Welcome to UBMS 2012-13! Hopefully the routine of high school is easier to get used to after a summer of UBMS!

This is the first UBMS newsletter that will be located on the UBMS page of Northwest Missouri State University (www.nwmissouri.edu/dept/ubms). In it you will find information, such as: math and science articles, career exploration ideas, high school tips, a test question from an ACT prep cite (www.Number2.com), ACT test dates, and reminders of what we need from you as participants regarding projects and reports. Visit our web page to view the newsletter each month.

Fall season brings exciting times. We love to hear about how you are involved. Keep in contact with us! 

Karen

10 Tips for a Great Year

1. Be in school every day - Attendance is the #1 school success factor!

2. Get involved in school activities - All high schools have athletic teams, music programs, and clubs. Try to get involved in two or three activities. You'll meet new people, develop new skills, and have fun.

3. Know your school's rules - All schools have attendance policies, rules, dress codes, and athletic eligibility requirements.

4. Don't be afraid to ask for help - Most problems in high school can be resolved just by talking to the right person.

5. Set goals - Setting goals is important for everyone. Get in the habit of regularly setting goals for yourself.

6. Make good decisions - As a high school student, you are responsible for the choices and decisions you make.

7. Get to know your counselor - Your high school counselor can help you choose your classes, make career and college plans, and deal with any concerns you have.

8. Be healthy and active - To be at your best, eat healthy foods, be physically active, and get plenty of sleep.

9. Plan for the future - Graduation may seem like a long way off, but it's not too early to start thinking about what you want to do after you graduate.

10. Give your best effort every day - Work hard in your classes. You want to have a high school record you can be proud of!

From: "Welcome to High School" Woodburn Press - Item 691

Choosing Classes: Challenge Yourself and Expand Your Horizons

Besides giving you greater confidence and a better idea of what you might like to do in life, advanced courses have additional benefits:

*Honors or Advanced Placement (AP) classes are usually given more weight in the college admissions process because they demonstrate your desire to learn.

*Some high school courses may allow you to earn college credits at the same time. Ask your counselor about dual-enrollment classes.

You will have the chance to choose courses that aren’t required, called electives, during high school. Choose classes that fit your interests and your goals for life after high school. These classes might help you discover your true calling or get some needed experience.

If you are asking yourself why should you go to college, it is important to remember the significant amount of opportunity available for college graduates. The global economy is becoming increasingly more competitive, and in order to give yourself the best chance for a well-paying job, you must first understand the importance of college education.

From: Iowa College Access Network