




Teacher of the Deaf and Hard of Hearing Calendar - Week - 4/20 to 5/1, 2020

Grade level 9-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Self Advocacy	Think of at least 2 ways to advocate for yourself at home. This could be with your family or while you have to do your schoolwork from home.	Who is your educational audiologist (the audiologist you see in school)? Who is your dispensing audiologist (the audiologist you see outside of school). Write down their names.	Find the phone number of your dispensing audiologist and put it in your phone.	Check to see how many hearing aid batteries you have left. If you need more, who can you ask?	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.
Language/ Grammar	Are you college ready? Take a look at these next set of ACT/SAT vocabulary words. Learn a word a day! Learn a word a day	Fact or Opinion: Pink is the best color! There are giraffes in Africa. Albany is the capital of New York State	Find the (5) mistakes in this sentence: the boy's went to wegmans on saturday	Grammar saves lives! What is the difference between: Let's cook children! Let's cook, children! Who does that comma save? Give another example.	Write one fact and write one opinion.

Vocabulary	Look up the following college terms, write the definition and use it in a sentence. transcript	prerequisite	credit	audit	syllabus
Hearing	<p>What does HAT stand for? What HAT do you use on a regular basis at school?</p> <p>What HAT do you use at home?</p> <p>Are you stuck? Ask your TOD!</p>	Take your ear molds off of your hearing aid(s) and wash them.	<p>Name your RCSD audiologist: _____</p> <p>Who is your dispensing audiologist: _____</p> <p>What is the difference between the two? Don't know? Ask your TOD!</p>	<p>What is the name for the outer portion of your ear (the one that sticks off your head)?</p> <p>What do all the canals and folds in your outer ear do?</p>	Why is it important that you can describe your hearing loss?
Transitioning	Click on the link below to view the brochure for Vocational Rehabilitation. ACCES-VR	If you have not reached out to your ACCES-VR rep, email them today to let them have your contact information: telephone, email	<p>How will you communicate with the college of your choice? Telephone, email, online chat features.</p> <p>What way do you communicate now? Are they different? Why?</p>	What career do you want to have. Career interest inventory- Careers	<p>Is there a t-coil switch on your hearing aid? What do they do? What does this sign mean?</p> 
Mindfulness	<p>How to HEAR mindfully:</p> <p>HALT — Halt whatever you are doing and offer your full attention.</p> <p>ENJOY — Enjoy a breath as you choose to receive whatever is being communicated to you—wanted or unwanted.</p> <p>ASK — Ask yourself if you really know what they mean and if you don't, ask for clarification. Instead of making assumptions, bring openness and curiosity to the</p>	Practice kind thoughts by thinking of 5 people you would like to send kind wishes to. Write these people a letter with your kind wishes.	Look out a window. Center your mind and clear it of all negative thoughts. What do you notice? Animals, plants, Sun, Clouds. Feel the Peace of nature.	Stand in the Superman pose - standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible for 10 seconds. Imagine yourself as a source of power. How does that make you feel as a	Make some bubble solution from water and dish soap. Form a blower out of a piece of wire - a hanger or other bendable material. Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to

	<p>interaction. You might be surprised at what you discover.</p> <p>REFLECT — Reflect back to them what you heard. This tells them that you were really listening.</p>			<p>source of power?</p>	<p>fill the bubble... and out through the mouth as slow as possible</p>
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