

Week 1:

The Coronavirus and Intro to *The Great Gatsby*

Welcome to Week 1 of Distance Learning. While I know this situation is not ideal for anyone – it is important to me that you all still have access to learning and get to know my favorite text of the year *The Great Gatsby*!

These packets are intended for those who have little-to-no access to the internet. Follow through the packet in order to complete your assignments.

Each week there will always be a “Discussion Board Question” and A Google Forms worksheet based on some reading material and your Quarter 3 Novel: **The Great Gatsby**.

I intend to make this learning as fun as it possibly can be, given the circumstances! 😊

Note: If possible – for questions about assignments please contact me via **REMIND 101** only. If you have questions about grades contact me via email: klingerj@luhsd.net

Week 1 Agenda:

**Always complete in order*

1. Read this document and sign onto any applications/online platforms you are not already logged into (Turnitin.com, Remind 101, Canvas) – if applicable
2. Read:
 - a) Silver linings: how to stay positive during the coronavirus crisis – The Guardian
 - b) Self-care Tips to Help You Get Through the New Coronavirus Normal
3. Add to the Week 1 Discussion Board by responding to the texts above and writing about your well-being! **5pnts**
4. Download *The Great Gatsby* PDF to your computer or device. (Possible school pickup TBD)
5. Read Video Transcript:
 - a) The Roaring 20's: Crash Course US History #32
6. Answer the Google Forms Doc based on the video above. **5pnts**
7. Post the introduction (Hook) of your UC Personal Statement to Turnitin.com under "UC Statement Hook" (Or print/Return to me). **10 pnts**

All HW above due Friday 4/10

Ongoing HW: Work on your UC Personal Statement. (See UC Personal Statement Module) **Due Fri. 4/17 - 40pnts**

Optional: Get ahead and start reading CH. 1 of *The Great Gatsby*

Silver linings: how to stay positive during the coronavirus crisis

These anxious and unusual times bring unforeseen difficulties. But the best of human nature can rise to the challenge.

These stories are designed to offer practical advice, provide some entertainment, foster a sense of social cohesion, and remind people of the good in the world during these strange and isolating times.

With all the tragic things that are happening in the world as a result of the coronavirus, now might seem like an unusual time to talk about being positive. Yet staying positive is a core ingredient in the recipe of successful coping in a crisis.

Now, more than ever, is the time for us to be proactive about creating small moments of happiness in our days, given the findings in psychology research that [positive emotions help us to undo the negative effects of stress](#).

I'll come to the research in a minute, but first there are a few really practical things you can do to foster positive emotions.

- **Savour the small moments:** Even during lockdown you still have many small moments to savour. The smell of coffee, the feel of the warm shower on your back and so on. When you stop to take in these moments, rather than let them rush by on automatic pilot, you are giving your brain a chance to process the pleasure, which boosts your serotonin – the feel good neurotransmitter that helps elevate your mood and make you feel calm.
- **Strengthen your connections:** for those of us in family lockdown, now is the opportunity to spend quality time with our loved ones. Take the time to hug your kids or partner, look them in the eyes, have long conversations with them – all of these gestures promote closeness and also boost your oxytocin, which is a hormone that bonds people and also has a calming effect on your body. When your oxytocin levels spike they tell your body to switch off cortisol, the stress hormone.
- **Look for the good in others:** These types of crises can bring out both the worst and the best in human nature. This week there were two Youtube clips that went viral in Australia about toilet paper. One was of three grown women fighting in Woolworths over a packet of toilet paper. The other was two young children dragging a large cart of toilet paper behind them and stopping at the homes of elderly people in their neighbourhood to give them a roll. I like to think that the best in human nature is rising to the coronavirus challenge. Philanthropists are donating money to scientists to find a cure. Doctors and medical staff are working overtime to help sick patients. Neighbourhoods are putting together care packages for people who are sleeping rough. People are posting positive messages on social media. Friends from across the globe reaching out to each other. When we tune into these positive and pro-social aspects of the crisis, [we are united in hope](#).

