

Was sup, ladies and gentlemen - I hope all is well! I pray that you all are safe, healthy, and peace-filled, including your loved ones, and are actively practicing good self-care! I pray that you and your loved ones are able to catch up on some much needed rest, and are able to rejuvenate your mind, body, and soul. I pray that you are finding comfort during this time, and able to spend meaningful, loving, quality time with your loved ones!

Given that we are quarantined, it is so important that we are keeping our minds engaged with intellectual stimuli. It's important that we are using this time to keep our minds fresh by actively exposing our brains to information and/or activities that will keep our synapses firing. I do not want this to be a time where all we're doing is watching Tik Toks or on the Gram scrolling for hours, wasting valuable time. This needs to be a time where we're intellectually grinding! So, with this said ladies and gentlemen, as always — we're charged to grind, and that's exactly what we're going to do! **Listed below is the assignment.**

Over the past several Fridays, we've been watching the series *America To Me*. As many of you know, I love documentaries/docuseries! They affirm, push, and offer the audience an opportunity to peek into an intimate perspective. *America To Me* focuses on the narratives of students and staff/faculty members belonging to Chicago's Oak Park and River Forest High School (OPRFHS) community. Although we've only had the time to watch episodes 1-4, I think this is the perfect time to stop and reflect upon what we've seen, and how this may affect us in our daily lives.

You, the student, will create a five-slide (at minimum) presentation on one of the four episodes we've watched. Each episode has an associated theme, and it will be your responsibility to capture the theme from an episode of your choice into your presentation. The only requirements you have for this presentation are: 1) ensuring your presentation is five-slides (at minimum), 2) a title page (including your name), and 3) your overall presentation is about the episode/theme of your choosing. If you have any questions, comments, and/or concerns, please do not hesitate to reach out (my contact information is at the bottom). Also, listed below are the links for you to practice self-care, watch *America To Me* for free (episodes 1-4), as well as the *America To Me* episode guides/discussion questions.

When you are done, please email/share the assignment to/with me. The assignment will be due when we reconvene.

- **Self-Care Tips**

https://www.huffpost.com/entry/20-selfcare-practices-for_b_10314820

- **America To Me (Episodes 1-4)**

<https://ww1.123movies.la/serie/america-to-me-4mol8my/s1/watching.html>

Episode 1 - Desegregation v. Integration

Episode 2 - What is Racial Identity?

Episode 3 - What is Institutionalized Oppression?

Episode 4 - What is Agency?

- **America To Me Episode Guides/Discussion Questions**

<https://www.americatomerealtalk.com/episode-guide/episode-one>

Again, if you have any questions, comments, and/or concerns, please reach out - it doesn't even have to be school related!

Sincerely,

EA

E: elijah.andrews.17@tfacorps.org

C: 513-917-5662