“Don’t just sit in class and watch the same people raise their hands or participate in discussions. Getting involved means you will enjoy the class more and may even earn you a better grade. If you’re hesitant to speak up in class, the following tips will help.”

“++Get involved – Most teachers really do want feedback from their students. This helps them know they are communicating effectively. It also tells the teacher you’re paying attention, you’ve done your assignments and you know the material.”

“++Know the material – Knowing the lesson means you’ll have confidence to speak out when called upon. Anytime a teacher gives a reading assignment, listen up. Then be sure to look over the chapter, make notes, and take note of words in bold print and sidebar items that further explain important facts or concepts. This gives you a heads up on key information and will help when you are called on.”

“++Practice at home – Identify what it is that makes you hesitant to get involved in class. If it’s the sound of your voice, practice speaking out loud in front of a mirror. But remember: it’s what you say that really counts. The more you speak up, the easier it will be to keep doing it.”

“++Ask a question – If you dread speaking out in class, start out with a good question.”

To those of you who are following through with your commitments to UBMS, you are doing both: succeeding and learning! Win-Win!

Karen

Tips for Staying Motivated – College Board (continued on pg. 4)

“To succeed in high school and college, you have to do your best at all times. But sometimes it’s hard to stay motivated, even when you really care about the work you’re doing. Here are five ways to stay on the right track.”

“Focus on High-Impact Activities – The key to success in school is staying focused on your coursework. Make a list of your workload. Then, make a plan. Rank your assignments in the order of importance. Then rearrange your time and devote your energy toward those that have the greatest impact on your course work and grades.”

“Create New Challenges – Changing your approach can help you stay interested in what you’re doing. If you’ve been given an assignment similar to one you’ve done in the past, think about it in a different way. Example: instead of another essay for creative writing class, write a poem.”

“Set Attainable Goals – If you’re having trouble writing a 25-page paper for class because it seems like such a big job, don’t focus on that final number. Break the paper down and consider each section of your paper individually. You can handle any project in small chunks.”

“Find a Social Support Network – Create a group of people around you who want to help”

(Continued on page 4)

ACT Test Dates
April 13, 2013
June 8, 2013

From: Number2.com
(Act prep cite)
3x + 4y = z
3x + 4y = -z

Under which condition will there be a unique, real-valued solution for x, y, and z?

a. z = 0
b. z = 4
c. z = 3
d. 6x = -8y
e. None of the above conditions guarantees a unique solution.

(Answer on page 4)
March - College Planning Tips

**Sophomores:**
* Visit college fairs this spring to learn more about colleges.
* Do you know someone who works in a job related to your career interest? Talk to them to find out what educational requirements and skills they needed to get their job. Find out what they like most about their work and why. Ask your school counselor to help you set up a job shadow experience so you can get a feel for what the job would be like on a day to day basis.
* Is your family planning a summer vacation? If so, try to visit a few college campuses as part of the trip. All you need to do is just walk around campus for an hour.

**Seniors:**
* By now you should have sent in your FAFSA. If you haven’t, complete it as soon as possible.
* Decide which college you’ll attend in the fall. Submit any required paperwork to confirm your decision. Be sure to let the other colleges know immediately that you won’t be attending.
* If you gave an email address on your FAFSA, you should receive a link to your SAR (Student Aid Report) via email.
* When you get your SAR, look it over carefully. If you need to make corrections, contact the financial aid office at your college. If there are no corrections, keep your SAR for your records.
* Keep copies of all of the forms you send to the financial aid office at your college.

**Parents:**
* Ask your student about homework assignments and any upcoming tests or projects. Find out if whether all the preparation and work is done. Don’t forget to ask how a test went and provide support afterward.
* If you have a senior student, make sure that the FAFSA has been completed and that you have copies of your tax returns to send in case the college/s want you to submit them.

**Junior Year –**
* Run for office in student government or clubs to develop leadership skills
* Develop good relationships with professors; they are good references

**Senior Year –**
* Create a cover letter for job opportunities
* Polish your resume to send out
* See recruiters visiting your campus
* Take advantage of the Career Center

**College:** Finding a Job
The job search really begins as soon as you enter college – that’s when you’ll begin to focus on understanding the career you want and developing the skills you need to be successful at that job.

