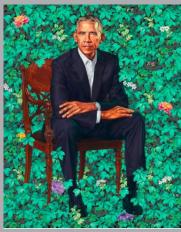
# **DA VINCI SCIENCE 2020-2021 COUNSELING CORNER** WEEK 24: FEBRUARY 22-26

"DO NOT EVER LET ANYONE MAKE YOU FEEL LIKE YOU DON'T MATTER, OR LIKE YOU DON'T HAVE A PLACE IN OUR AMERICAN STORY, BECAUSE YOU DO. AND YOU HAVE A RIGHT TO BE EXACTLY WHO YOU ARE."

-MICHELLE OBAMA

## 

## **GROUNDBREAKING AFRICAN AMERICAN ARTISTS**



Kehinde Wiley

Los Angeles native and New York based visual artist, Kehinde Wiley has firmly situated himself within art history's portrait painting tradition. He is highly known for his naturalistic paintings of African Americans.



### Kara Walker

Kara Walker was born in Stockton. California, in 1969. She received a BFA from the Atlanta College of Art in 1991, and an MFA from the Rhode Island School of Design in 1994. The artist is best known for exploring the raw intersection of race, gender, and sexuality through her iconic, silhouetted figures.



## **Bisa Butler**

Bisa Butler was born in Orange, NJ, the daughter of a college president and a French teacher. She was raised in South Orange, the youngest of four siblings. Butler earned a Masters in Art from Montclair State University in 2005. Bisa Butler is an American fiber artist known for her quilted portraits and designs celebrating black life.

### **TO-DO LIST WHEN YOU FEEL STRESSED OUT** When You Feel STRESSED OUT ...a to-do list for young people UNPLUG + GO OUTDOORS BUILD SOMETHING DRAW OR COLOR READ . 20 1 0.001 LISTEN TO YOUR FAVORITE MUSIC HANG OUT WITH YOUR FURRY FRIEND ASK FOR HELP

## **MARK YOUR CALENDARS**

#### COLLEGE PLANNING MEETINGS

- 9TH: MARCH 2 @ 9:00 AM ZOOM LINK
- 10TH: MARCH 3 @ 9:00 AM ZOOM LINK
- 11TH: MARCH 4 @ 9:00 AM ZOOM LINK

## FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) DEADLINE

PRIORITY DEADLINE - MARCH 2, 2021

## **DRIVE-THRU EVENT**



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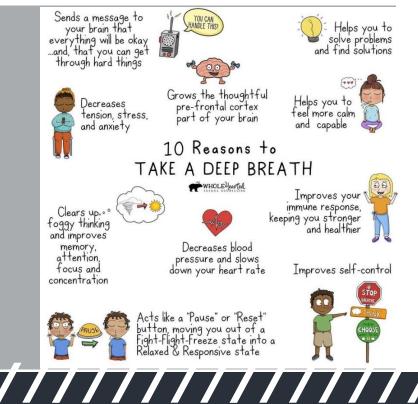
## **TIPS FOR DISTANCE LEARNING**

- AVOID STUDYING IN YOUR BED IF POSSIBLE BECAUSE YOUR BRAIN ASSOCIATES BED WITH SLEEP, NOT LEARNING!
- PRINT OFF YOUR LIST OF WEEKLY ASSIGNMENTS OR CREATE A CHECKLIST. IT WILL KEEP YOU ORGANIZED AND MAKE YOU FEEL **PRODUCTIVE!**
- STUDIES SHOW THAT STUDENTS WHO TRY TO READ WHILE LISTENING TO MUSIC ABSORB LESS INFORMATION. LISTEN TO MUSIC WHILE YOU ARE CREATING, NOT READING.
- **GET DAILY FRESH AIR & EXERCISE**
- **TAKE BRAIN BREAKS**
- **ASK QUESTIONS!**
- KEEP A REGULAR SLEEP SCHEDULE. GO TO BED AND WAKE UP AT APPROXIMATELY THE SAME TIMES EACH DAY. YOU ARE GROWING YOUR BRAIN NEEDS SLEEP!

- MARCH 8TH
- SPECIFIC TIMES FOR EACH GRADE LEVEL (MORE INFO. TO FOLLOW) •

#### **PROFESSIONAL DEVELOPMENT DAY**

MARCH 12TH



## **COUNSELING OFFICE HOURS:** MONDAYS & THURSDAYS: 2:45PM-3:15PM

<u>Ms. Valle (A-F)</u>: cvalle@davincischools.org Ms. Ruiz (G-M) password: Ruiz: cruiz@davincischools.org <u>Ms. Rodriguez (N-Z)</u>: frodriguez@davincischools.org (Click Counselor name for Zoom link)

#### **PARENT/GUARDIAN OFFICE HOURS**

Open forum for parents/guardian to ask general (non-personal) questions. Every first Wednesday of the month: 2:45pm-3:15pm <u>ZOOM LINK</u>

For additional resources from th Da VInci Science counselors, please visit the <u>Counseling Corner webpage.</u>