

JUNIORS – APRIL NEWSLETTER

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My name is Julie Sitko and I am the College and Career Counselor. This is the time to think about life after high school. My role is to advise and support students and families in the college search and to help identify “best fit” colleges and universities, and to assist students in realizing their post-secondary goals. This monthly newsletter will keep you on track for post-secondary planning. Please reach out to me with any questions or concerns.

Here are some things to think about as we go through your child’s junior year:

Spring - Post-Secondary Timeline for juniors

- Begin the college and career exploration process with Naviance
- Register for the SAT and/or ACT, if your child wants to test
- Begin to talk, as a family, about what your child wants to do after graduating from high school. Although the student makes the ultimate decision about what he/she does after high school, input from parents and guardians is helpful and appreciated.
- Think if your child will take the ACT/SAT – many colleges in the US will be test optional for the class of 2024. You should only submit test scores if they will help an application, not if they will hurt an application.
- Participate in programming hosted by colleges. Information is posted on the schools’ individual websites. Schools are doing both virtual and in person visitation programs.
- A copy of your child’s transcript has been uploaded into the Portfolio section of Skyward, at the beginning of this school year. I encourage you to look over the transcript and save a copy for your records. If there are any questions or concerns about the transcript, please reach out to your child’s school counselor. An updated final junior transcript will be updated at the end of the junior year.
- All colleges/universities have a Net Price Calculator on their websites (generally on the financial aid page). This is a good resource to help you and your family determine how much you can anticipate paying at each school you’re looking at. Use this tool as a resource to help you determine affordability.

ACT and SAT testing:

If your child wants to test, go to the testing websites for information about testing and open test sites. **(SAT: www.collegeboard.org and ACT: www.act.org).** A schedule of tests dates is in the class of 2024 Teams (under Post-Secondary Planning, then files). The same list is also on the High School Counseling Center webpage.

For the class of 2024, many colleges in the United States are test optional for both admission and scholarships. Before deciding if your child want to test, check with the schools they are interested in and determine if they need to test. Schools who are test optional are often examining the transcript much closer. For example, if your child is interested in studying business, colleges will look closely at the math classes they took and the grades they earned in those math classes.

--Students on free/reduced lunch are eligible for a fee waiver. See your school counselor or Ms. Sitko

--Every college accepts either the SAT or ACT. There is no preference.

-- If you take the ACT, I do not recommend taking the writing portion of the exam. I do not think it will be necessary for admission. The SAT eliminated the writing portion of their exam.

--Check out this site to see if schools your child is interested in have determined their testing policies

<https://www.fairtest.org/university/optional>.

ACT/SAT Prep:

Students taking ACT and SAT tests should do some sort of preparation prior to taking the tests. There are many resources available for test prep. All students have FREE access to Khan Academy – an online program that partners with College Board (owners of the SAT) to provide test prep to students. <https://www.khanacademy.org/sat>. ACT also has online test prep [here](#). These are both fantastic resources.

[Penn State Beaver](#) is offering in- person SAT prep classes.

[3RPrep](#) is located across the street from Old Economy Village, just five miles from Moon. They offer individualized one-on-one tutoring, group classes, and practice proctored exams. If you want a personal study plan and individual attention, these are the guys to see. Visit their website for more information or call 833-773-7522.

[Goldstein Test Prep](#) - Offering both in person and virtual tutoring options for the SAT and ACT. They also do academic tutoring. Call 412-874-7645 or fill out an interest form on their website.

[Eaton Prep](#) is offering classes at the Mt. Lebanon Recreation Center for the various tests.

Emails from Post-Secondary Schools:

If your child has not yet, they will be getting inundated with emails from colleges. I have a few suggestions on how to manage the emails.

1. Create an email address just for post-secondary planning. That way, all of the emails they get from colleges won't flood their regular inbox.
2. Create a folder in their email and filter emails from the colleges they think they want to look at later. They can also create a folder of schools that they are interested in, so they don't miss any important messages.
3. Check this email account once a week or every few days. Delete messages they're not interested in. They're going to be overwhelmed with information from colleges and managing the emails is necessary, so they don't miss anything important.

