

The Coyote Howl

“Principal’s Page”

Dual Credit

Parents, how would you like the opportunity to have your son/daughter attend Williston High School and, at the same time, receive college credit through Williston State College? This is exactly what we have been discussing with Williston State College. Dual credit is a great opportunity for seniors who have already satisfied their course requirements at WHS and who want to get ahead of the game with regards to college.

Our vision is to have students take classes from WHS instructors and also receive concurrent credit through Williston State College. We are working very hard with Williston State to expand our dual credit offerings, and, if possible, find other avenues in order to make the cost of dual credit more affordable. We are truly excited about the opportunities that would benefit both WHS and WSC students. More news to come!

Scheduling

Well, it is that time of the year again for you and your son/daughter to contemplate what courses to choose from for the next school year. Currently, we are working on updating the registration guide so that it will be available by early February.

Ms. Koperski and Mrs. Forthun will be setting up times in February for parents to come to the high school to get assistance in class selection. They will also be going to Williston Middle School to work with the eighth graders on a four-year course of study.

Sharepoint

If you have not had the chance to do so, please check out the English department’s website on our district webpage. It has each instructor’s class as well as what is being taught currently and when the assignments are

due. The website is www.williston.k12.nd.us/whs/english/index.htm

Tournaments

We will soon be getting into the tournament season and it is time to address how to handle attendance if you are going as a spectator. If you are planning to attend any of the regional or state tournaments to watch the Coyotes play, you will need to do several things so that the days are excused from the 8/16 policies.

1. Have a parent call in the absence, in advance, to the attendance secretary.
2. Get an advanced make-up slip.
3. Have **ALL** teachers sign the make-up slip.
4. Return the make-up slip to the attendance secretary.
5. Report in to the WHS administrator in charge of the activity each day at the tournament to be counted on the roll sheet.

Failure to comply with the stipulations above will result in the absence(s) counting towards the 8/16 policy and testing.

Professionally,

Chris Kittleson
Chris Kittleson
Principal

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Counseling News

Williston High School
Miss Koperski and Ms. Forthun
Counselors
February 2008

Scholarships

Coyote Foundation Scholarship is available to any WHS senior. This is a great opportunity to receive one of many scholarships available. You **MUST** include a picture of the student applying. Applications are available in the counselors' office. The deadline is April 4.

Alert Magazine offers a chance to speak out and win a \$500 scholarship. You must be a senior or will be a senior in the fall, have a GPA of 2.5 and plan to attend college after graduation. It is an essay about a personal encounter you or someone you know has had with drug and/or alcohol abuse. Information is in the counselors' office.

UND has several honor scholarship programs available for pre-freshman and undergraduate transfer students. Financial Aid is intended to supplement the financial contributions from the student and family. Students are offered financial assistance in various forms, including scholarships, grants, employment and loan programs. A complete listing of detailed financial aid offerings is available at

www.und.edu/dept/finaid/Scholarships_and_Waivers.html

Minnesota State University-Moorhead has many scholarship opportunities for the 2008-09 school year.

Visit their website at

www.mnstate.edu/finaid/scholarships.cfm

The American Legion has put together a booklet called "Need A Lift" a **College Financial Aid Handbook** that provides information about various scholarships that are offered by this organization. To look through this booklet, please visit the counseling office.

FastWeb is a resource for students to find money for college. You might even win a scholarship. You can also find your dream college. Check this site out at www.fastweb.com

Montana State University at Bozeman offers a scholarship to non-residents. Information can be found at www.montana.edu/admissions/scholarshipsres.shtml

KFC Colonel's Scholars Program is offered to high school seniors planning to attend a public in-state college or university. Students who meet the criteria may apply online to become a KFC Colonel's Scholar. This is available only during a window of January 1 – February 15. The website is

<http://www.act.org/kfcscholars/intro.html>

Williston State College Scholarship application forms are available at WSC or the counselors' office at WHS. Priority date is March 15.

Sammy 2008 Body by Milk is for eligible outstanding scholar athletes in grade 12. Apply online at <http://bodybymilk.com/#street>

The deadline is March 7.

Marv Rockstad Memorial Scholarship is given by Kiwanis Club of Williston. To complete the application, go to www.ndcf.net/Scholarships/entryform.asp?id=50 Complete the information and then print the document. Forms must be returned to the counselors' office. The deadline is March 15.

Trinity Health offers many nursing scholarships available to any student accepted into a ND nursing program. For more information, contact Trinity Health's Human Resource Department at 857-2130 or at jobs@trinityhealth.org

Dakotas' Credit Union Scholarship is available to a graduating high school senior who is a US citizen, had been a member of the credit union for one year and planning to attend an accredited college. Applications are in the counselors' office. Deadline is March 28.

Frank & Ester Wenstrom Foundation Scholarship is available to a senior who attended School in Williams County. They must either attend WSC or UND. The deadline is March 31.

Kingsley T. Davidson Memorial Scholarship is available for high school seniors in Williams, Divide and McKenzie Counties. Applications are in the counselors' office. Deadline for the application is April 1.

Williston Lions Scholarship is open to seniors planning to attend an accredited college. Applications are available in the counselors' office. They need to be returned to the counselors' office by February 28.

Reuben T. Guenther Scholarship is available online at www.nd.gov/cte/students/scholarship.html or in the counselors' office. You must have taken one or more vocational courses between grades 9-12. The deadline is April 1.

North Dakota Indian Scholarship applications are available online at www.ndus.nodak.edu/students/financial-aid/details.asp?id=111 or in the counselors' office. You must be a member of a recognized Indian tribe. The deadline is July 15.

