

# Counseling Newsletter

Upper St. Clair High School / May 2024

## – DID YOU KNOW? –

- USCHS seniors achieved the highest FAFSA completion rate in Pennsylvania! This year the Free Application for Federal Student Aid (FAFSA) completion rates experienced a major decline. The Pennsylvania Department of Education is highlighting school districts that have achieved a 40% senior FAFSA completion rate. Upper St. Clair achieved a FAFSA completion rate of an impressive 55%
- Approximately 770 students visited the High School Counseling Office in April
- 447 students are registered to take 934 AP Exams throughout the month of May

## – WHAT'S HAPPENING NOW –

### – HIGHLIGHTS –

- Freshman participated in transition programming which included the following:
  - Post-secondary planning
  - Course selection
  - Getting involved in the school and community
  - Graduation project
- School Counselors have been working with students on their schedules in preparation for the June 6th simulation day
- School Counselors evaluate grade reports on a weekly basis and collaborate with teachers to ensure appropriate academic support is in place to promote positive outcomes for all students

## – TRENDING NOW –



### AP, IB, and Keystone Testing

May is a busy month for testing at USCHS. AP, IB and Keystone Exams will be administered throughout the month.

## Job Postings

Looking for a job? Check out the job opportunities on the bulletin boards by the USCHS Counseling Office.



### Awards Night

USCHS will host its annual Awards Night on May 21st by invitation only. This night is dedicated to recognizing some of our outstanding students with awards and scholarships.

## – TECH –

### USC Lunch & Learn

USC Lunch & Learns are designed to educate students on STEAM career opportunities and inspire them to develop skills to pursue their dreams.

Click [here](#) to learn more and to register.

Here are the guest speakers for May:



### May 3rd

Stephanie Streb- Day in the Life: Accounting Student to Professional



### May 22nd

Jim Shorkey Auto Group - Discipline, Behavior, Culture



### May 29th

Who Would Win - Actuary vs Math Teacher

## – CAREERS –



### 25 Jobs That Pay \$80K or More

In the fourth quarter of 2023, full-time workers earned a median income equal to \$1,145 a week, or \$59,540 per year, according to the Bureau of Labor Statistics. That may not sound bad, but you could do better. In fact, many of the best occupations in the

country earn median incomes of \$80,000 a year or more.

[Read more.](#) *Source: U.S. News and World Report*

## – FINANCIAL AID –

Amid the many problems with the new FAFSA, 'every student' should appeal for more financial aid, one expert says

Problems with the new FAFSA have frustrated many students and families. But that also makes this the year to ask for more money. Schools are often more receptive to appeals for more aid; they just don't advertise it.

[Read more.](#) Source: [cnbc.com](#)



## – HEALTH –

APRIL 2024 | ISSUE 32

# THE PREVENTION PULSE

MONTHLY NEWSLETTER

## STRESS & ANXIETY MANAGEMENT DURING TESTING SEASON



Testing season is upon us! Many of you will spend this month preparing your students for the PSSAs and Keystone exams. This can be a tough time for everyone - there is a lot of pressure on both you and your students to be prepared and to perform well on these tests, and pressure can lead to a fair amount of stress and anxiety. So, I want to share some simple tips to manage stress and anxiety that both you and your students can practice over the coming weeks!

- **GET ENOUGH SLEEP**

- When you're tired, your body and brain don't function as well as they should - aim to get at least 8 hours of sleep per night!

- **EAT NUTRIENT RICH FOODS & STAY HYDRATED**

- When you feed your body, you feed your brain - fuel yourself with foods rich with nutrients and hydrate with plenty of water!

- **MOVE YOUR BODY**

- Whether it be walking, biking, yoga, dancing, or something else, moving your body is a great way to blow off steam and release stress!

- **PRACTICE DEEP BREATHING**

- This is a quick way to release stress from your body - check out some different breathing exercises [here](#)!

- **IDENTIFY YOUR SUPPORT SYSTEM**

- Having emotional support can be a great buffer against stress - lean on the people who love you!

- **FOCUS ON A GROWTH MINDSET**

- Instead of thinking of all the things you haven't done to prepare, think of all the things you **HAVE** - you've got this!

**UPMC** LIFE  
CHANGING  
MEDICINE



## – POST SECONDARY PLANNING –

### The Divergent Roads to Post-Secondary Success

High school seniors have traditionally faced a binary choice upon graduation: go to college or get a job. But today, with skyrocketing college tuition and debt, and with most entry-level jobs paying less than a living wage, another alternative is on the rise: apprenticeships. These training opportunities offer the apprentice remunerative work while also satisfying employers' desire for skilled employees. Should policymakers seek to expand apprenticeships-and free up public funds to support them?



[Read more.](#) Source: [educationnext.org](http://educationnext.org)



## How to Be Successful in College: 9 Tips

The secret to success in college is remembering that the idea of success is relative. We all have different priorities, goals, and values, so your success can look quite different from your classmate's success, and still both of you can be equally

successful. Recognizing your values, building SMART goals, and knowing your learning style can help put you on the path to success in college.

[Read More.](#) Source: [Coursera.org](http://Coursera.org)

## – PARENTING –

### How to Help Your Teen Deal With a Friendship Breakup

Friend breakups sometimes hurt more than romantic ones. Here's how to help your teen if they're dealing with the loss of a friendship.

[Read more.](#) Source: [Parents.com](http://Parents.com)



## – RESOURCES –

### Counseling Department

[Post secondary planning](#)

[Naviance](#)

[Niche](#)

[Career Planning](#)

### Bullying Prevention

- [How to talk with educators at your child's school about bullying](#)  
Get advice on how to communicate with teachers and other leaders at your child's school if you're dealing with bullying.
- [Tips for parents: What to do if your child is being bullied](#)  
Get tips for supporting your child through this very painful experience.
- [Tips for parents: What to do if your child bullies others](#)  
If your child bullies others at school, it needs to stop. Find out what you can do at home.

- [What can parents do to prevent and address cyber-bullying?](#)

Protect your child from indirect forms of bullying that use text messaging, Web sites, and cell phones.

## Grief Awareness

[Highmark Caring Place](#)

[Grieving Children](#)

[Grieving Adults and Families](#)

[Support for Children](#)

## Mental Health

<https://www.sphs.org/>

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

## Suicide Prevention

[How parents can talk to their kids about suicide](#)

[Risk-of-Suicide](#)

[Risk and Protective Factors](#)

[Washington County Crisis Resources](#)

## Teen Drinking

[Underage Drinking: Myths vs. Facts](#)

[Facts on Underage Drinking](#)

[Tips for Teens: The Truth About Alcohol](#)

## USCHS COUNSELING WEBSITE

Click to access the USCHS Counseling Website for helpful information and valuable resources.

*The shared content and information is from a third party and is provided for general informational purposes only. The Upper St. Clair School District and High School Counseling Department do not specifically endorse the material and make no representations, express or implied.*



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## USCHS Counseling

The mission of the Upper St Clair School District school counseling program is to maximize student potential, nurturing them as they become responsible, self-sufficient learners and productive citizens.

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Website: <https://www.uscscsd.k12.pa.us/domain/200>

Location: [1825 McLaughlin Run Road, Pittsburgh, PA, USA](#)



