Greetings from Bruce Colston
Personnel changes increase access

Recent personnel changes will give you even greater access to Indiana University High School administrators.

In addition to serving as IUHS director, I have assumed responsibilities as assistant dean for long-range planning for the Indiana University School of Continuing Studies. In turn, Mike Walsh has been appointed as IUHS’s associate director. This means that both Mike and I are available to answer your questions, hear your comments and suggestions, and share your successes.

Many of you may already know Mike. He has been on the IUHS staff for several years, attending many homeschool and counselor conventions and visiting individual high schools to meet with counselors.

He and I are happy to talk with you. Feel free to contact us at 800.334.1011.

Indiana University High School is accredited by the North Central Association and by the Commission on International and Trans-Regional Accreditation.
IUHS Staff Spotlight

If you haven’t met Mike Walsh, you may be in the minority. For the past two years, he has traveled throughout the Midwest, representing Indiana University High School at various counselor and homeschool conventions. He has also visited more than 340 high schools in Indiana, and plans to have visited every one by late fall. “I really enjoy visiting schools and going to conventions and conferences,” said Walsh. “There’s a small Indiana town called Poneto that no one seems to have heard of, but I know it, because they have a high school and I’ve been there. It’s a great little town.” Walsh is no stranger to education in Indiana. He has more than 30 years of teaching experience in various settings, including public schools, the Job Corps program, adult education courses, and Indiana University School of Education graduate courses. He spent 12 years as a school administrator in Bloomington, Indiana. He retired in 1994 and became the university supervisor for student teaching at IU, as well as the university facilitator for the Project Aspire program at Ball State University. He also served as general manager of the Bloomington Pops Orchestra, and remains involved with that organization in his free time.

Walsh has been with Indiana University High School for several years, first as interim director, and then as outreach consultant. He was recently appointed as the IUHS associate director.

New Online: FACS 41C

Do you know someone who lives paycheck to paycheck? Someone who owns a big-screen TV and drives an SUV but who never has enough money to pay their bills each month?

Do you ever think about how much your double-cappuccino-with-whipped-cream habit—not to mention the dollar tip—costs you over the course of a year?

In our consumer-driven society, many of us grow up thinking of all the things we’d like to have—and to have now—but we don’t stop to consider whether our purchases are really in our best interests.

What about you? How do you make decisions about spending money? Do you know how to plan for what you need? Budget for what you want? Do you have a personal economic plan?

Take Family and Consumer Sciences 41C, Consumer Economics, and learn some practical skills for daily economic life.

The course is now available online, as well as through correspondence.

Register at https://dragon.pop.indiana.edu, or call 800.334.1011.

Coming Right Up!

IUHS Science Courses Now Include Lab Experiences

Students taking IUHS science courses can now benefit from an added feature: lab work. Science 41P and 42P (Physics Level I: First Semester and Second Semester) have just been released with a lab component, and all other science courses will soon follow.

IUHS course developers began adding the labs this spring. Depending on the subject matter, labs may include simulations, virtual experiments, and hands-on activities.

Lab components are just one of many recent developments for Indiana University High School. In 2006, IUHS began offering an honors diploma and scholarships. Most recently, it announced that a limited number of registrations will be taken for advanced placement courses this fall.
Researchers at UCLA recently completed a study using fMRI technology to examine brain activity in response to emotion. When participants were asked to choose labels for negative emotions displayed on images of faces they were shown, their brains responded differently than when asked to choose the gender-appropriate name for the person shown. When naming emotions, participant brains reacted by showing increased activity in the right ventrolateral prefrontal cortex (associated with thinking in words about emotional experiences), as well as a “calming” of activity in the amygdala, a region associated with emotional processing.

The results indicate that naming emotions as we experience them—as is often done during meditation—has a positive effect on the brain, and therefore our response to them. Learn more about the study here.

**Need Balance? Scientists Say Meditation Works**

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**articulating your feelings is therapy for your brain...**

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