By tuning into these three silver linings, you can potentially change your brain chemistry and build up your energy stores to help you cope with the other aspects of your day that have been made more difficult.

Taking charge of our mental health and capturing the small moments will help as we go further into the unknown, too. If we can foster positive emotions, the flow-on effects are well researched, and well documented. In fact, positive emotions are a key resource for us during the coronavirus crisis because they can do a number of things:

- **Increase your resilience:** Research has shown that when we experience positive emotions on the back of a stressful event, we bounce back more quickly and have a faster “cardiovascular recovery” time – our heart rate lowers and our blood pressure stabilises more quickly when we are able to be positive.
- **Increase your immunity:** a study where people were deliberately infected with the influenza virus and rhinovirus found that those people who had more positive emotions were more likely to fight off the symptoms. People low on positive emotions were 2.9 times more likely to contract a respiratory illness in this study.
- **Make you think more clearly: the way we feel influences the way we think.** Positive emotions boost our problem solving abilities as well as our judgment, decision-making, cognitive flexibility and creativity. Staying positive will help you and your kids to be better at solving all the little problems that are being thrown our way right now, such as figuring out new technology platforms for working (and schooling) from home.

Every dark cloud has a silver lining and this is your chance to thicken that lining and take charge of your mental health so that you come out of this experience stronger.

The video above is the first in a series of presentations by Prof Lea Waters about how to deal with stress and anxiety during the time of coronavirus

- Lea Waters AM, PhD, is a psychology professor at the University of Melbourne and executive board member of the International Positive Psychology Association

Self-Care Tips to Get You Through the New Coronavirus Normal



Adjusting to the safety measures required to curb the spread of coronavirus can be stressful. And with the Bay Area's new shelter-in-place ordinance, even those of us who aren't sick or caring for someone have had to adapt to a much more isolated way of life. The rapidly evolving news cycle—and the wealth of misinformation online—also contributes to the chaos.

Self-care is always important for living a healthy and fulfilling life, and in times like these, it's even more necessary to maintain our mental health so we can show up for ourselves and others. Here are some tips.

Limit Information Intake

Stay informed by tuning into [reliable, fact-based reporting](#), and don't feel like you have to read every single piece of coronavirus news. Setting limits on your screen time and turning off notifications—even for a couple of hours—can be a healthy boundary.

Mindfulness is Your Friend

Fixating too much on fears about the future can often send us on anxiety spiral, so it's important to stay present. A simple breathing technique like box breathing (where you inhale for four seconds, pause for four seconds, exhale for four seconds and pause again for four seconds) can slow the heart rate and mitigate your body's anxiety response. If having a panic attack, a helpful grounding technique to get out of your head and into your body uses the five senses: name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

"Though the coronavirus is something that's happening right now, our fears about it are often something not happening to us [in the present moment], and mindfulness can help anchor us," says psychologist Dr. Juli Fraga, who has [written about mental health](#) for KQED.

The positive affirmations in guided meditations can also redirect your mood. Free apps like [Insight Timer](#) provide guided meditations tailored to specific themes—and they can be as short as two minutes for those who don't have a lot of time or aren't experienced meditators. There's also a wealth of free guided meditations on YouTube, as well as yoga nidra meditations—which are great for insomnia.

"People worried about their families or loved ones might use something known as the loving kindness meditation," says Fraga. "It's used to direct loving kindness towards someone you care about, yourself or the universe."

Don't Forget to Move Your Body

Under "shelter in place," gyms are closed—and an enclosed space where people are sweating and breathing heavily isn't where you'd want to be right now anyway. But getting up and off your phone or computer is crucial to wellbeing. If you're not sick or experiencing respiratory symptoms, take walks, runs, hikes or bike rides outside while maintaining a distance of at least six feet between yourself and others.

And once again, take advantage of YouTube as a free resource. It has thousands of videos of yoga, pilates, strength training and HIIT (high intensity interval training) classes to help boost your mood, improve posture and connect with yourself. The website [DoYogaWithMe](#), which has free classes in many different kinds of yoga styles, is also excellent.

