

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 website:

- STEM Curriculum:** Free, downloadable curriculum covers the STEM topics through introductory and exploration activities, including: a lesson plan, a slideshow (think class lecture), and practice tests for Division B (grades 6-9) and Division C (grades 9-12). Curriculum is available on the 1st 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 2021 season! See the MY SO calendar for test dates.

LESSON PLAN
(First day of the month)

STEM SESSION
(15th day of the month)

STEM SHOWDOWN
(Last Thursday of the month)

SEPTEMBER 2020

| Su | Mo | Tu | We | Th | Fr | Sa |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 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 | | | |

EPIDEMIOLOGY

OCTOBER 2020

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

SPACE

NOVEMBER 2020

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19* | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

CIRCUITS

DECEMBER 2020

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 13 | 14 | 15 | 16 | 17* | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

WEATHER

JANUARY 2021

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

ANATOMY & PHYSIOLOGY

FEBRUARY 2021

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

STRUCTURES

MARCH 2021

| Su | Mo | Tu | We | Th | Fr | Sa |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 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 | 31 | | | |

FORENSICS

APRIL 2021

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

PLANTS

MAY 2021

| Su | Mo | Tu | We | Th | Fr | Sa |
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| | | | | | | 1 |
| 2 | 3 | 4 | 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 | 31 | | | | | |

ENGINEERING

* The November and December dates of the STEM Showdowns have been adjusted to avoid holidays on 11/26, 12/24 and 12/31

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