Williston Korner Lions Scholarships is available to graduating seniors with preference given to students with hearing and/or sight impairments or diabetes. Applications are in the counselors' office. The deadline is March 14.

Minnesota Twins Community Fund Diamonds and Dreams Scholarship applications are in the counselors' office. You must be a participant of a baseball or

softball organization. The application must be postmarked by March 1.

Farm Credit Services in North Dakota has many scholarship opportunities. Recipient may be from an actively farming and ranching family or planning an agricultural career. Applications are in the counselors' office. The deadline is March 1.

Ronald McDonald House Scholarship is open to seniors who have completed the application and provided the required documentation. Applications are in the counselors' office. Deadline is February 15.

Burger King Scholars Program offers scholarships to high school seniors based upon working part time, participation in community service and demonstrating financial need. Applications are online until February 15 at www.bk.com/companyinfo/community/BKS.aspx

Lewis & Clark School Alumni Scholarship application is available in the counselors' office. You must have attended Lewis & Clark Elementary School. The deadline is April 4.

Best Buy/W.O.L.F. Make Your Mark is awarded to two high school seniors working in retail or in a sales environment. Applications are available in the counselors' office.

ACT Registration

Williston High School Code: 351-880

The number of students who register for the ACT online has steadily increased each year. Nearly half of the WHS students who wrote the ACT last year registered online. The flier is located in the counselors' office that will guide you through that process. The traditional method of registration can still be done and those packets are in the counselors' office as well. The benefits of registering online are that you can complete your registration 24/7, you will get your admission ticket sooner and you will have access to the most up-to-date list of locations so you can get the best choice of test centers. The cost of writing the ACT is \$30 without the writing test and \$44.50 if you select to do the writing. The deadline for the April 12 assessment is March 7. The deadline for the June 14 assessment is May 9. To register online, go to www.actstudent.org

Dates to Remember

March 4 – Class of 2009 Registration
6 PM to 8 PM in the WHS Lunchroom

March 6 – Class of 2010 Registration
6 PM to 8 PM in the WHS Lunchroom

March 7 – Registration deadline for April 12 ACT

March 10 – Class of 2011 Registration
6 PM to 8 PM in the WHS Commons

March 13 – Class of 2011 Registration
6 PM to 8 PM in the WHS Lunchroom

March 17 – Class of 2012 Registration
6 PM to 8 PM in the WHS Library

March 18 – Class of 2012 Registration

6 PM to 8 PM in the WHS Lunchroom

May 9 – Registration deadline for the June 14 ACT
testGear

WHS has had a site license for testGear purchased by Student Loans of North Dakota. testGear is an online tool that gives students the practice they need to reach their full potential on the college entrance exam ACT. This online learning system adapts to each students needs by targeting their weaknesses and helping them to build necessary skills. Stop by the counselors' office to pick up your instructions on how to use the program. Workshops will be held this fall for students and their parents to attend in order to learn how to best utilize the program.

ND Scholars Program

This program recognized outstanding ND high school seniors for scholastic achievement as measured by their ACT scores. Those students who are selected must enroll in a ND college or university and will be awarded an in state tuition scholarship. To be considered, you must be scheduled to graduate from a ND high school in 2009, attend a ND college or university and take the ACT on one of the following test dates:

February 9

April 12

June 14

Information is in the counselors' office.

2008 Governor's School

Application packets are available in the counselors' office for the 2008 year. Students who have completed grades 10 or 11 and are interested in a challenging but exciting study into are, mathematics, business or science are encouraged to apply. Pick up an application in the counseling office or go online at www.ndsu.nodak.edu/ndsu/govschool/ The deadline is February 4.

Camp RYLA

This is an opportunity for expanding leadership skills in a one week seminar. It is open to young leaders ages 16-18. The camp will be held on July 13 – 19 at the University of Minnesota, Crookston. Applications are available in the counselors' office and must be completed by May 30. If you have questions, please contact Randy Keehn for more information.

College Goal Sunday

At this **FREE** event on Sunday, February 10, financial aid experts will be on hand at eight locations to help students complete the FAFSA. Every student who completes the FAFSA this day will receive a flash drive. Each location will also give away four \$250 scholarships, one laptop computer and one iPod. For more information, go to www.collegegoalnd.org

For Title IX-JOM Information:

Contact Lora Riveland at

572-5618, Extension 131

Or stop by her office

At Williston Middle School, Room 212

DRESS CODE

(at school or school sponsored events)

Students are expected to have appropriate appearance at all times. Inappropriate appearance includes, but is not limited to, the following:

1. Excessively torn or tattered clothing
2. Clothing which is in poor taste, too revealing (this includes both shirt and skirt length), clothing containing obscene words or pictures.
3. Clothing that promotes alcohol, tobacco or bars.
4. Hooters, Co-ed Naked, Big Johnson, Playboy bunny or similar items.
5. Spaghetti straps, tank tops, shirts that expose the midriff or décolletage.
6. Colored hair or body piercing that draws attention from the learning process.
7. Chains hanging from clothing.
8. No sheer or gauze fabrics.
9. Boys sleeveless shirts.

Violation of the dress code will result in these actions:

First offense: Student sent to administrative office and problem is corrected.

Second offense: Student removed from school and put into in-house suspension.

Third offense: Suspension from school for three days.

Wearing of hats or caps by either girls or boys will not be allowed. Common courtesy dictates the removal of hats upon entering the building as a sign of respect.