Visiting schools:

If you have a chance to visit schools, here are things to think about when you're on campus:

--Talk to people in the department of anticipated study. If your child is totally undecided, talk to the schools about what they do to help pick a major. Colleges have robust career centers and advising programs which help students pick a major, find internships, jobs and graduate schools.

--Ask what is the four-year graduation rate? Colleges report a six-year graduation rate, due to financial aid. Ask about the four-year graduation rate— schools should try to get students in and out in four years – make sure the school is going to help your child make the best use of their time and get the classes needed to get out in time.

--Ask what is the retention rate for returning sophomores? This number can tell you a lot about what schools are doing to make students happy and keep them enrolled. If a number is low, ask why students are leaving – what's going on? If the number is high, it's safe to assume students are generally happy and the college is doing a good job of educating students and keeping them happy.

--College is not just about getting a degree. It's about so much more. Is your child going to be challenged at each school? Are they going to have to put in more effort than they ever have? That's a good thing!

--Learn the middle 50% SAT/ACT scores and GPA of admitted students at the schools that interest you. This can serve as a guide to schools that will be a good academic fit for you. Also – remember if board scores are lower than the middle 50%, but the GPA fits in the middle 50%, in most cases, students do not need to submit test scores, if they could potentially hurt an application. Keep in mind, with most schools being test optional, the students who are submitting test scores generally have higher scores, so the middle 50% are going to be skewed to the higher end.

Scholarships:

All scholarships that come through our office are listed in Naviance. To find the scholarships, log in to your Naviance account, go to the colleges>scholarships and money>Scholarship list. The scholarships we get in the counseling center are listed on the 'scholarship list' page. That site is updated regularly, so be sure to check back regularly as new scholarships are posted. Many scholarships posted in Naviance are for seniors, but there are some for juniors. My favorite scholarship search sites are: www.fastweb.com, www.goingmerry.com, and www.pittsburghfoundation.org/scholarship_search#hs. The last site is local (Pittsburgh) scholarships. You do have to search through the scholarships, but there is a lot of money available to students.

Here are a few scholarships for juniors:

[Horatio Alger Scholarship](#) – one of the nation's largest need-based college scholarship programs, this scholarship specifically assists high school students who have faced and overcome great obstacles in their young lives. There are national and state scholarships and scholarships specifically for students going into career training programs.

[QuestBridge](#) – full scholarships for students who have shown outstanding academic ability despite financial challenges. There is no minimum GPA or test cut-off, or income.

The [Bryan Cameron Education Foundation](#) has opened up applications to the high-school graduating **Class of 2024** for the **Cameron Impact Scholarship** (merit-based, 4-year, full-tuition). A Cameron Impact Scholar must show evidence of strong academics (3.7 unweighted GPA or higher), leadership, community service, participation in extracurriculars, and a desire to make a positive impact on the world around them.

Early Application Deadline: May 19, 2023

Regular Application Deadline: September 8, 2023

Applications will be accepted on a rolling basis, and the number of applications reviewed will be limited to 3,000.

[College Board's Opportunity Scholarships](#): If you use College Board for college searches or practicing for the SAT through Khan Academy, you could win scholarship money.

NCAA:

If your child is an athlete considering playing sports at a division I or II school, make sure to visit the [NCAA Eligibility Center website](#). Student athletes need to submit an official high school transcript (requested through Naviance) and official test scores, if they are available. These scores must be sent directly from ACT or College Board. *This registration does not apply to students attending division III or NAIA schools.*

If you are looking for good college resources, here are two of my favorites:

[Georgia Tech Admission Blog](#) has a lot of great information not specific about Georgia Tech, but about the college search and selection process in general. The blog is insightful, educational, and humorous.

[The College Essay Guy](#) – another great website for assistance in writing college essays, along with general information about the college search/selection process. He is witty and has awesome advice on essays. He charges a fee to review essays, but he also has a lot of free information on his website.