Social distancing may be especially isolating for caregivers, so reaching out to broader social networks may be a way to help cope with feelings of loneliness. (*Matthias Zomer*)

Lean on Support Networks—Especially If You Are a Caregiver

The need for community is an essential part of being human, but what do we do if getting together is no longer an option?

Those who are sick or caring for a loved one face even greater challenges when it comes to isolation. Fraga recommends reaching out to our broader support networks. That friend, neighbor, relative or coworker who told you to call if you ever need anything? It may be the time to take them up on that—even if you just need someone to talk to over FaceTime.

If you're used to always caring for others, remind yourself that "it's fine to be the receiver of something," says Fraga.

We all can combat loneliness by scheduling calls with loved ones, and checking in with our elderly family members and neighbors. And if you're cooped up at home with too many people, a house meeting to find out when people plan to be out for walks so you can get alone time can help.

As for parents with kids home from school? "That's another call for community outreach," Fraga says, adding that they should look to their school communities for support—for example, videoconferencing while doing homework.

Change Up Your Routine

With most workplaces and schools closed for weeks, doing small, simple things to change your routine can help break up the humdrum of the day-to-day. Take a different route when going on a walk; wear something funky; put on a different playlist; go about your chores in a different order; try a new craft, book or exercise.

"The more we do something, it loses its luster," says Fraga. Even something as simple as drinking your coffee out of a different mug can help with boredom.

Occupy Your Brain

There's only so much Netflix one can watch, and downtime indoors means you're going to have to get creative with your activities. Draw, collage or paint. Check out new music or return to a familiar favorite. Knit or crochet. Play a video game, mobile game or do a crossword. Borrow an ebook or audio book from the library using the free [Libby](#) app. Listen to podcasts while you clean—there are plenty that aren't about coronavirus news, like KQED Arts' *Rightnowish*, which gives a hopeful glimpse into the lives of artists making change in their communities.



Express Yourself

Journaling can be a healthy outlet for getting anxieties off our chests or writing down gratitude lists to remind ourselves that there are still things to be thankful for. But, Fraga cautions, "sometimes journaling can bring up feelings more acutely that we might not have been in touch with, so it can be useful to set a timer." Playing an instrument, dancing and making art can all be helpful tools for channeling our emotions, as well.

Talk to a Professional

[The Center for Somatic Psychotherapy](#) and the [Open Path Collective](#) provide sliding scale therapy in the Bay Area, and many therapists are switching to videoconferencing since meeting up in person isn't an option right now. Online therapy services like [Talkspace](#) are available as well.

Help Out Where You Can

Artists, service workers, small business owners and other kinds of professionals are losing out on income because of coronavirus—and so far, the federal and state government's response has been limited.

Buy your favorite local artists' merchandise or music (if their music is on Bandcamp, you can pay more than the listed price if you feel generous). If you have a ticket to a canceled event, consider opting not to take a refund so the artist can still benefit. Donate to GoFundMe campaigns and organizations that work with our unsheltered neighbors.

By helping others, you're also helping yourself. "Donating or helping out are great ways to help us feel in control and to generate positive feelings like we're contributing to what's good," Fraga says.

TRANSCRIP: CRASH COURSE HISTORY VIDEO

The Roaring 20's

Link: <https://youtu.be/VFOR1XCMf7A>

Hi, I'm John Green, this is Crash Course US History, and today we're gonna learn about one of the best eras ever: **the 1920s**.

The 20s gave us jazz, movies, radio, making out in cars, illegal liquor, and the 20s also gave us prosperity--although not for everybody--and gangsters, and a consumer culture based on credit, and lots of prejudice against immigrants, and eventually the worst economic crisis the US has ever seen. Mr. Green, Mr. Green, but what about Gatsby?

Yeah, me from the past, it's true that Gatsby turned out all right in the end, but what preyed on Gatsby, what foul dust trailed in the wake of his dreams, did temporarily close out my interest in the aborted sorrows and short-winded elations of men.

