

# FLEXIBLE LEARNING DAY 22-23

**Directions:**

1. Select one experience from the chart below.
2. Then, after completing the activity, share your experience with others by completing the suggested artifact. Alternatively, you can complete any artifact of your choice by writing about it, showing what you learned through art, creating a video, or building a model.
3. Submit your artifact to Schoology.

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|  | <p style="text-align: center;"><b>I am an Empowered Learner.</b></p> <p>I can solve a problem by gathering and applying information.</p> <p>I can self-reflect and ask for help when needed.</p> <p>I can ask relevant questions and evaluate the solutions.</p> <p>I can think critically and creatively to apply information learned in class.</p> <p>I can create connections between course curriculum and future goals or career pathways.</p> <p>I can select the appropriate strategy/resources to accomplish a specific task.</p> | <p style="text-align: center;"><b>I am a Responsible Citizen.</b></p> <p>I can be an active participant in my community.</p> <p>I can assess and adjust my behavior according to different situations or people.</p> <p>I can grow in my understanding of differences between cultures in my community and in other communities.</p> <p>I can evaluate the credibility of digital resources.</p> <p>I can use technology ethically.</p> <p>I can communicate professionally both verbally and through writing.</p> <p>I can prioritize the demands of my schedule and complete tasks on time.</p> | <p style="text-align: center;"><b>I am a Globally-Engaged Communicator.</b></p> <p>I can listen, communicate, and collaborate with others.</p> <p>I can extend my learning beyond the classroom.</p> <p>I can work successfully with people who have different opinions or perspectives.</p> <p>I can recognize and embrace differences in others.</p> <p>I can find commonality with others despite our differences.</p> | <p style="text-align: center;"><b>I am a Resilient Individual.</b></p> <p>I can learn from failure and persevere.</p> <p>I can be persistent in accomplishing goals and objectives.</p> <p>I can identify my strengths and weaknesses.</p> <p>I can recognize the need for change in order to grow.</p> <p>I can overcome adversity and embrace challenges.</p> <p>I can adjust to change.</p> <p>I can use positive coping strategies to address life stressors.</p> |
| <p><b>Community Involvement</b></p>   | <p>Organize or participate in a food drive or an environmental clean-up activity.</p> <p>Share an interview with a participant through writing or video.</p>  | <p>Visit a local museum to explore different cultures. The Virginia Museum of Fine Arts could be a great place to tour.</p> <p>Share what you discovered through a photo collage.</p>   | <p>Share a passion with a friend or family member. Teach them a new skill, share information, or show off your talents.</p> <p>Create a slideshow to share your passion with others.</p>  | <p>Assist a friend or family member with their FLD activities. Show your resiliency as you help others.</p> <p>Write a letter explaining what you learned by helping others.</p>  |

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| <p><b>CTE</b></p> | <p>Interview a business person who works in a job related to a career you are interested in pursuing.</p> <p>Write a reflection based on the interview.</p> | <p>Take part in a mock interview with a local business representative.</p> <p>Write and send a thank you letter or email after the interview. Turn in a copy of the letter/email.</p> | <p>Option 1: Create an outline for a business you would be interested in opening related to your career pathway. Include the following components: Type of business, products or services, start up costs, product/service costs, number of employees, business location, projected outcomes.</p> <p>Submit the outline.</p> <p>Option 2: Go to work! If you are already in an approved Internship or Youth Registered Apprenticeship, you can count your work hours as an FLD experience.</p> <p>Complete a slideshow or WeVideo with photos/information showing what you learned.</p> | <p><a href="#">Career Exploration through MajorClarity</a></p> <p>Click on the above link to explore career pathways and career opportunities in MajorClarity.</p> <p>At the conclusion of the activity, fill out the “Three Things I Learned” and “Three Questions I Still Have” document at the bottom of the page and submit it to Schoology.</p> |
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| <p><b>English</b></p>   | <p>Increase your reading stamina by cozying up with your independent reading book for at least 60 minutes.</p> <p>Next, create a visual organizer that connects events and characters from your book with ideas and lessons from other classes you've taken. Use color and incorporate sketches/ images.</p> | <p>Spend the day helping an adult family member with tasks or with carrying out their job responsibilities. Ask questions to help you better understand their job and their life history.</p> <p>Make a digital scrapbook detailing what you learned - both skills, and interesting things about that person.</p>  | <p>Briefly research an issue you are passionate about, then compose a hand-written letter to a local or state official.</p> <p>Turn in a copy of the letter and a picture of yourself mailing it!</p>   | <p>Learn about manifestos by reading and <a href="#">examining these mentor texts</a>.</p> <p>Create your own student's manifesto that includes positive advice for dealing with the ups &amp; downs of high school life. Your work may be either handwritten or typed— make it visually appealing!</p>  |
| <p><b>Fine Arts</b></p> | <p>Research common compositional techniques used by artists. Choose a movie or TV show to study the compositional techniques the filmmaker used to compose the scenes.</p> <p>Complete 2-3 sketches of your favorite scene(s) using a compositional technique to turn in as your artifact.</p>               | <p>Schedule some time to photograph your friends, family, and/ or fur- babies in a “photoshoot” using a camera or cell phone.</p> <p>Things to think about: timeless costumes (no logos!), photographic point-of- view, props, tasteful setting(s), and lighting. For flattering lighting, take your photos the hour after sunrise or the hour before sunset, known as the “golden hour.”</p> <p>Turn in 2-3 of your favorite photos as your artifact!</p> | <p>Create a work of art as a reflection of a current social issue. What symbols could you use? How will you convey your message to your viewer? Things to think about as you are creating: Color choice to convey a mood, material application to convey meaning, symbolism to <i>show</i> vs. <i>tell</i>.</p> <p>Turn in a photograph of your finished work or a video demonstrating your art process as your artifact.</p> | <p>Show a friend or family member some artwork that you've created. Have them critique your art using this <a href="#">Critique Guide</a>. Be sure that the person critiquing your work is providing their reasoning as they critique. Take notes on what they are saying and include ways that you could improve future work.</p> <p>Turn in your critique notes and a photo of the artwork as your artifact.</p> |