Summer Opportunities:

Many colleges offer both in person and online summer programs. Check with schools that interest you to see if they offer anything in the summer.

[Pennsylvania Free Enterprise Week \(PFEW\)](#) is a one-of-a-kind summer program that offers in-coming high school juniors and seniors a unique and challenging opportunity to see what it is like to run their own business. Participants will make up an "imaginary" management team where they will learn first-hand about the Free Enterprise System. Their task - turn their failing company into a financial success. They will develop their own marketing strategies, design a website and, make all the decisions that are demanded of real-life company executives. PFEW provides students with a chance like no other - to experience what it is like to live on a college campus. This weeklong program is at Lycoming College, in Williamsport and students have the option to choose between four different weeks. PFEW is FREE, although there is a \$295 non-refundable registration fee.

[Black College Institute at Virginia Tech](#) – for Black students who are intellectually curious and interested in attending Virginia Tech. To be eligible:

1. Must be a rising junior or rising senior in high school
2. Must have an interest in attending Virginia Tech
3. Must be highly motivated and academically curious
4. Application deadline April 1, 2023.

The [Health and Biomedical Sciences Summer Camp](#), will be held virtually through Lebanon Valley College from July 24-29, 2023 and is a great opportunity to get insight into the scientific basis of human health. The summer camp provides high school students with a window into the scientific basis of medicine and human health. There is a cost to this program.

[Duke University](#) offers summer academic opportunities for students. Rising seniors are invited to take classes with Duke Professors, where you can earn college credit. Students also have an option to take personal enrichment courses, with a global perspective, through the Summer Academy.

The [Readiness Institute Summer Program through Penn State University](#) is a six-week paid experience for rising high school seniors that helps them become community and future ready. Participants will have the opportunity to establish relationships and rituals, participate in essential skill workshops, complete projects that address real-world problems, and create personalized road maps for future success. After the program concludes, participants will have continued access to support including mentorship, additional learning experiences, and peer networking. Each participant will receive a stipend of \$2,000 and a laptop to use while enrolled in the program. Transportation will be provided as needed. Applications due March 31, 2023.

[The Ice-T Project](#) is an initiative of The Citizen Science Lab, Black/African-American High School Youth will learn the computational and experimental techniques required to examine the physiology, biochemistry, and voltage potential of microbial fuel cells (MFC), a living battery made powered by bacteria. Once participants learn the basics they will then build and create their own device powered by these living batteries. More information will be share on the website as it becomes available.

[University of Pennsylvania – Engineering Summer Academy at Penn \(ESAP\)](#) Program runs July 10-30 and offers a rigorous and challenging opportunity to experience college-level coursework. The program combines theory with hands-on practical experience in cutting-edge technologies. Students can earn college credit in one of six programs. The priority deadline is March 3 and the final application deadline is April 7.

[Freddie Fu Sports Medicine Scholarship Program](#) – this is a six-week internship (490 hours a week) during the summer. The intern will have the opportunity to observe patient evaluation, treatment and rehabilitation by physical therapists and athletic trainers, and will have responsibilities comparable to those of a Physical Therapy Aide. There will also be opportunities to observe clients in our sports performance program, as well as patient care and surgery with various physicians. There is a \$2000.00 scholarship associated with this program. Application deadline April 15, 2023.

[Wiegand Summer Internship at the University of Pittsburgh McGowan Institute for Regenerative Medicine](#) is designed to provide upcoming high school seniors with an introduction to the rapidly evolving area of regenerative medicine and regenerative medicine research. This is a one-month summer internship at the McGowan Institute and a \$1200.00 stipend.

[University of Pittsburgh: Pharmacy Career Exploration](#) - Created for rising high school juniors and seniors, RxPLORE is a professional summer camp that provides exposure to the critical role pharmacists play within healthcare. If you already have a passion for pharmacy or are just starting to explore career options within the healthcare field, RxPLORE is right for you! Form valuable connections with faculty and current pharmacy students while you explore some of the many career options available for a PharmD! There are both online in and in person camps offered. Deadline April 3, 2023.