So there's a **stereotypical** view of the 1920s as "The Roaring 20s," a decade of exciting change and new cultural touchstones, as well as increased personal freedom and dancing. And it really was a time of increased wealth--for some people.

During the 1920s, the government helped business grow like gangbusters, **largely by not regulating it much at all. This is known as "laissez-faire" capitalism.** The Republican Party dominated politics in the 1920s, with all the presidents elected in the decade being staunch conservative Republicans. The federal government hewed to the policies favored by business lobbyists, including lower taxes on personal income and business profits, and efforts to weaken the power of unions. Presidents Harding, Coolidge, and Hoover stocked the boards of the Federal Reserve and the Federal Trade Commission with men who shared their pro-business views, shifting the country away from the economic regulation that had been favored by Progressives.

And that was very good for the American economy, at least in the short run.

The 1920s were also marked by quite a bit of government corruption, most of which can be pinned to the administration of Warren G. Harding. Now, Harding himself wasn't terribly corrupt, but he picked terrible friends. They included Attorney General Harry Daugherty who accepted money to not prosecute criminals, and Interior Secretary Albert Fall, who took half a million dollars from private business in exchange for leases to government oil reserves at Teapot Dome. Fall later became the first cabinet member ever to be convicted of a felony, but on the other hand, business, man!

Productivity rose dramatically largely because older industry's adopted Henry Ford's assembly line techniques and newer industries like aviation, chemicals, and electronics grew up to provide Americans with new products and new jobs. During the 1920s annual production of cars tripled to 4.8 million, and automobile companies were gradually consolidated into the big three that we know today: Ford, Chrysler, and Harley-Davidson. What? General Motors. By 1929 half of all American families owned a car and thus began the American love affair with the automobile, which is also where love affairs were often consummated, which is why in the 1920s cars came to be known as Scootaloo pooping chariots. What's that? They were called brothels on wheels?

And the economy also grew because American corporations were extending their reach overseas, and American foreign investment was greater than that of any other country. The dollar replaced the pound as

the most important currency for trade and by the end of the decade America was producing eighty-five percent of the world's cars and forty percent of its overall manufactured goods. Stan can I get a Libertage?

And companies turned out all kinds of labor-saving devices like vacuum cleaners, toasters, refrigerators, and not having to spend all day washing your clothes, or turning over your own toast like some kind of common or **meant that Americans had more time for leisure.** And this was provided by radios and baseball games boxing matches vacations dance crazes. I mean before Gangnam style there was the windy and the Charleston but probably the most significant leisure product was movies and I'm not just saying that because I'm staring into a camera.

The American film industry moved out to Hollywood before World War one because land was cheap and plentiful all that sunshine meant that you could shoot outside all year round and it was close to everything: desert, mountains, ocean, plastic surgeons.

And by 1925 the American film industry had eclipsed all of its competitors and become the greatest in the world, especially if you count by volume and not quality, and more and more people had money to go see those movies thanks to **consumer debt. The widespread use of credit and lay away buying plans meant that it was acceptable to go into debt to maintain what came to be seen as the American standard of living and this was a huge change in attitude.**

These days we don't even think of credit cards as debt, really. But they are. And that was a relatively new idea as was another feature of American life in the 20s that is still with us: celebrity.

Opera singer Enrico Caruso has often been called the first modern celebrity but now he's a lot less famous than Charlie Chaplin or Rudolph Valentino or Babe Ruth but probably the biggest celebrity of the decade was Charles Lindbergh whose claim to fame was flying across the Atlantic Ocean by himself without stopping although he did use an airplane which makes it slightly less impressive. Now Lindbergh wasn't a truly contemporary celebrity in the sense of being famous for being famous, but he was a business more than a businessman.

High culture also flourished. This was the age of the lost generation of American writers, many of whom lived and worked in Europe but America had its own version of Paris in New York. The decade of the 1920s saw continued migration of African American people from the South to cities in the North, and Harlem became the capital of Black America.

Many African American Artists during this time gave the ultimate sentiment that we will fight back. This was part of the spirit of the Harlem Renaissance which rejected stereotypes and prejudice and sought to celebrate African-American experience.