Violation of the hat policy will result in these actions:

First offense: Surrender cap to adult requesting the cap. It will be given to administration and given back at the end of the day.

Second offense: Surrender cap to adult requesting the cap. It will be given to administration and parent will need to stop by and it will be returned.

Third offense: Cap will be confiscated for the remainder of the school year. Each subsequent violation will result in an additional cap being taken for the remainder of the year.

Attendance Policy

Please read and familiarize yourselves with the attendance policy that we will be adhering to for the 2007-2008 school year. It can be accessed on the WHS web page or in your student's handbook on pages 5 and 6. Thank you!

Donna Kennedy
Attendance Secretary

SPANISH WEBSITE...

A new website is now available for all Spanish I and II students. It is

<http://coyotespanish.pbwiki.com> which includes all vocabulary required for tests and quizzes, links to additional studies, learning games, cultural and travel information and several online newspapers in Spanish. The site will be updated periodically throughout the year. Come check it out!

It can also be viewed at

<http://www.williston.k12.nd.us/whs/index.html> under "Departments", click on "Foreign Language"

Atomic Learning

Atomic Learning has great resources for learning how to use software programs for both PC and Macintosh computers.

Teachers, students, parents,
and community members can use it.

To use it at home, go to
www.atomiclearning.com In the login box in the upper right
hand corner, enter the following:

login: willistonps

Password: (Please get this from your school's office)

After you have logged in, click on either the "Windows
Tutorials" or "Macintosh Tutorials". Then select the program
and the section(s) you want to view.

Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – February 12	(Period 4)
Third Nine Weeks – March 17	(Period 4)
Mid-Term – April 23	(Period 4)
Fourth Nine Weeks – May 23	(Mailed)

News from your WHS Art Department!

The Fall Semester Student Art Show was held January 5 & 6 at WHS in the new commons. A wide variety of work of art students was on display, from hand-made jewelry to drawings and pottery, sculpture and painting. The show was juried by two judges from our community who have Art Education degrees. They took over 4 hours to come to their decisions. The top placing students included:

Drawing:	1 st Place	Laura M.
	2 nd Place(Tie)	AJ W. Dennis W. Kinsi O.
	3 rd Place	Azia J.
Painting:	1 st Place	Catherine H.
	2 nd Place	Frankie C.
	3 rd Place	Tucker O.
Sculpture:	1 st Place	Jordan P.
	2 nd Place(Tie)	Aja A. Seth G. and a group project by Nicole D., Dani K., and Kandyce E.
	3 rd Place	Maitlyn M.
Ceramics:	1 st Place	Matt J.
	2 nd Place	Blair K.
	3 rd Place	Ashley S.
Crafts:	1 st Place(Tie)	Sarah W. Catherine H.
	2 nd Place	Amanda N.
	3 rd Place	Miranda L.

Congratulations to all!! We are very fortunate to have such talented students in our school and we are proud of all who entered the show. Look for the WHS Spring Semester Student Art Show May 17 and 18 at WHS. More details to follow in the next newsletter. We look forward to seeing you all there.

Mrs. Hoffman & Mr. Sundt, Art Instructors

MICROSOFT SELECT PROGRAM

Edutech, Microsoft, E-Academy and Software House International have teamed up to provide K-12 students, staff, and parents the opportunity to purchase certain Microsoft products at deep discounts. These products include Microsoft Office (professional, standard and enterprise versions) for PC and Mac, One Note, Office Sharepoint Designer, Office Visio, Office Project, and Vista upgrades. Each student can purchase up to one copy/license of each software title.

Example pricing:

Microsoft Vista Business Upgrade: \$69.60(+S&H)

Microsoft Office Professional 2007 Suite:
\$71.20(+S&H)

Please contact your student's school to receive the Student Select Registration Code. See <http://edutech.nodak.e-academy.com> for licensing, pricing, purchasing, and order fulfillment information.

Two important notes:

1. Vista upgrade must be installed on a machine which already has a qualifying Microsoft operating system and corresponding Certificate of Authenticity (Windows XP, Windows 2000, etc). You cannot buy a "white box" computer without an operating system and install the student select Vista upgrade.
2. These software products are meant for personal or school purposes. The license does not provide for commercial uses (e.g. the Student Select license does not allow you to use this software for a home business).

Julie Palmer
Technology Coordinator

Senior Pictures

All colored senior pictures that are going in the annual need to be turned in to Mrs. Schultz by the end of January.

**ANNUAL ORDER FORMS
FOR 2007-08
ARE IN THE OFFICE.
COST IS \$45.**

WHS PROM

will be on

April 26, 2008

Tickets will go on sale April 14, 2008
You must purchase a couples ticket before
you can buy spectator tickets.

3rd Annual Graduation Slide Show

If you would like your graduating student's baby or young child's picture along with a graduation picture to be included in the Graduation Slide Show Presentation, please get your pictures in to Maggie Kalb in room 217 at WHS.

Make sure you have your name on both pictures.

Your pictures can be picked up the following day. The slide show has been presented above the stage prior to the graduation ceremony. We have had 100% of the senior pictures and 75-80% of the baby or young child pictures in the show in the past.

