

Upper Perkiomen High School Counseling Office Newsletter

March 2020

We are home for 2 weeks. This is a new idea for all of us! Let's take some steps to make your time as productive as possible for you!

This document will offer ideas and activities for students 9-12 to complete, as well as some important resources. Please take the time to read through!

Seniors

- Complete any missing assignments you owe! This is a perfect opportunity to get caught up!
- Complete **Keystone Remediation** on [Edgenuity](#)
- Complete **Senior Awards** -- everyone should fill out an application for at least one award! ***Senior Awards will be due the day we return to school!***
 - [List of local Awards](#)
 - [Award Application](#)
- If you are college-bound, have you completed your [FAFSA](#) and [PHEAA](#) applications? Don't miss this chance at financial aid!
- If you are heading into the workforce, is your resume ready? [Here is an article](#) to get you started!
- Do you have credit recovery to complete? Use this time to log some serious hours!



Dual Enrollment:

If you registered for and took dual enrollment courses with us, don't forget to [order a Montco transcript](#) to be sent to your college in June or July.

AP Exams:

If you are taking AP exams in May, don't forget to have your scores sent to the college you will be attending.

Juniors



1. Complete your Artifacts!
 - [Artifact Checklist](#)
 - [Artifact Directions](#)
2. Get caught up on your school work! This is the perfect opportunity to complete missing assignments and keep current!
3. Log onto [Naviance Student](#) and complete a [SuperMatch College Search](#). Develop a list of schools you are interested in. Add them to your “Schools I am Thinking About” list in Naviance. Discuss with a parent or guardian a plan to possibly visit some of these places this summer or fall.
4. Practice for the SAT / ACT
 - [The Khan Academy](#) is a free tool to help prepare you for the SAT. Link your College Board account with the Khan Academy to get personalized test prep!
 - [ACT Academy](#) is a free tool to help prepare you for the ACT!

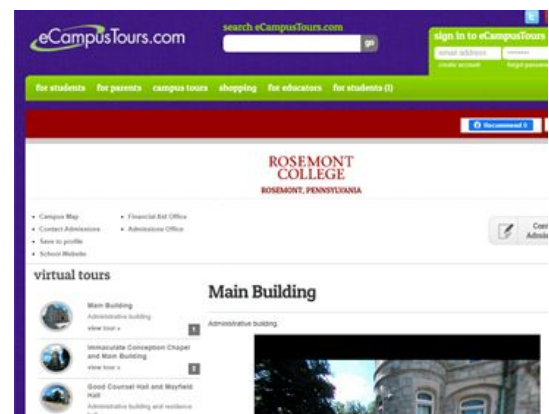
Travel the country from your living room!

The links below will take you to free sites that provide virtual tours of college campuses! Give it a try!

[YOUVisit](#)



[ECampus Tours](#)



Sophomores & Freshmen



Use this time to:

- Get caught up on any schoolwork you are behind on!
- Work on Keystone review/prep on Edgenuity
- Look online for summer employment or enrichment activities
- Create a resume - [Here is an article](#) to get you started!
- Research colleges and careers on Naviance! There are many features in Naviance that help you to explore your interests! Save a few careers to your Naviance account and discuss them with your family!!

Are you interested in learning a trade?
Have you applied to the Western Center yet? There is still time to apply at www.westerncenter.org

Select "student application," and then create an account to apply!

SUMMER ENRICHMENT OPPORTUNITIES

- * PFEW - PA Free Enterprise Week - www.pfew.org
- * State Police Youth Week - June 2020- York College
- * Mock Trial Camp - July 2020 - Juniata College
- * CrimeFITE Camp (forensics investigator training) - June 2020 - DeSales University
- * Robotics Engineering Camp - July 2020- Widener University
- * Painting/Drawing Camp - July 2020 - PSU Abington
- * Pre-Veterinary Science- July 2020 - Delaware Valley University

Resources

Articles on Coping:

- [7 Science-Based Strategies to Cope with Corona Virus Anxiety](#)
- [10 Ways to Cope with Big Changes](#)