Meanwhile, **things for changing for women as well, as they found new ways to express autonomy.** Flappers kept their hair and skirts short, smoked and drank illegally in public, and availed themselves of birth control. And marketers encouraged them to buy products like cigarettes christened torches of freedom by Edward Bernays. Liberation had its limits though; **most women were still expected to marry, have children, and find their freedom at home through the use of washing machines, but the picture of prosperity is as usual more complicated than it at first appears.**

The fact that so many Americans were going into debt in order to pursue the American dream meant that if the economy faltered, and it did, there was going to be lots of trouble.

Let's go to the Thought Bubble.

Prosperity in the 1920s wasn't equally distributed through the population. Real industrial wages rose by a quarter between 1922 and 1929 but corporate profits rose at twice that rate. **By 1929, one percent of the nation's banks controlled fifty percent of the nation's financial resources and the wealthiest five percent of Americans share of national income exceeded that of the bottom sixty percent. An estimated forty percent of Americans lived in poverty.**

Now many Americans celebrated big business, and Wall Street was often seen as heroic possibly because by 1920 about 1.5 million Americans owned some kind of stock, but big business also meant that smaller businesses disappeared. During the 1920s the number of manufacturing workers declined by 5%, the first time this class of workers had seen its numbers drop, but not the last. Now some of these jobs were made up for by new jobs in retail finance and education, but as early as the 1920s New England was beginning to see unemployment in deindustrialization as textile companies moved their operations to the south where labor was cheaper and working-class people still made up the majority of Americans and they often couldn't afford these newfangled devices, like in 1930, seventy-five percent of American homes didn't have a washing machine, and only forty percent of them had a radio.

Farmers were even worse off many had prospered during World War One when the government subsidized farm prices in order to keep farms producing for the war effort, but when the subsidies ended, production didn't subside, largely due to mechanization and increased use of fertilizer. Farmers' incomes dropped steadily and many saw banks foreclose upon their property. For the first time in American history the number of farms declined during the 1920s. For farmers the Great Depression began early.

Thanks, Thought Bubble.

Despite increased free speech and torches of liberty and flappers and the Harlem Renaissance the 1920s was in many ways a reactionary period in American history. For instance, the decade saw the resurgence of the Ku Klux Klan in a new and improved form and by improved I mean much more terrible. Spurred on by the hyper patriotism that was fostered during World War One, the Klan denounced immigrants and Jews and Catholics as less than one hundred percent American, and by the mid 20s the Klan claimed more than 3 million members and it was the largest private organization right here in my home state of Indiana.

And with more immigrants coming from Southern and Eastern Europe who were often Catholic and Jewish, White Protestants became more and more concerned about losing their dominant position in the social order.

Spoiler alert: it turns out okay for you, White Protestants

The first immigration restriction bill was passed in 1921, limiting the number of immigrants from Europe to 357,000. In 1924, a new immigration law dropped that number to 150,000 and established quotas based on national origin. The numbers of immigrants allowed from Southern and Eastern Europe were drastically reduced and Asians except for Filipinos were totally forbidden. The quota for Filipinos was set at 50 per year although they were still allowed to emigrate to Hawaii because their labor was needed there. There were no restrictions, however, on immigration from the Western Hemisphere because California's large-scale farms were dependent upon seasonal laborers from Mexico. These immigration restrictions were also influenced by fear of radical anarchists and pseudo-scientific ideas about race; whites were seen as scientifically superior to people of color and as President Coolidge himself declared when he signed the 1924 immigration law, "America must be kept American"

The 1920s also saw increased tension between science education in the United States and religious beliefs. The best known example is of course the trial of John Scopes in Tennessee in 1925. Scopes was

tried for breaking the law against teaching evolution which he had been encouraged to do by the ACLU as a test case for freedom of speech. Scopes was prosecuted by William Jennings Bryan whom you will remember as having recently resigned as Secretary of State and who had become a leader of the Fundamentalist Movement. And Scopes was defended by Clarence Darrow, that famous defense attorney who contemporary defense attorneys always point to to argue that defense attorneys aren't all scum. Scopes and Darrow actually lost the trial but the case drew national attention and ultimately led to evolution being taught in more American schools.