NW Student Juried Art Competition

By: Anna Hoffman & Clif Sundt

Last year, a group of art teachers gathered to discuss and share ideas in Art Education. We decided to call ourselves the Northwest Art Teachers Association and our group originally included teachers from Trenton, Watford City, Tioga and three Williston schools. A few of us made a trip to Minot to attend a gallery opening for a former WHS grad's college senior exhibit. It was great to get our own creative juices going! Later in the school year, we all worked together to provide an opportunity for our students to display their art in a juried show in which they could compete with other students from area schools. The event was held in March at the James Memorial Art Center. Trenton schools entered are from elementary, junior high and high school levels, as well as their IVN students from Crosby and Ray. Watford City High School and Junior High, Trinity Christian School High School and Junior High, Williston High School and Middle School also had students participate in what turned out to be a huge show and a great success, so we are doing it again this year! The 2008 Northwest Student Juried Art Show will be held at the James Memorial Arts Center and will be open to the public starting March 4. The exhibit will be on display for the month of March, which also happens to be National Arts in Education Month!! We hope to see you there! Hours at the James Memorial are Tuesday - Friday from 9 AM to 12 PM.

Dates to Remember

- February 6 - Early Release (In-Service)
March 7 - ACT April Registration Deadline
March 12 - Early Release (In-Service)
March 21 - No School (Good Friday)
March 24 - No School (Easter Monday)
April 2 - Senior Meeting
 @ 11 AM (Auditorium)
April 4 - Coyote Foundation
 Scholarship Due
April 7, 8, 9, 10 & 11 - No School
 Spring Break
April 26 - Community Sale
 Prom
April 28 - No School (In-Service)
May 7 - Senior Awards Night
 Auditorium-7 PM
May 9 - Senior Cut Off Day
 ACT June Registration Deadline
May 10 - Band Day (10 AM)
May 12 - Honor Group Luncheon Rotary
May 13 - Elk's Youth Day
May 14 - Honor Banquet
 St. Joe's Catholic Church
 O'Neil Hall
May 18 - Baccalaureate-7 PM
May 22 - Graduation Practice
 All seniors must attend
 Phil Jackson Field House
 9:30 AM - 11:30 AM
May 25 - Graduation
 All seniors must attend
 Phil Jackson Field House @ 2 PM
 (All seniors must be at WHS @ 1
 PM to line up)
May 25 - Operation Graduation
 Attendance is optional
 10 PM - 4 AM

Healthy Williston...Healthy Youth and the 40 Assets Kids Need to Succeed

By: Kathy Blingeman

We have visited before that building assets does not require special training...it's the simple things we do everyday that make a difference. But, again, what IS an asset? The first four asset categories (Support, Empowerment, Boundaries and Expectations, and Constructive Use of Time) focus on external structures, relationships, and activities that create a positive environment for young people; the next four categories (Commitment to Learning, Positive Values, Social Competencies, and Positive Identity) reflect internal values, skills, and beliefs that young people also need to fully engage with and function in the world around them.

Let's compare assets to puzzle pieces. The more assets (or puzzle pieces) our youth have from each of the 40 assets, the more likely they are to make positive choices and avoid high-risk behavior. Just as fitting together more puzzle pieces makes a puzzle more difficult to fall apart, the same analogy applies to building assets in our youth. These assets are not built overnight, unlike the physical puzzle, so remember that "our puzzle" is a work in progress.

BOUNDARIES AND EXPECTATIONS: is an external asset group that includes individual assets of Family Boundaries, School Boundaries, Neighborhood Boundaries, Adult Role Models, Positive Peer Pressure, and High Expectations.

Our youth are asking us to listen to them:

- Please help me stay within fair limits for my behavior.
- Please ask me about whom I admire.
- Please challenge me to succeed and comfort me if I fail.
- Please encourage me to always do my best!

They tell us, "I clearly know what is 'in bounds' and 'out of bounds' in the way that I act. It seems like my family, school, and community all enforce the same rules! At any rate, they all expect a lot from me. I like that challenge."

You can do simple things to show kids you care - NOTICE them - SMILE a lot - LEARN their names - HUG them - RESPECT them. I know how old I am.....definitely not what you would call a 'kid'.... but I love to show other people that I care; AND I also feel good when others show that they care about me.

Are you already doing the things we have talked about? If you are, great...if not, well, you can start today. For more information on the 40 assets and Healthy Williston...Healthy Youth, see the website at www.healthywilliston.com or call me at 774-7417. Next month, we'll talk about the last group of external assets called CONSTRUCTIVE USE OF TIME.

Student Council News

WHS Student Council would like to extend another THANK YOU to WHS Student Body, WHS Staff, Mrs. Binks, WHS Foods Class, and Mr. Geiermann for their support in the Christmas Kindness project. We were able to help out a few families this year with extra expenses.

WHS Student Council will be selling roses for this Valentine Season on February 5, 6 & 7. The cost is \$2.00 and we have four different slips for the students or parents to fill out. They are: Pink- Secret Crush, Blue-True Friend, White- Secret Admirer and Red-Love You. This is your chance to tell that Special Someone that you care. They will also be available for any parent to buy and send to your student during fourth period. If you would like to place an order, you may contact Karla Olson at 701-572-0967.

Student Council is also taking donations of food or personal items for the soldiers. Here is a list of Williston Soldiers and the items that should and should NOT be donated.

Soldiers with the 164th ENGR. BN. SECFOR.

Williston Soldiers

Spc. Brenden Stevens
Spc. Josh Geros
Put. Andrew Sylte
SGT. Amy Omlid
Spc. Kyle Christiensehn
Spc. Casey Arnold
Staff SGT. Darren Linde
SGT 1st Class James Mehl
Spc. Roy Neset

Items that may be sent for Soldiers

Food:

Jerky, Slim Jims, Doritos + Chips in Cans, Gum, Lifesavers, Trail mix, Cornuts, Nuts, (nothing that will melt) Jelly Beans, Crackers, Pop Tarts, Tootsie Rolls, Lollipops, Boxed Hostess Cakes, Hostess Donuts, Crunch and Munch, Individual Apple Sauces, Puddings or Fruit Cups.

