalized information to your template by clicking where you want to edit.

Activity Instructions:

Create two simple resumes; one for your family describing what qualities and attributes your family has. Are you all adventurous? Do you all have a knack for cooking tasty and creative meals? Add it to your family resume! Next, create a professional resume using the skills you've just practiced. Be sure to add your unique skills and experience. This can include course's you've taken in school and volunteer work as well.

Activity Objectives:

- Identify and list strengths.
- Practice Resume building skills.
- Understand that a resume helps employers to learn about
 - applicant skills
 - abilities
 - experiences and accomplishments.

Visuals:

watch this YouTube video tutorial: <https://www.youtube.com/watch?v=Kj9d64QcQPQ>

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Week 1 Day 2

TUESDAY

Activity Theme/Title: Public Speaking and Creative Writing

Materials:

- Cell Phone

Activity Instructions:

Do you have a favorite book? Write a two paragraph script as if you are a news reporter detailing the climax of the book. Remember that your audience is unaware of what is going to happen and they are depending on you to provide them with all of the details. Dress the part, wear a professional top and be creative and descriptive in your skit! Have a family member help you to write your script, act as an extra or be interviewed. Allow them to film your news report and even edit.

 **Activity Objectives:**

- Creative Writing helps to alleviate the pressure and anxiety often found in other styles of writing such as essays.
- Ease in public speaking.
- Have Fun!

Visuals:

watch this funny YouTube video of people reporting on Harry Potter:

<https://www.youtube.com/watch?v=IMUvWhcWkeo>

ÉXITO

CASE MANAGEMENT

What Is Éxito Program?

Exito program is an academic and enrichment program for **9th-12th** grades students. At Exito program we offer the following services:

- Academic Support
- Social and Emotional Support
- Truancy Prevention
- Resources Guidance
- College and Career Prep
- FAFSA Assistance
- Resume Building



CONTACT



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We are here to help!



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Week 1 Day 3

WEDNESDAY- EXITO

Activity Theme/Title: 16 Personalities Test

Materials:

16 personalities link:

<https://www.16personalities.com/>

Enlace en español:

<https://www.16personalities.com/es>

Activity Instructions:

Please complete the 16 personality assessment through the links provided. Each activity is linked to the next, please complete every step.

Favor de completar la evaluacion de 16 personalidades a travez del enlace arriba. Cada actividad esta entrelasada favor de completar cada una.

 **Activity Objectives:**

- Week 1-5 is intentionally created to help the students identify their:
 - personality type
 - abilities and strength
 - priorities of needs and wants
 - career interest
 - Ultimately prepare students to showcase their elevator pitch for future use.

Please feel free to reach out to your case managers should you need any assistance with the completion of assignments. Fridays will be exclusively separated for one on one virtual appointments with the case managers.

Favor de comunicarse con sus case managers si necesita alguna ayuda para completar las asignaciones. Los Viernes seran exclusivamente reservados para citas virtuales con los Case managers.

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Week 1 Day 4

THURSDAY-STEAM

Activity Theme/Title: Face to Face Gaming

Materials:

1. Empty cereal box, pizza box or any empty cardboard of your choice
2. Scrap paper, empty plastic bottles, egg carton, straws, toothpicks, any trash that you want to use
3. A ruler or sturdy side rim of a cardboard or paper to measure with
4. Markers, colored, pencils, stickers, pens, crayons, paint.
5. Scissors
6. Any adhesive (tape, hot glue gun, glue stick, liquid glue, flour and water, or cornstarch and water cooked
7. Most of all you need creativity to design your own game

Activity Instructions:

1. Use pizza box or other cardboard pieces as the base or game board to start your own board
2. Use bottles, straws, toothpicks, egg carton, and other trash to design the format of your game
3. Use Scissors or box cutter (with parent supervision required) to cut the design the way you want
4. Use Any type of adhesive (masking tape, scotch tape, liquid glue, glue stick, flour and water glue, cornstarch and water glue, tacky glue etc.) set up and place board game pieces where you want them to be on the board so they do not move when the game is being played.
5. Write down on a piece of note book paper the instructions on how to play the game and what you want people to learn from playing the game and who is considered the winner of the game. Also write a list of the game pieces to use to play the game. Have fun! Let the gaming begin!

 **Activity Objectives:**

- Creating a board game from trash will expose families to Environmental Science and how to be resourceful and also create an opportunity to spend time together apart from technology.
- Families will share photos or video of completed activity.
- Families will be able to spend quality time together without time restraints

Enjoy!

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Week 1 Day 5

FRIDAY

Activity Theme/Title: Case Manager Appointments

The ESCALERA case managers will reserve time to have one on ones on a needs basis. Reach out to them by Email to schedule your appointment. Their contact information is below.

Los case managers de ESCALERA estaran reuniendose con los estudiantes que lo necesitan. Favor de comunicarse con ellos para hacer una cita. Su informacion esta debajo.



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