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| <p><b>Health &amp; PE</b></p>                   | <p>Research a career in the Health/Fitness field that interests you. Be sure to learn what qualifications you'll need.</p> <p>Write up a plan detailing the steps you will need to accomplish to reach your goal.</p>  | <p>Research the VHSL Sportsmanship Guidelines for high school events.</p> <p>Think about which 5 are the most important to you and share your thoughts with others through writing.</p>  | <p>Spend some time exploring athletic events outside of the US. Try to find one you've never heard of before or would like to try.</p> <p>Share your newly discovered athletic event through a slideshow.</p>  | <p>Participate in a stress reducing activity like Yoga or a long walk to music.</p> <p>Create a playlist of relaxing music that others can use to help reduce stress.</p>  |
| <p><b>History/Geography/<br/>Government</b></p> | <p>Create a review sheet for the unit your social studies class is covering right now. Use your class notes to develop a matching, crossword, or sorting activity... or come up with your own creative method of review.</p> <p>In addition to submitting to Schoology, share your activity with your teacher and benefit your entire class.</p> | <p>Election Day is coming up. Research which offices are being contested where you live as well as which states will play roles in who controls the US House of Representative and the US Senate for the next two years.</p> <p><a href="#">This site</a> allows you to look over elections in each state as well as find out about how the election process works in Virginia. Write a fake newspaper article to summarize your findings.</p> | <p>Find the locations of countries around the world using a fun online resource.</p> <p>The <a href="#">Seterra</a> site offers interactive quizzes that will help you learn your way around the world. Try it, and you'll likely find yourself there for a while!</p> <p>Share something new you discovered through a video or slideshow.</p> | <p>Rewrite a set of class notes you took earlier this year focusing on making them more neat and understandable. If there are terms you didn't know well when you took the notes but have learned since, put definitions or descriptions of the terms in your updated notes.</p> <p>In addition to submitting to Schoology, you will be able to use these notes later in the year when you study for your final exam, SOL test, or AP/IB exam.</p> |
| <p><b>Math</b></p>                              | <p>Think about a challenging concept you've studied this year.</p> <p>Create a video to show others how to solve problems to help others.</p>  | <p>Research a mathematician from a different country.</p> <p>Create an infographic that sums up their background and contribution to math.</p>   | <p>Watch Hunting the Hidden Dimension <a href="#">LINK</a>.</p> <p>Write a paragraph summarizing your favorite example of fractals. Add 3 pictures of fractals in nature.</p>  | <p>Research the best ways to study math.</p> <p>Make a list of strategies to study math and describe which strategies you already use and which you would like to try.</p>   |