Personal Items:

Foot Powder, Roll-On or Solid Deodorant, Tylenol, Playing Cards, Magazines, Music CD's, Eye Drops, Nasal Sprays, Roloids, Toothpaste, Feminine Hygiene products, Hair Ties, Shaving GEL, Kleenex, Wet Wipes, Writing Tablets, Pens, Cough Drops, Allergy Tabs.

DO NOT SEND:

Aerosols, Tobacco, Alcohol, Hand Sanitizers, Antibacterial gets, Perfumes, Colognes, Aftershave, Hair Spray, Mouth Wash, Lighters, Butane, Leaning Agents, Fingernail Polish or Remover, Deet or Bug Sprays (Aerosols), HAZMAT, or anything that will MELT!

All liquids should be placed in a sealed container!

THANK YOU FOR SUPPORTING OUR TROOPS!

Student Council Secretary,
Ryan M.

Close Up

Close Up Washington is an exciting week long study visit to the nation's capital where the students gain the opportunity to experience our government and the political process firsthand. This year's trip takes place **March 9 - 15**.

The Close Up Washington week is a carefully organized series of activities designed to give the students a look at the process of government. The program will contain six to eight seminars, each featuring a different Washington expert. Students will have an opportunity to meet with our state's representative and senators and visit famous monuments. The last day, before our return, the students are given a chance to explore the sites that are most appealing to them.

Interested parents or students may contact Mr. Mack at the Williston High School in room 109.

Chris Mack
Close Up Advisor

Class of 2008

Motto:

What lies behind us and what lies
before us are tiny matters
compared to what lies within us.

Ralph Waldo Emerson

Flower:

Lilly

Colors:

Orange/Black/Silver

Class of 2008 Steps Into Good Job Market

Your chances of having a job at graduation—maybe even the perfect entry-level job—are great. This is the healthiest job market in three years, according to many of the employers who are recruiting members of the Class of 2008.

Overall, according to *Job Outlook 2008*, an annual survey of college recruiters, employers plan to hire 16 percent more new college graduates in 2007-08 than they did in 2006-07.

The growing demand for new graduates is a result of an increased demand for employers' products and services; in addition, employees—baby boomers—are retiring or nearing retirement age, and other employees are leaving organizations for new opportunities. Employers expect the good job market to continue—or perhaps get better.

"We have heard from a number of employers that they are looking to hire more new college graduates to feed their 'talent pipeline,' " says Marilyn Mackes, executive director of the National Association of Colleges and Employers, the nonprofit that conducts the annual survey. "Employers are looking at new grads as their future leaders and want to groom them for those roles."

Hiring projections are strong across the board—regardless of industry, economic sector, or geographic region. Hiring expectations are especially strong in the Midwest, where employers anticipate hiring 25 percent more new college graduates this year. Competition is expected to be particularly fierce for graduates in the engineering, computer science, and accounting fields.

Service-sector employers have the most aggressive hiring plans and expect to increase their college hires by nearly 18 percent over 2006-07. Manufacturers anticipate an increase of nearly 15 percent in college hires.

Overall, nearly 58 percent of the employers responding to NACE's survey reported plans to increase their college hiring; more than one-third (36.5 percent) said they'll maintain their college hiring at 2006-07 levels. Less than 6 percent expect to trim their college hiring.

"Employers are optimistic about hiring," says Andrea Koncz, NACE employment information manager. But "don't sit back and wait for an employer to find you. The better job market doesn't mean finding a first job will be an easy ride," she says. "If you want a job at or soon after graduation, you'll need to begin your job search early and work hard to find the right job."

Top 10 degrees in demand (bachelor's degree level)

Accounting
Mechanical Engineering
Electrical Engineering
Computer Science
Business Administration/Management
Economics/Finance (incl. banking)
Information Sciences & Systems
Marketing/Marketing Management
Computer Engineering
Management Information Systems/
Business Data Processing

Top degrees in demand (master's degree level)

M.B.A
Electrical Engineering
Mechanical Engineering
Computer Science
Accounting

Top degrees in demand (doctorate degree level)

Computer Engineering
Electrical Engineering
Computer Science
Mechanical Engineering
Business Administration/Management

High School 1 YEARS

Working together for lifelong success

Short Clips

Thinking of others

Teens who are considerate make a good impression. Remind your child of relatives' birthdays and anniversaries, and ask her to send a card or call with good wishes. She'll be less apt to get too wrapped up in herself if she remembers others.

Using calculators

Suggest that your child put away his calculator when doing simple computations. Adding numbers in science problems or subtracting dates for a history paper will keep his basic math skills sharp. Have him save the calculator for time-consuming tasks like figuring square roots or dividing large numbers.

Fit rewards

What's a great way to encourage family togetherness and stay in shape? Use physical activity as a reward. For example, motivate children to do chores by promising a family bike ride when they've finished. Or celebrate successes, such as a child winning the debate contest, with a fun afternoon rollerblading.

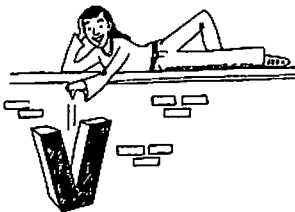
Worth quoting

"You are what you do, not what you say you do." *Carl Jung*

Just for fun

Q: What is the center of gravity?