**Freshman Year –**
* Write your resume
* Join campus organizations and clubs
* Look for work in your chosen career field during school year and summer.
Career: Pharmacists

When you imagine pharmacists at work, do you see them counting out pills and filling bottles? That’s actually only a small part of a pharmacist’s job.

These professionals play a key role in the treatment of disease. They advise both doctors and patients about the dosages, interactions, and side effects of medications. In fact, pharmacists don’t only work at the corner drugstore. You’ll also find them researching new medications for drug companies or monitoring drug therapy at hospitals, nursing homes, and mental health institutions.

Pharmacists prepare and distribute medications prescribed by doctors and other health practitioners. They advise patients on the drugs they take and make sure that they avoid dangerous drug interactions.

Do you know?

Some pharmacists specialize in specific drug therapies such as cancer or mental health treatments.

Did You Know...?

Pharmacists help patients kick their cigarette habits or manage health conditions such as diabetes.

Outlook

Government economists expect jobs for pharmacists to be faster than the average for all careers through 2020. There should be plenty of job openings because a lot of pharmacists will likely retire during the next ten years.

Job growth is expected in part because the aging U.S. population will need more medications. Advances in science should also create more drugs and therefore more opportunities for pharmacists. And more people may get insurance coverage for medication. Finally, as more people take multiple medications, the dangers of drug interactions increase and pharmacists must play a bigger role in patient care.

Are you ready to.....?

* Pass a licensing exam to practice in your state
* Educate patients and answer a wide range of questions
* Provide diet, exercise, and other health information that does not involve prescription medication
* Respect and protect patient privacy
* Conduct experiments if you go into research and development
* Keep up with the latest advances

It helps to be...

A careful communicator who is interested in helping people and pays close attention to detail. You must be certain that clients understand drug instructions and pay careful attention to the dangers of drug interactions and side effects.

Compensation


Make High School Count

Preparation is the key to any career. To become a Pharmacist, you should:

* Take plenty of math and science classes, including AP courses in biology, chemistry, physics and calculus.
* Build communication skills in English, drama, and speech classes.
* Learn a foreign language so you can communicate with patients in diverse communities.
* Volunteer or work at a health clinic, hospital, or community pharmacy

-2012 The College Board
How to Learn to Speak Up in Class

“This takes the spotlight off you and puts it back on the teacher. Asking questions also shows you’re paying attention.”

“Answer a question – Suppose another student or the teacher asks a question and you know the answer. This is your chance to speak up. A brief answer is better than a long drawn out one. If the teacher wants you to share more, you’ll be encouraged to continue.”

“Open a discussion - As you gain more confidence, learn to ask an open-ended question that encourages class discussion. You can also introduce discussions by sharing something you heard in the news or read elsewhere that pertains to the topic. Asking a question of the teacher is another way to start a discussion that will involve other students.”

“Once you learn how to speak up in class, you’ll look forward to school a lot more. A few tips to remember: Acknowledge your teacher when you speak and show respect at all times. You can encourage other students to participate by limiting your comments. This way, you don’t come across as a know-it-all; instead, you simply sound like a student who finds the subject interesting enough to participate in class.”

By Nan Keltie – [www.helium.com](http://www.helium.com)

Tips for Staying Motivated – College Board (continued from pg. 1)

“Acknowledge Your Accomplishments – Give yourself a quick reward when you complete an assignment or task. Take a walk, send an email, get a snack – whatever works for you. Then move on to the next project.”

[www.bigfuture.collegeboard.org](http://www.bigfuture.collegeboard.org)

About Our Organization…

Who are we?

A life-enhancing college-prep program that provides opportunities for capable and motivated high school students to gain the academic and life skills necessary to enter and succeed in post-secondary education.

* 100% funded by a grant from the U.S. Department of Education
* Serving high school students from Iowa, Nebraska, Kansas, and Missouri since 1992

| Word of the Month
| From: Number2.com
| Impassive (adj.)
| Not showing emotion; disinterested; unmoved.

"The guards at Buckingham Palace are known for being completely impassive; tourists cannot distract them or make them smile.”

www.Number2.com  
( ACT prep)  
For Question on page 1  
Answer: E