[The Wildlife Leadership Academy](#) enriches Pennsylvania teens and empowers them to become certified conservation ambassadors through a five-day residential summer field school program. Program costs \$500 for the week, and scholarships are available.

[Pitt Information Technology will host the Air Force Association CyberCamp](#) June 19-23, 2023. This week-long program is free and open to high school students and teaches cybersecurity principles, skills, and future career opportunities.

[Bucknell Academy Summer Experience \(BASE\)](#) is a collaborative residential experience where students are invited to explore the value of a liberal arts perspective in making challenging decisions to improve today's world. At BASE, students will experience interdisciplinary study from top tier professors while challenging their thought processes. This year's theme is To Share or Not to Share: How has social media impacted society and what can we learn from it?

When: June 25 - 30th, 2023

Who: Rising juniors and seniors in high school are welcome to apply

[Joy of Coding through University of Michigan](#) is an online course specially created for anyone who wants to experience first-hand the power and thrill of coding computers to do amazing things. Created with high school students in mind, it is a great way for anyone to step into the wondrous world of coding. Using Python, students will learn how coding powers apps such as Snapchat, TikTok, Instagram and Siri, and even learn how to code their own versions of Snapchat lenses. Program runs June 21-August 2 and students can anticipate to spend 4-6 hours per week. The program costs \$125 and need-based financial aid is available.

[2023 STEM Summer Camp Scholarship](#) – gives high school females up to \$750 in scholarships to attend a STEM focused summer camp. You find the summer camp and include that information in the application.

Summer Programs at Carnegie Mellon:

The [Summer Academy for Math and Science](#) is a six-week residential experience that provides students from underrepresented communities who have interest in engineering and/or the natural sciences, with the opportunity to achieve skills in order to pursue and complete majors in STEM fields.

The [Computer Science Scholars](#) program provides students who are traditionally under-represented in the field of computer science an opportunity to receive exposure to computing and additional computer science pre-requisites.

The curricula of these programs include a combination of hands-on learning and research via projects, and lectures by Carnegie Mellon faculty, teachers and graduate students. Students will also have the opportunity to engage in extracurricular activities that introduce them to new people, topics, and career opportunities. College students also serve as classroom assistants, tutors and mentors.

[Carnegie Mellon](#) is offering several in-person Summer Pre-College Programs in architecture, art, computational biology, design, drama, music, gaming and game design, and writing and culture. They also offer the following programs at no-cost; computer science, summer academy for math and science, and an artificial intelligence program called AI4ALL. For more information about any of these programs, you should attend an [information session](#).

Summer Jobs:

[Sewickley YMCA](#) is looking for summer camp counselors, swim coaches, and lifeguards

NCAA:

If your child is an athlete considering playing sports at a division I or II school, make sure to visit the NCAA Eligibility Center website www.eligibilitycenter.org. Student athletes need to submit an official high school transcript (requested through Naviance) and official test scores, if they are available. These scores must be sent directly from ACT or College Board. NCAA will not accept test scores from the high school transcript. If students haven't had an opportunity to test, they can still gain eligibility without test scores. *This registration does not apply to students attending division III or NAIA schools.*

Financial Aid Program:

Financial Aid and Planning Q&A with PHEAA 4/6 Thursday @6:30pm; 4/18 Tuesday @Noon

Articles related to funding a higher education are in the news almost every day, and it can lead even the most knowledgeable of us into information overload. Have you ever wanted to simply ask a few specific questions, yet couldn't find anyone to ask? Maybe you have questions about planning for college, finding the right school, applying for scholarships, applying for federal and state aid, understanding offer letters, completing loan applications, comparing federal loans to private loans, repaying/refinancing loans after graduation, etc. Join Linda Pacewicz and Daniel Wray of PHEAA for a wide open one-hour Q&A session. Ask your questions to "Everyone" in the chat or privately to the presenters. Hope to see you there!

[REGISTER HERE](#) or at <https://www.pheaa.org/virtual>