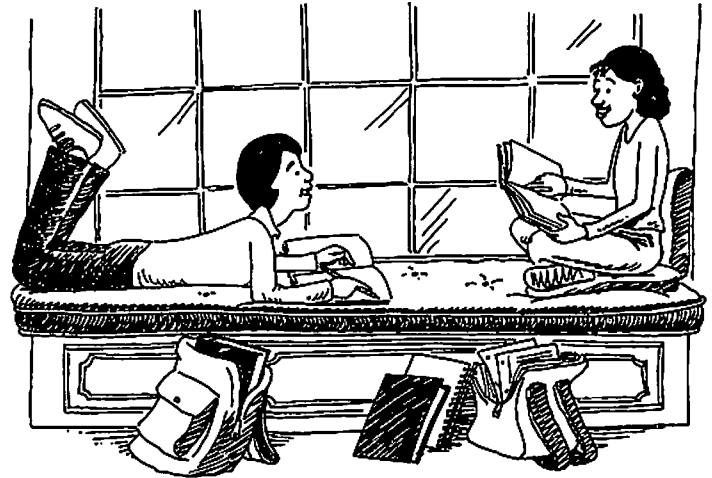
A: The letter V!



Smooth studying ahead

Everyone knows studying is important to doing well in school. But does your teen know how to make the most of the time she spends reading and reviewing? You can help her be confident and prepared with this "road map" to smart studying.

Hit the road. To tackle study sessions, your child needs the right materials, as well as a schedule. Textbooks, class notes, and old quizzes can help her prepare for a test. Have her allow enough time to study by counting the days until an exam, consulting her calendar for commitments (club meetings, sports practices), and working out a plan. *Tip:* Suggest an hour a day—students tend to retain the most in the first hour of studying.



Use a map. Encourage your high schooler to create study guides for each test. She can use colored pens (or color highlights on the computer) to define geography terms or identify characters in novels. These guides will help her quickly focus on the important information.

Take a friend along. A "study buddy" brings a fresh perspective to work sessions. One partner might have notes on something the other missed or understand a section better. By exchanging study guides and information, they'll each be able to review more thoroughly. They can also quiz one another. 👍

Who, when, where?

Your teen is heading out the door on Saturday night. What do you need to know to keep him safe? Ask these four questions.

- **"Where are you going?"** Find out who he'll be with and what their plans are. If they're going to someone's house, check that a parent will be home.
- **"How are you getting there?"** Ask who's driving. If it's another teen, see how long he has had his license and if he's allowed to drive other kids.
- **"How can I reach you?"** Plan more than one method (a friend's home phone, a parent's cell phone).
- **"When will you be home?"** Agree on a time your child is expected back. 👍

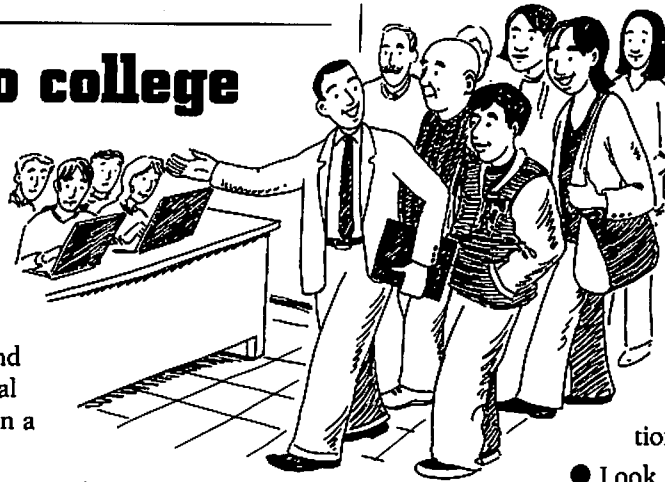


Countdown to college

If your teen is an upper-classman, the clock is ticking on college admissions. Help him stay on track with these second-semester tips.

Juniors:

- Organize college brochures and Web site printouts into individual folders. Keep the stack handy (on a desktop, in a drawer).
- Take virtual visits of different types of campuses (large, small, rural, urban). *Tip:* Visit www.ecampustours.com for easy access to many schools. If possible, visit some colleges in person.



- Take the SAT or ACT in the spring to allow time for repeating the tests next fall. Register early—testing centers often fill up fast.

Seniors:

- Call colleges to see if they've received your paperwork, including financial aid applications, updated transcripts, recommendation letters, and housing requests.
- Look for acceptance and financial aid letters by April. If you're wait-listed, be sure to confirm that you want to remain on the list.
- Try to visit the schools where you've been accepted. For a glimpse of campus life, talk to students, read the school newspaper, and even arrange to stay overnight in a dorm. 👍

Q & A Be a good sport

Q My daughter just made the school basketball team. She has always had a hot temper—how can I help her be a good sport?

A You can start by discussing good sportsmanship when you're watching games on TV together. Point out when a player calmly accepts a questionable call

or is gracious about a loss.

Let your daughter know you expect her to respect coaches' and referees' decisions, even when she doesn't agree.

Encourage her to celebrate her team's successes without putting down opponents and to congratulate other teams on a job well done.

