



# INDIANA UNIVERSITY High School

Dateline IUHS  
September 2007

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## Help Us Stay in Touch

If your name, postal address, phone number, or email address has changed, please let us know so we can continue to communicate with you. Email your changes to [iuhs@indiana.edu](mailto:iuhs@indiana.edu). Be sure to give your full name (not just your email address), old information, and updated information.

## AP Courses Hit the Ground Running

September brings with it crisper, cooler air, as well as new beginnings for IUHS as it launches its first three advanced placement (AP) courses. Currently, IUHS has approval for AP English and U.S. history. The IUHS advanced placement chemistry course is one of more than 1,000 awaiting approval from the College Board. Given its backlog, the College Board has granted provisional approval for the AP chemistry course. A final decision is expected in the near future.

We have much to look forward to in these courses, and the IUHS staff will adapt and evolve as we go along. Some possible changes you might see in the future are extending AP chemistry to a three-semester course of study, and providing summer reading lists for students who have registered for AP English in the fall.

If you have any questions, concerns, suggestions, or comments, I hope that you will share them with either Mike Walsh or me by calling 800.334.1011 or emailing [iuhs@indiana.edu](mailto:iuhs@indiana.edu).



*Bruce S. Colston*

Bruce Colston  
Director, IUHS Programs

## Instructor Snapshot

**IUHS Instructor Named Outstanding Secondary Social Studies Teacher of the Year**

The National Council for the Social Studies recently named Indiana University High School instructor Pat Wilson the Outstanding Secondary Social Studies Teacher of the Year. Wilson teaches 31A, U.S. History: First Semester; 41G, U.S. Government: First Semester; and 42G, U.S. Government: Second Semester (Citizenship and Civics). In addition to teaching for IUHS, she also teaches at Bloomington High School North and the IU School of Education.

Wilson received \$2,500, a commemorative gift, a one-year membership to the council, and the opportunity to speak at the annual conference in San Diego this fall.

"Honestly, I was very surprised that I was selected," said Wilson. "We have 50 states, and how many social studies teachers—and they picked me?"

[Read more about Wilson](#)



Pat Wilson

## Upcoming Conferences & Events



**Friday, September 21**

Indiana Foundation for Home Schooling (IFHS)  
**Map Your Future: A High School, College, and Career Prep Event**  
Chapel Rock Christian Church  
Indianapolis, IN  
[www.ifhsonline.org](http://www.ifhsonline.org)



**Saturday, September 29**

The Indiana University Physics and Astronomy Open House  
IU Bloomington Physics Department  
[www.indiana.edu/~iubphys](http://www.indiana.edu/~iubphys)



**Thursday & Friday, November 1–2**

ISCA Indiana School Counselor Association Fall Conference  
Adam's Mark Hotel, Indianapolis Airport  
Indianapolis, IN  
[www.isca-in.org](http://www.isca-in.org)

*For a complete list of upcoming conferences, go to [scs.indiana.edu/hs/hsconventions.html](http://scs.indiana.edu/hs/hsconventions.html).*

### Did you know? Get some zzzzzzzz's. . . .

Sleep experts recommend between eight and nine hours of sleep per night for teenagers, yet a recent BBC report indicates that one-third of 12-to-16-year-olds sleep a mere four to seven hours per night. A recent poll conducted by the Sleep Council found that, even when teens are sleeping, the quality of the sleep they are getting was low.

Nearly one-quarter of the teens surveyed indicated that they fell asleep while watching TV, listening to music, or with other electronic devices still running. These electronics interrupt

the sleep cycle by preventing the body from entering a deep sleep. As a result, many teens are experiencing light, broken sleep nearly every night.

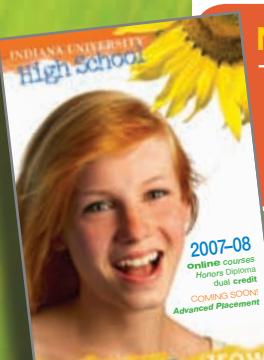
Think it's not serious? Research has also shown that teens who don't get enough quality sleep have more learning, health, behavior, and mood difficulties than those who get at least nine hours of sleep per night.



### Coming Right Up!

#### New High School Catalogs

The 2007–08 Indiana University High School catalog is completed and available online at [scs.indiana.edu/pdf/hscatalog.pdf](http://scs.indiana.edu/pdf/hscatalog.pdf). You can also request a printed copy of the catalog by calling 800.334.1011 or by sending an email request to [scs@indiana.edu](mailto:scs@indiana.edu).



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