

# MY SO 101

## YOUR GUIDE TO SCIENCE OLYMPIAD'S MY SO PROGRAM

Science Olympiad has supported STEM learning and teaching nationally for more than 30 years. Elementary, middle and high school students around the country compete in science contests that test knowledge, skill, and teamwork abilities across a range of STEM topics through regional, state and national tournaments. With more than 8,000 middle and high school teams, Science Olympiad is growing STEM innovators, researchers and enthusiasts of the future.

**MY SO** (My Science Olympiad) is a new program that complements Science Olympiad's traditional tournament contests and is available to all middle and high school students who love STEM and want to stay engaged in learning – at home or at school, whether they are on a Science Olympiad team or not. MY SO meets all students (and their parents and teachers) where they're at.

### How MY SO Works

Students, parents, teachers and after-school providers can use the following activities to explore monthly STEM topics. Resources, links and registration are available on the [soinc.org/myso](http://soinc.org/myso) website:

- STEM Curriculum:** Free, downloadable curriculum covers the STEM topics through introductory and exploration activities, including: a lesson plan, slideshows with accompanying notes worksheets, and practice tests for Division B (grades 6-9) and Division C (grades 9-12). Curriculum is available on the 1st Wednesday of every month.
- STEM Session:** Free video posted on the Science Olympiad TV YouTube channel that features STEM experts and Science Olympiad alum talking about college and career pathways. Posted on the 15th of each month.
- STEM Showdown:** Online challenge that tests students' knowledge of the monthly STEM topic. Students compete against their peers for prizes and a spot on the national leaderboard. These tests mimic the national Science Olympiad tournament tests and are good practice for students who compete in Science Olympiad through their school and want to get ready for the 2022 season! See the MY SO calendar for test dates.

SEPTEMBER 2021						
Su	Mo	Tu	We	Th	Fr	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
 <b>EPIDEMIOLOGY</b>						

OCTOBER 2021						
Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28	29	30
31						
 <b>FLIGHT</b>						

NOVEMBER 2021						
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21	22	23*	24	25	26	27
28	29	30				
 <b>ASTRONOMY</b>						

DECEMBER 2021						
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19	20	21*	22	23	24	25
26	27	28	29	30	31	
 <b>ROCKS &amp; MINERALS</b>						

JANUARY 2022						
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23	24	25	26	27	28	29
30	31					
 <b>ANATOMY &amp; PHYSIOLOGY</b>						

FEBRUARY 2022						
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13	14	15	16	17	18	19
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27	28					
 <b>FORENSICS</b>						

MARCH 2022						
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 <b>SOLAR POWER</b>						

APRIL 2022						
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 <b>GREEN GENERATION</b>						

MAY 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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29	30	31				
 <b>ROBOTS</b>						

# How You Can Use MY SO

## Students

If you're new to Science Olympiad, this is a great opportunity to try out a couple of the topics that our tournaments cover. You may need some help from an adult with the activities in the lesson plan, but everything can be done from home. As you go through the resources and activities, take notes on what you're learning – you can use those notes for the STEM Showdown at the end of the month. Some Science Olympiad competitors create binders that they use for tournaments. If you're a Science Olympiad pro, use this opportunity to practice for your event or try out some new events!

## Parents

No matter if you're a Science Olympiad veteran or you've just discovered us, this material is for you and your student! We recommend starting with the lesson plan – grab yourself a cup of coffee and read through the plan first so you understand the flow. Pick out parts that you think your student would enjoy and then dive in together - our staff did the experiments with our own kids and had fun with it. You don't need to be an expert on the topic; we've provided lots of resources for you, and this is a great opportunity to model how to research a topic and just follow your curiosity. If they are really interested in the month's topics, help them connect to the suggested resources and slide show, watch the STEM Session video together, and have them give the STEM Showdown a try. If your student's school doesn't have a Science Olympiad team, talk to your principal about the possibility of starting one. Here are some [tips](#).

## STEM Teachers and After-school Providers

You're welcome to use any of these resources in your classroom or in an after-school club - in-person or online. We worked hard to make the activities flexible no matter where you are. You can work through some of the lesson plan activities together as a group and then encourage your students to try out the practice tests and maybe the STEM Showdown at the end of the month. We'll be back next month with new material, so stay tuned! If you're interested in starting a Science Olympiad team at your school, here are some [tips](#)

## Science Olympiad Coaches and Assistants

Use these activities to keep your team excited and engaged during team meetings (in-person or online), use them to recruit new team members and beef up your roster, or share them with your student leaders to challenge each other through the Showdown. Host a STEM Session watch party and discuss college and career pathways with your team afterwards. Maybe some of your former team members would be willing to hop on a Zoom call with you and your team to discuss their own college and career experiences.