You can also help by demonstrating good sportsmanship yourself. If you disagree with the coach, for example, speak politely with him in private. Show pride by cheering on the home team, but avoid booing other players. 👍

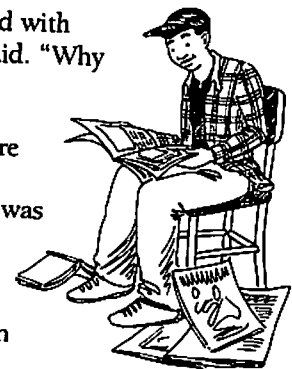


Parent to Parent Modern history

My son Brad recently complained that he was bored with American history. "It all happened so long ago," he said. "Why should I care about it?"

I wanted to show Brad that history happens every day. I started looking in the newspaper for events that are making history in our town. I found articles about free speech and civil rights and showed them to him. Brad was surprised to see how much "history" is going on right where he lives. For example, he had not connected legal battles over job discrimination or religious displays in public places with the history he is studying in school.

I asked him to keep an eye out for articles to add to our collection, and I make a point of asking his opinions on them. Our little project has made history come alive for Brad, which is just what I had hoped! 👍



Plan to proofread

Hours poured into writing a paper can quickly be undermined by misspelled words or forgotten capital letters.

That's why proofreading—checking grammar, punctuation, and spelling—is an important last step. To find mistakes effectively, suggest this plan to your teenager:

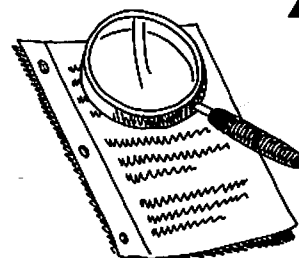
- ▲ Read out loud. You'll be able to see and hear errors.
- ▲ Look at old papers to learn from past mistakes. Then, pay extra attention to your common errors, such as mixed-up tenses or misused words.

▲ Read through the paper several times. Search for something different each round (*examples:* spacing, noun-verb agreement).

▲ Review individual lines of text. Move a blank sheet of paper down the lines as you go to help you concentrate.

▲ Proofread headings, subheadings, and charts separately so you don't overlook details.

▲ After writing, wait at least 20 minutes before proofreading. Overnight is even better. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801 774-6335

February 2008



BECOMING A LOVE & LOGIC PARENT

RAISING RESPONSIBLE KIDS

**Thursdays, Feb. 21, 28 & March 6, 2008 from 6:30 - 9:00 p.m.
at Mercy Wellness Center**

This **FREE** 3 session program:

- uses humor, hope and empathy to build the parent/child relationship.
- emphasizes respect and dignity for both parents and children.
- provides real limits in a loving way.
- teaches consequences and healthy decision making.

Call **774-6335** to pre-register!



PARENTS FOREVER™

Education for Families in Divorce Transition

**Tuesday, March 11, 2008 from 5:00 – 9:30 p.m. at the Williams Co.
Courthouse 2nd Floor Conference Room**

Divorce affects children and can result in long-term problems or shorter term adjustment issues. This program focuses on the impact of divorce on children and teaches divorcing and never-married parents co-parenting strategies including the importance of:

- ♥ Eliminating parental conflict in front of children.
- ♥ Keeping children out of the middle of parental issues.
- ♥ Providing children access to both parents.
- ♥ Putting the best interest of children first.

PLEASE NOTE...

There is a **\$55.00** fee payable to Williams County Extension Service for this 4 hour program that includes a handbook and a meal (5:00 p.m.). **Pre-registration is required – the deadline for pre-registration is Monday, March 3rd.**
If interested call Williams County Extension Service, 577-4590.

PARENTS FOREVER™ is a statewide program sponsored by NDSU Extension Service and presented locally by Williams, Divide and McKenzie Extension offices and the Parent Resource Center. If you need information about the availability of this program in other areas of North Dakota contact the Parent Resource Center, 774-6335.

Thanks to District 1 Public Schools this newsletter is available online at www.williston.k12.nd.us – to view click on Community Resources then Parent Resource Center.

WHEN KIDS WORRY

“Worry is like a rocking chair; it gives you something to do, but it doesn’t get you anywhere.” Erma Bombeck

It’s natural to worry when your kids are worried. Parents generally don’t like to see their kids in any state of distress. But some worry is normal and even healthy, and it’s best for parents to let their children learn from it. If, for instance, your daughter has a presentation in the morning and hasn’t prepared, it makes sense for her to be worried and that might compel her to take action. On the other hand, there are times when too much worry should raise a red flag. Talking with other parents can be a good way to get a sense of how “normal” your children’s worries are. In addition, the tips below can help you help your children learn how to cut down on pointless “rocking”.

For parents with children ages birth to 5:

- ♥ Separation and stranger anxiety are normal for children in this age group and show a healthy attachment to their primary caregivers. When your children feel this kind of stress, assure them they are safe and/or you will come back for them.
- ♥ Children this young are only beginning to separate what’s real from what is not. Until they are able to do so they may be easily frightened by costumes, movies, and other types of “make believe”. It’s important to let them know they are safe.

For parents with children ages 6 – 9:

- ♥ As children learn more about the world, they begin to fear real things. Fire drills, storms, illness, and other scary events might trigger intense reactions and emotions. Take their feelings seriously and talk with them about the remoteness of dangers like fires and lightning, and about how taking precautions keeps us safe. Resist the urge to brush off concerns that seem minor to you. Instead ask questions, listen attentively, reflect back what you hear your child saying, and offer insights.