The Scopes trial is often seen as a victory for free thinking and science and modernism, and I suppose it was, but for me it's more a symbol of the contradictions of the 1920s.

This is the decade that gave us mass consumer culture and celebrity worship, which are important and very complicated legacies. And it also saw the birth of modern conceptions of civil liberties. It was a period when tolerance became an important value, but at the same time it saw a rise in lynchings. Immigrants were necessary for the economic boom of the 1920s, but at the same time their numbers were restricted, as they were seen as a threat to traditional American value, and that raises a question that we're still struggling with today: What are those values?

ASSIGNMENT 2

4/2/2020

The Roaring 20's Video Questions

The Roaring 20's Video Questions

Crash Course History - English 3

1. (First) Your Name

2. (Last) Your Name

3. What period are you in?

Mark only one oval.

1

3

5

6

4. Select ALL events that occurred during the Roaring 20's

Check all that apply.

- Major Manufacturing on the Assembly Line
- The Great Depression
- Consumer Capitalism
- The worship of Celebrities
- Social Equality
- A revival of the KKK
- Women gained some freedoms such as dancing and drinking in public
- WWII
- The Abolition of Alcohol

5. Music, parties, and dancing were a major part of the culture in the 1920s. Which style of dancing was NOT done during this time.

Mark only one oval.

- Lindy Hop
 The Charelston
 The Jitter Bug

6. During the 1920s, 1% of the population controlled _____ % of the nation's financial resources.

7. More people were able to attain the "image" or facade of the American Dream due to this new money system:

8. Though women gained more freedoms in the 1920's most were still expected to do what?

9. At the end of the video, John Green states that the 1920's was an era of:

Mark only one oval.

- jubilence
 resilience
 contradiction
 celebration
-

10. Workload check: How are the assignments so far to you? (in terms of your ability to navigate and complete them before the week's end)

Mark only one oval.

- Easy
- Fair
- Challenging
- Too Difficult
- Other: _____

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Google Forms

Assignment 3:

UC Personal Statement Intro (Hook) Assignment:

Write an enticing hook for the beginning of your UC Personal statement response. (See Questions on next page) [Due 4/10 for 10pnts](#)

Instructions:

1. On a Document (MLA format), write the question you are responding to.
2. Then write your introduction/hook. Approx. 100 words
3. Make sure to include 2-3 rhetorical devices. Then list the rhetorical devices you used.
4. Post to Turnitin.com

Example below:

*not my actual writing – copied from 17 UC Examples Page

Jacqui Klinger

Ms. Klinger

English 3 Period 1

4 April 2020

UC Personal Insight Statement Hook

Question:

Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.

Hook:

Some people speak Chinese, others Spanish; I speak HTML. Language is intricately beautiful, with sentences flowing all within grammar constraints creating masterpiece bound by rules. If poetry in English can be considered art, so too can programming. Just as every sentence in English has a meaning and purpose, every line of code invokes a function.

Instead of communicating with people, coding is essentially having a conversation with computers, directing them onto what is desired. Unlike people, however, computers don't have imagination, and therefore require users to be precise in every word and sentence they depict. Just as an artist expresses imagination with a pen, a programmer uses a keyboard.

Rhetorical Devices:

Analogy, Anaphora, Personification, Simile

UC Personal Insight Statement Assignment:

Answer at least 1 of the UC Personal Insight Questions to prepare for possible college/career/ or scholarship applications that you may need to write in the future. This assignment is worth [Due 4/17 40pnts.](#)

Requirements:

- Paragraph(s) should respond to 1 question from the UC Admissions website
- Paragraph(s) should be in Narrative form (a story about you)
- 350 Maximum Limit
- Paragraph(s) must include the use of at least 3 Rhetorical Devices (see rhetorical devices links)

Personal Insight Questions

1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.
2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.
3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?
4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.
5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?
6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.
7. What have you done to make your school or your community a better place?
8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?