Greetings from High School Director Bruce Colston

Keep an eye out for some exciting new changes in the months ahead! We are working to get all high school distance education courses online and will be adding some advanced placement courses and other options, as well. Watch your email in box for Indiana University High School (IUHS) updates!

Kathryn Morgan—Dancer and IUHS Student

IUHS senior Kathryn Morgan’s dreams of a long career in professional dance are coming true.

Morgan began dancing as a toddler, though she says she “really got serious” at the age of four after moving to Alabama. She studied at Mobile Ballet, then entered the School of American Ballet, the teaching arm of the New York City Ballet. After starring in the school’s annual performance, Morgan was offered an apprenticeship with the New York City Ballet.

Morgan began taking distance education courses in the ninth grade so that she could dance full time. “I love the flexibility,” she says. “I need something that lets me work on my time. Also, the online courses have been really great. I love getting the feedback that quickly.”

A typical day for Morgan begins at 5:30 or 6 a.m., when she gets up and does homework. The rest of the day is spent dancing, often ending with a nighttime performance. If there is no performance, Morgan does more schoolwork.

Mind you, Morgan is not complaining, because all of her hard work is paying off. “This past year,” she says, “has been one of the most exciting times of my life.”

It’s not difficult to see why. Between June and November, The New York Times chronicled Morgan’s activities, along with those of another apprentice. Three weeks into her apprenticeship, she was chosen to play Juliet in Romeo and Juliet after the original lead was injured. In November, she was recognized “as a dancer on track to become a star in her profession” when she received the Movado Future Legends Award. And in February 2007, she was asked to join the corps de ballet of the New York City Ballet, getting her one step closer to being a principal dancer.

Morgan’s dream, it would appear, is about to become reality.
Conventions a Good Place to Get IUHS Materials
IUHS representatives will be attending numerous conventions around the country. Find out if there's a convention coming to your area at http://scs.indiana.edu/hs/hsconventions.htm.

Make Graduation a Breeze!
Planning to graduate this spring? Check your student handbook for help in meeting your graduation deadlines. All of your course work (including exams) must be completed at least three weeks before you need your final grade.


Did You Know? Math Anxiety Hinders Ability to Perform Well at Math
A study conducted by the University of Nevada found that math anxiety inhibits the part of the brain required for scoring well in math. Anxiety can zap a large amount of the brain's working capacity. This working capacity is necessary for completing difficult math problems.

IUHS distance education courses may help lessen your math anxiety by allowing you to work at your own pace. Find a complete list of math courses at http://scs.indiana.edu/hs/subjects/math.htm.

No matter how you take your courses, remember that deep breathing and relaxation will help you but that worrying will not!

Signed Release Form Needed for All Students
IUHS cannot release your grades to a third party (such as your local high school) without a signed Permission to Release Information form from you. The form is stitched into the center of the high school catalog and can also be found on the Web at http://scs.indiana.edu/unhs/forms.html.

Tips for Success
Distance education courses can be a challenge at first because you set the pace and you decide when to begin and finish. Here are a few strategies that may help, whether you're a beginning—or seasoned—distance learner.

1. **Set goals.** Decide what you want to accomplish in the short and long term.
2. **Establish a study schedule.** Set aside a specific time of day to work on your distance education courses.
3. **Celebrate successes.** When you meet one of your goals, be sure to congratulate and reward yourself. It's hard work, and you have done well!
4. **Communicate.** IUHS's qualified and talented counselors are happy to help you with any problems you may encounter.
5. **Ask!** When you don’t understand something, ask for help. Either contact IUHS, or talk to someone you know. It never hurts to ask.

Do you have a question? Call 800.334.1011, or send an email to scs@indiana.edu.

Make Graduation a Breeze!
Planning to graduate this spring? Check your student handbook for help in meeting your graduation deadlines. All of your course work (including exams) must be completed at least three weeks before you need your final grade.

Help Us Stay in Touch with You
If you have changed your name, postal address, phone number, or email address, please let us know so we can continue to communicate with you. Send an email message to iuhs@indiana.edu, giving your full name (not just your email address), old information, and updated information.

Dateline IUHS is an electronic newsletter published by the Indiana University School of Continuing Studies for current and potential high school students, their parents, and their academic advisors.

If you do not want to receive this newsletter by email every two months, please respond to this email message and ask us to remove your name from our distribution list.

Privacy Statement: We believe your personal information belongs to you. We collect information when you provide it, but we do not rent or sell your information to third parties.

INDIANA UNIVERSITY | School of Continuing Studies | Owen Hall 302 | 790 E. Kirkwood Avenue | Bloomington, IN 47405 | 812.855.2292 or 800.334.1011 | http://scs.indiana.edu | scs@indiana.edu