For parents with children ages 10 – 15:

- ♥ A big worry for older children and young adolescents has to do with their place in the world. Concerns about their intellect and physical appearance, as well as the number and type of friends they have, are all normal. You can help them by acknowledging these concerns but not getting caught up in them yourself.
- ♥ Learning about various physical and mental health concerns in school can cause temporarily exaggerated worries in children about illnesses and injuries. Be sure to continue to teach your children ways to take care of themselves and make wise choices.
- ♥ Keep in mind that much adolescent worry is about over-thinking “what if” scenarios. “What if I don’t get invited?” “What if something terrible happens?” Sometimes you can put a stop to this by simply asking “What would happen?” to get them thinking about consequences so they can see if actions can be taken, or that maybe things aren’t as bad as they seem.

For parents with children ages 16 – 18:

- ♥ Sometimes teenagers have the opposite problem from too much worry; they can tend to think they are invincible. Continue to set boundaries and enforce consequences that are consistent with your family’s values and designed to protect your teen’s wellbeing.
- ♥ If your teenagers worry about a specific problem such as weight, acne, or an inability to concentrate, help them find solutions through the internet, books, personal contacts or talking with a professional such as a pediatrician.

For all parents:

Worry that lasts for weeks or months at a time, causes your child a lot of suffering, shows up as physical symptoms, or otherwise interferes with day-to-day life may be a cause for concern. A relatively small percentage of young people are diagnosed and treated for what’s call *anxiety disorder*. One website for more information is www.worrywisekids.org.

Williston High School Lunch Menu Feb-08

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p><u>BREAKFAST</u> Bagel & Cream Cheese</p> <p><u>LUNCH ENTREE'S</u> Grilled Cheese Tomato Soup Chili Cheese Wrap</p> <p><u>SIDES</u> Mixed Fruit</p>
<p>4</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Chicken Nuggets Meatballs Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Peaches Pudding</p>	<p>5</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Chili Crispito Burrito Stuffed Crust Pizza</p> <p><u>SIDES</u> Glazed Carrots Fresh Fruit</p>	<p>6</p> <p><u>BREAKFAST</u> Cinnamon Biscuit Hashbrowns</p> <p><u>LUNCH ENTREE'S</u> Taco Salad Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Tortilla Chips Refried Beans Mandarin Oranges</p>	<p>7</p> <p><u>BREAKFAST</u> Waffle Sausage Patty</p> <p><u>LUNCH ENTREE'S</u> Chicken Pot Pie Over Biscuit Stuffed Crust Pizza</p> <p><u>SIDES</u> Tropical Fruit Brownie</p>	<p>8</p> <p><u>BREAKFAST</u> Cinnamon Roll</p> <p><u>LUNCH ENTREE'S</u> Hot Ham & Cheese Sloppy Joe On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Oven Baked Wedges Pineapple</p>
<p>11</p> <p><u>BREAKFAST</u> Rancher's Hashbrowns</p> <p><u>LUNCH ENTREE'S</u> French Toast/Sausage Links Turkey & Cheese Wrap Stuffed Crust Pizza</p> <p><u>SIDES</u> Applesauce Trail Mix Juice</p>	<p>12</p> <p><u>BREAKFAST</u> Ham, Egg & Cheese On English Muffin</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Pizza Burger Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Bean Casserole Fresh Fruit Pudding</p>	<p>13</p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Chili Garlic Cheese Bread Stuffed Crust Pizza</p> <p><u>SIDES</u> Cinnamon Roll Frozen Fruit Bar</p>	<p>14</p> <p><u>BREAKFAST</u> Pancake Ham Slice</p> <p><u>LUNCH ENTREE'S</u> Heartshaped Chicken Nuggets Chicken Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes Pears Valentine Cookie</p>	<p>15</p> <p>NO SCHOOL</p> <p>WINTER BREAK</p>
<p>18</p> <p>NO SCHOOL</p> <p>WINTER BREAK</p>	<p>19</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Fajita Footlong Hot Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Fresh Fruit</p>	<p>20</p> <p><u>BREAKFAST</u> French Toast Sticks Sausage Links</p> <p><u>LUNCH ENTREE'S</u> Chef Salad Sweet & Sour Chicken Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Toast Broccoli Peaches</p>	<p>21</p> <p><u>BREAKFAST</u> Banana Bread String Cheese</p> <p><u>LUNCH ENTREE'S</u> Sloppy Joe On A Bun Chicken Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> French Fries Mixed Fruit</p>	<p>22</p> <p><u>BREAKFAST</u> Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u> Sub Sandwich Pizza Stuffed Crust Pizza</p> <p><u>SIDES</u> Chips & Salsa Applesauce Smore Pocket</p>
<p>25</p> <p><u>BREAKFAST</u> Breakfast Burrito</p> <p><u>LUNCH ENTREE'S</u> Hot Dog Cheese Sticks Stuffed Crust Pizza</p> <p><u>SIDES</u> Seasoned Pasta Peas & Carrots Tropical Fruit</p>	<p>26</p> <p><u>BREAKFAST</u> French Toast Sausage Patty</p> <p><u>LUNCH ENTREE'S</u> Super Nachos Chili Crispito Stuffed Crust Pizza</p> <p><u>SIDES</u> Refried Beans Fresh Fruit Jell-O</p>	<p>27</p> <p><u>BREAKFAST</u> Cinnamon Tastry Yogurt</p> <p><u>LUNCH ENTREE'S</u> Popcorn Chicken Egg Rolls Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Potato Green Beans Fruit Salad</p>	<p>28</p> <p><u>BREAKFAST</u> Sausage, Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Macaroni Hotdish Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Dinner Roll Corn Applesauce</p>	<p>29</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Garlic Cheese Bread Taco In A Bag Stuffed Crust Pizza</p> <p><u>SIDES</u> Peas Peaches</p>