



Teacher of the Deaf and Hard of Hearing Calendar - Week - 5/18 to 5/29, 2020

Grade level 9-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Self Advocacy	Don't forget..... UR Audiology patients there is a drive through clinic for you to get batteries. Call 585-758-5755 when you arrive and someone will bring batteries to your car. Call first to make sure they take your insurance.	Have you checked in with your school counselor? What do you need to graduate? How will the pandemic affect what you need to do this year?	Make a list of the qualities you think a good Teacher of the Deaf needs to have.	Self-advocacy starts with knowing yourself. How well do you know yourself? Ask yourself the following questions: 1.) I am interested in..... 2.) I want to learn more about.....	Continue answering questions about yourself: 1. I am best at..... 2. I need help with.... 3. I want my life to look like....
Language/ Grammar	Are you college ready? Sign up for the SAT question of the day. This is a handy app to help you prepare for the SAT and get college ready. SAT Question of the Day	Write a paragraph describing your favorite food, but do not use the name of the food in the description. Then, read it to a family member. Do they know what the food is?	If someone tells you to "spill the beans" what does this mean?	What is a homonym? Can you list 5 examples of homonyms?	Make a list of adjectives that describe you.
Vocabulary	Look up the following college terms, write the definition and use it in a sentence. antithesis	diction	formidable	indolent	loquacious

<p>Hearing</p>	<p>Do you feel like you are losing your sign language skills during the time we are at home? Practice on ASLPro Here's a link to test your knowledge of sign language: http://www.aslpro.com/cgi-bin/aslpro/quizme.cgi</p>	<p>While you're refreshing your signing skills, why not practice your fingerspelling skills as well: http://www.aslpro.com/cgi-bin/aslpro/fingerspell.cgi Can you do the medium or fast speed?</p>	<p>Name three ways that you use visuals in the classroom to help you understand instruction: 1. 2. 3.</p>	<p>If you are bored, how about drawing your own comic strip starring you! Draw the comic about a time where you had to advocate for your hearing. Make sure you draw your hearing assistance technology into the comic strip. Share your comic with your TOD.</p>	<p>What does it mean when deaf is spelled with a capital D? Deaf</p>
<p>Transitioning</p>	<p>How are you practicing your socialization skills while we are out of school? Do you attend zoom classes with your teachers or your TOD? It is important to make sure you are practicing your communication.</p>	<p>List 5 of your best strengths. How do those relate to the working world? How would they help you get a job?</p>	<p>A job shadow is when you go to spend time with someone who has the career that you would like to do some day. Think about what career you would want to shadow. Next year you can set up a shadow with your counselor.</p>	<p>Individual students must understand their hearing loss and what it means in terms of accommodations and modifications needed in the academic world and social/work worlds. Do you know your accommodations and why you need them? Write them out.</p>	<p>How many credits do you need to graduate? How many credits do you have?</p>
<p>Mindfulness</p>	<p>Try reading in different locations (outside, inside, in the car, etc.). Notice if your ability to concentrate is better in one location vs. another. Try to remember this for the next time you read.</p>	<p>Go on an outside adventure (safely distancing of course!) Go outside and pick up a small rock and turn it in your hand. Touch the grass, a plant or if you can find one, a flower. Notice any bugs or birds in the area. Take a moment to kneel</p>	<p>Starting at your feet, gently squeeze the muscles in the feet by tightening them and slowly releasing. Point your toes, then flex your feet. Feel the muscles movement and be aware of the stretching of your feet.</p>	<p>Find a relaxing place in your home. Sit comfortably. Now breath deeply in and out while paying attention to any sensations you notice or sounds you may hear. Take another slow deep breath, imagine the air moving down into your lungs and back up. Take one</p>	<p>Stand up and then jump up and down or do jumping jacks for one minute. At the end of the minute, put your hand on your heart and pay attention to how your heartbeat and breathing feels.</p>

		down and touch the earth. Walk mindfully paying close attention to everything. Feel the calmness of your walk.		more deep breath and hold for a moment and then release it.	
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