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| <p><b>Performing Arts</b></p>       | <p>Compose a piece of music/write a scene for a play/musical.</p> <p>Record a video of yourself performing your piece of music/scene from a play/musical live to submit. Musicians can choose to use music notation software and create an audio recording if the piece of music is for a full ensemble or an instrument other than their own.</p>    | <p>Connect with a young musician/drama student from Liberty MS. Get together and work on music/drama techniques and skills.</p> <p>Write a paragraph or record a voice memo reflecting on what you worked on and what you learned by teaching someone else.</p>  | <p>Visit the Kennedy Center’s <a href="#">“Media and Interactives”</a> resources about art, theater, film, and music. Explore any one of the many topics on the page.</p> <p>Write a paragraph or record a voice memo reflecting on what topic you picked and a few things you learned from exploring that topic.</p>             | <p>Find a new solo piece of music or a monologue you are interested in. You could also pick a duet or a dialogue to work on with a friend.</p> <p>Study it and practice performing it. Record yourself performing it.</p> <p>Evaluate your performance and make a list of its strengths and areas that need more attention.</p>  |
| <p><b>Post-Graduation Plans</b></p> | <p><a href="#">Career Exploration through MajorClarity*</a></p> <p>Click on the above link to explore career pathways and career opportunities in MajorClarity.</p> <p>At the conclusion of the activity, fill out the “Three Things I Learned” and “Three Questions I Still Have” document at the bottom of the page and submit it to Schoology.</p> | <p>Learn more about the Hanover Career Counseling YouTube page and the many resources and postsecondary opportunities that are available to students.</p> <p>Click <a href="#">Exploring Hanover Career Counseling Resources</a> and fill out the “Three Things I Learned” and “Three Questions I Still Have” document at the bottom of the page and submit it to Schoology.</p> | <p>Visit a college campus and/or research potential schools via their websites (2 and 4-year colleges/universities, trade/technical schools, military etc.) that you may have an interest in.</p> <p>Fill out the <a href="#">Exploring Postsecondary Opportunities Worksheet</a> as you research and submit it to Schoology.</p> | <p>With a partner, practice interviewing each other for a job. It’s important to spend some time getting comfortable with what you might be asked, what hiring managers are really looking for in your responses, and what it takes to show that you’re the right person for the job.</p> <p>Check out this list of interview questions and use it as your study guide. <a href="#">Example interview questions.</a></p> <p>Once you’ve conducted the Mock Interview Activity, submit to Schoology three interview questions you were asked and how you responded to them.</p> |

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| <p><b>Science</b></p>         | <p>Research a career related to a field of science (ex. biologist, doctor, wildlife scientist, climatologist).</p> <p>Through a slideshow, describe the following.</p> <ol style="list-style-type: none"> <li>1. What does this person study?</li> <li>2. What education requirements are needed for this career?</li> <li>3. Give an example of a project done by one of these individuals.</li> </ol> | <p>Identify a local environmental issue (ex. invasive species, pollution).</p> <p>Write a service project proposal to a local representative to address this problem.</p> <p>Include:</p> <ol style="list-style-type: none"> <li>1. Location and description of the issue.</li> <li>2. Propose a solution.</li> <li>3. List the steps needed to accomplish the project.</li> </ol>  | <p>Research news articles about a controversial scientific discovery. Identify two articles with different points of view &amp; outline each author's argument.</p> <p>Make a claim based on your knowledge and the information provided in these articles as to the truth of the issue. Refer to scientific evidence to support your reasoning.</p>   | <p>Calculate your <a href="#">Ecological Footprint</a>.</p> <ol style="list-style-type: none"> <li>1. How many Earths would be needed if every human on the planet had your lifestyle?</li> <li>2. Identify how your consumption habits may impact humans and ecosystems.</li> </ol> <p>Write a SMART Goal for reducing your consumption and impact.</p> |
| <p><b>World Languages</b></p> | <p>Prepare a "trip" to a county of the language. Include details: how to obtain passport, costs involved, flights, lodging, etc. Create a to-do list of places to visit and see.</p> <p>Create a slideshow to share the plans of your trip.</p>   | <p>Interview someone who has experience adapting to a new culture- an immigrant or exchange student, for example. Did they experience culture shock? What was the hardest? What did they enjoy most? Then compare and contrast their culture with American culture. Focus on at least THREE of the following areas: food, culture, laws, cultural activities, traditions, sports/leisure activities, schools, music/movies, the role of family life, technology.</p> <p>Create an infographic sharing what you learned.</p> | <p>Research native-speaking immigrants of the language you are currently studying, both historical and modern. How have those immigrants adapted to their new life in this country? What aspects of their home culture were they able to preserve, and what may have been lost? What is likely to put pressure on a recent immigrant's identity, both as an American and as a citizen of their birth country? Are there still traces of that culture in the US today?</p> <p>Write a newspaper article sharing what you learned with others.</p> | <p>Prepare a meal from an area where the target language is spoken.</p> <p>Provide the recipe and photos and include a review from your taste-testers. Also include what inspired you to choose this dish and why it is culturally significant.</p>  |

**Additional Opportunities:**

**Ashland Theater**

205 England Street  
Ashland, VA 23005

**Free**, first come, first served, admission. Concessions available for purchase.

**Charlotte's Web**

November 4th, 2022

Showings at 10:00 AM and 1:00 PM.

**Charlie and the Chocolate Factory**

March 31st, 2023

Movie times will be announced closer to the event.

**HCPS Career Expo**

Patrick Henry High School  
12449 W Patrick Henry Road  
Ashland, VA 23005

Friday, March 31st from 9:00 - 12:00

Transportation will be provided.

Pre-registration is required. Look for specific information closer to the event.