

# Counseling Newsletter

Upper St. Clair High School / April 2024

## – DID YOU KNOW? –

- School counselors met with 140 admissions representatives that visited the high school to speak with students interested in attending their institution
- Over 430 students attended these visits
- Approximately 1600 students visited the High School Counseling Office in February and March
- The High School Counseling Office hosted "*Becoming a Competitive College Applicant*" seminar with admissions representatives from The University of Tennessee, Slippery Rock University, Kent State University and Villanova University
- FAFSA completion night was held in January to assist families with completing their forms
- The spring SAT prep class just ended in preparation for the March 9th SAT. The next SAT prep class will be in the fall
- Upon request, school counselors prepare personalized letters of recommendation for students that apply to various programs, post secondary institutions and scholarships

## – WHAT'S HAPPENING NOW –

### – HIGHLIGHTS –

#### 9th Grade

- 1:1 four year planning meeting with school counselor. Parents/guardians also participate in these meetings
- Course selection advisement

#### 10th Grade

- School counselor classroom career program presentation
- 1:1 four year career program follow up/reflection
- Course selection advisement
- Review candidates for Junior Mentors

#### 11th Grade

- 1:1 advisement on solidifying post secondary plans as needed. Parents/guardians also participate in these meetings
- Course selection advisement
- Interview candidates for Senior Mentors

## 12th Grade

- Support students in finalizing post secondary plans

## – GENERAL INFORMATION –

The Common App announced that the essay prompts will remain the same for 2024-2025.

Click [here](#) to see the Common App Essay Prompts.

### Your Students' Free AP Score: Upcoming Change to My AP and AP Classroom Starting on April 10th

Starting on April 10th, when students sign in to My AP, they will see a pop up window prompting them to choose a college, university, or scholarship organization to receive their AP scores for free. Students will have to make a selection in order to access AP Classroom and their course resources and assignments.

As a reminder, students get one free score sent each year they take an AP Exam, and their score report will include their AP scores from this year and any previous years. Students have until June 20, 2024 to change their free score and send selection.

Their official score report will be sent in July, and it will include scores for the AP Exams that they take this year as well as any past AP Exam Scores.

Have questions? Contact College Board by clicking [here](#).

### NCAA senior athletes who are enrolling in college in the fall need to complete the NCAA Final Amateurism Certification

Before the Eligibility Center can certify student-athletes as eligible to practice, compete and receive athletics aid, they must request their final amateurism certification. Without this step, their future as an NCAA student-athlete is on HOLD!

Click [here](#) to learn how to request a final amateurism certificate.

## – SCHOLARSHIPS –

It's scholarship season! Many local, regional and national scholarships are available. Below are some local scholarships that are available to USCHS students:

Judge Armoni Leadership in Action  
DeBlassio Future Educator  
James Bennett Memorial  
Paul Wildenhain Memorial  
Service Above Self USC-Breakfast Rotary  
Sivaram and Revathi Krishnan  
Spirit of Community



T.J. White

Teresa Fox Memorial Scholarship for students pursuing a degree in Special Education

Teresa Fox Memorial Scholarship for students who have overcome learning challenges

Thomas Harshman Memorial

USC Education Association

Many more scholarships are available; go to the Scholarship page in [Naviance](#).

If the application requires a transcript, please complete a [Transcript Request Form](#) and return it to the High School Counseling Office. If you need a letter of recommendation as well, be prepared; ask your high school counselor or teacher at least ten (10) days in advance. It is not guaranteed that the letter will be completed on time if you do not give at least ten (10) days notice.

Click [here](#) to contact your school counselor.



## Job Postings

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

## – 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 is the guest speaker for April:



The AI Revolution and the Semiconductor Chips that are Making it Possible

## – CAREERS –



This new tool helps teenagers think about careers that will actually last

Like many adults, a lot of teenagers don't know what they want to do when they grow up. Even when they think they do, they may not have a realistic grasp of whether a given occupation or job is likely to be economically viable for them over time. The Careers of

the Future Index is intended to help educate teens, parents and really anyone who is curious about getting into different fields.

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

## – FINANCIAL AID –

### Top 10 Colleges with the Best Financial Aid

Looking for the best financial aid deal? As you shop around for colleges, know that the sticker price you see on the website, mailings and brochures isn't necessarily the price you'll be paying. In addition to providing financial aid to meet need, colleges and universities try to woo students with generous scholarship and grant packages as well.

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



## – POST SECONDARY PLANNING –

### Inside the Craziest College-Admissions Season Ever

As this year's college-admissions season nears its close, with decisions arriving from schools this month, it is already shaping up as the craziest ever. Applications to the 1,000-plus colleges that are part of the Common Application are up 6 percent over last year's total, which was already a record. It's a continuation of a dynamic that begun in the spring of 2020, when the pandemic forced hundreds of top-ranked colleges to drop their requirements for standardized-test scores and generated a surge of applications as a result.

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



### Career and technical education: A path to success for many

This time of year fills many students with anxiety about what to do after they graduate from high school. For too long, students have heard that a four-year college degree is the only way to succeed. This is a false narrative, and it can set students up for failure.

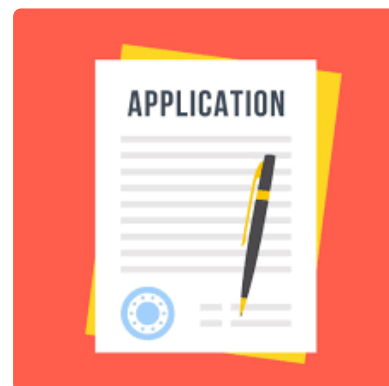
Career and technical education (CTE) provides learners of all ages with valuable skills to enter the workforce and should not be viewed as a "backup plan" but rather as a path to a high-paying, family sustaining job.

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

### Colleges Still Accepting Applications, Including Rolling Admission Options

As college application season starts to wind down and spring approaches, most high school seniors have likely finished applying to colleges. However, there is a common misconception that once the regular decision deadlines have passed, students will have no more options for applying to colleges. Some colleges around the country have late deadlines, with some accepting applications on a rolling basis as space allows and even as late as August 1.

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





## – HEALTH –



### Treatment for teens is inaccessible, costly as U.S. opioid deaths rise

As overdose deaths continue to increase among American teens, treatment for opioid use disorder remains limited. A new study shows that one intervention-inpatient treatment-is inaccessible to many. Few facilities exist nationwide and they are often

unaffordable for families whose children are struggling with opioid addiction. Families must navigate a complex web of addiction treatment services as they try and avoid another overdose for their children.

[Read more.](#) Source: [usatoday.com](https://www.usatoday.com)

### Teen Mental Health: How to Know When Your Child Needs Help

Teenage If your teenage child is dealing with anxiety, depression or any other mental health concern right now, you're not alone. You may wonder whether the symptoms are part of the biological and social changes all young people go through on their way to adulthood, or something more. As a parent or caregiver, how do you know when to talk with your teen and their doctor about mental health?



[Read more.](#) Source: [healthychildren.org](https://www.healthychildren.org)

## – PARENTING –



### 9 Ways to Help Your Teen With the College Decision

While parents may be tempted to sway their teen's college choice, experts say it's best to leave the main decision-making to students.

[Read more.](#) Source: [usnews.com](https://www.usnews.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 your child is 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.*



### 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.uscscd.k12.pa.us/domain/200>

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

**Phone:** 412-833-1600

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**High School Counseling**

