



Things to Do While Urban Ed Is Closed



1. Continue preparing for the GED!

- 1) Try the practice questions on [ged.com](https://www.ged.com)
Directions: About the Test → Test Subject → View [Subject] Details
- 2) Complete the Parts of a Whole Review Packet (attached to this email)
- 3) Create an account at [newsela.com](https://www.newsela.com) to practice reading. Complete the quiz questions for even more studying!
- 4) Try practice tests in math, language arts, social studies, and science at [librariesoforegon.org](https://www.librariesoforegon.org).
Directions: Attached to this email

2. Try virtual tutoring with Paradise and Eva!

Paradise and Eva will be available by email + phone this week to provide support on GED preparation and college assignments. Here's what that might look like:

- 1) Have a paper you need us to review or edit? Email it in!
- 2) Confused about an assignment? Email it to us and we'll try to figure it out together!
- 3) Want to discuss a math problem or concept? Email or text us a picture!
- 4) Want to work on social studies or writing? We can send you an assignment!

Email: evak@outsidein.org and paradiser@outsidein.org (please email both of us on every email)

Phone: 503-560-6553 (call or text!)



Guide continues on back!



Awesome!





3. Access these free resources!

- 1) **Food:** Outside In's Day Program will continue to offer three daily meals Sunday – Friday (closed Saturday). If you do not access Day Program services, or are not able to travel to Outside In this week, you can check this [Community Meals Calendar](#) or the Word document version (attached to this email).
- 2) **Wifi:** Xfinity is offering free WiFi hotspots across the country for anyone who needs them, including non-Xfinity Internet subscribers. For a map of Xfinity hotspots, visit xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, and then launch a browser.
- 3) **Entertainment:** Various outlets are offering free access to performances and/or performance archives, and the library always has great virtual options!
 - [Multnomah County Library](#): All kinds of online resources available with a library card
 - [Metropolitan Opera](#): Free nightly opera streams
 - [Berlin Philharmonic](#): Entire archive is free for next month
 - [Google Arts & Culture](#): Free virtual museum tours
- 4) **News:** Critical COVID-19 news updates are free on nytimes.com.



4. Practice self-care!

Here are tips from the Center for Disease Control and Prevention:



- 1) Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- 2) Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- 3) Make time to unwind. Try to do some other activities you enjoy.
- 4) Connect with others. Talk with people you trust about your concerns and how you are feeling.
- 5) Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

