

SOPHOMORES – MAY NEWSLETTER

Julie Sitko, College and Career Counselor
jsitko@moonarea.net
412-264-9440, ext. 2038

Hello from the Counseling Center at Moon Area High School. My name is Julie Sitko and I am the College and Career Counselor. This is the time start thinking 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.

Emails from Post-Secondary Schools:

If you have not yet, you will be getting inundated with emails from colleges. I have a few suggestions on how you can manage the emails.

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

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.

Deep Dive into a College (any college): If you really want to dig into data related to college admissions, retention, financial aid, <https://collegescorecard.ed.gov/> is Department of Education website, so the information on the site is gathered from will be the most accurate information available. They also have helpful information about alternatives to college and affordability.

[The Summer Health Career Academy \(HCA\)](#) is coordinated and supported by the Southwest Pennsylvania Area Health Education Center (AHEC) in partnership with the University of Pittsburgh School of Medicine. It is designed for current tenth grade students who are interested in learning about opportunities in various health careers and the academic preparation necessary for these careers. During this 5-day experience, students will interact with practicing health professionals, engage in activities related to health and wellness, and research a specific health profession. Program runs from July 17-21, 2023 at the Pitt School of Medicine. The cost for the program is \$200 for course materials and lunches during the academy. Scholarships are available.

Digital PSAT and SAT: Beginning October 2023 the PSAT will no longer be offered in a paper version. All students testing will take a digital version of the test. The digital SAT will be offered in Spring 2024. If you want to dig into learn more about the digital exams, you can find information [here](#). I will host a program in the fall to explain the digital tests and how they will be different from the paper exams.