

Hello NHS members! During the stay home order, there are still many ways you can engage with the four pillars of NHS (character, scholarship, leadership, and service). Check out the information below!

Character:

Check out one of Yale's most popular courses about happiness and well-being. This course is free to anyone and already has over 1 million people signed up.

<https://www.coursera.org/learn/the-science-of-well-being>

Scholarship:

Learn how to adapt to virtual learning by watching this informative recording of a webinar from North Avenue Education.

<https://mailchi.mp/dc134884899f/thanks-for-attending-our-webinar-4661789>

Take on an intellectual pursuit during this time, make specific goals, and keep track of your progress. Ideas:

- Download Autodesk Inventor and teach myself how to use CAD software.
- Use Duolingo to learn or improve another language
- Cook new dishes every Tuesday and Friday
- Paint something on the 12 canvases I bought from the Dollar Tree

Juniors and Sophomores: Colleges might ask something along the lines of "What did you do during your social distancing time in 2020?" when you apply for college. It is more appealing if you have taken some sort of intellectual pursuit outside of your virtual learning during this time.

Leadership

Watch a webinar from the National Association of Secondary School Principals about the important role of student leadership in the midst of the coronavirus pandemic. The week of April 20th through the 24th is National Student Leadership week and they discuss ways students can still make positive impacts despite COVID-19. Here is the link:

https://zoom.us/rec/share/ppVHcenVrkhIQZHV0RiORvYiQlimeaa8gycc_6EMzU7g1Ooi3P1ltqm0upNO-4TS

Share this website with others to get them to engage in the NHS pillars.

The NHS executives are coming up with more ideas for people to be leaders during this time, and an update will be posted soon.

Service and Virtual volunteering

Make masks at the mission mill:

<https://www.statesmanjournal.com/story/life/food/2020/04/19/oregon-coronavirus-covid-19-willamette-face-masks/5149599002/>

Website full of virtual volunteering options organized by interest:

<https://www.pointsoflight.org/virtual-volunteering-opportunities/>

Become a United Nations Online Volunteer:

<https://www.onlinevolunteering.org/en>

Become a Smithsonian Digital Volunteer:

<https://www.si.edu/volunteer/DigitalVolunteers>

Translators without Borders:

<https://translatorswithoutborders.org/volunteer/>

Help produce e-books and mail CDs or DVDs to people without internet access:

https://www.gutenberg.org/wiki/Gutenberg:Volunteering_for_Project_Gutenberg

Be involved in a research study:

<https://www.zooniverse.org/projects>

Write letters to senior citizens:

<https://lovefortheelderly.org/letters>