

Counseling Newsletter

Upper St. Clair High School /February 2024

–TRENDING NOW –

Event Information

Becoming A Competitive College Applicant Seminar

Don't miss this opportunity to hear about becoming competitive in the college application process. Representatives from Kent State University, The University of Tennessee, Villanova University, and Slippery Rock University will be discussing college searching, what admissions officers look for in the application process, what students should look for on the campus visit, admission testing, and letters of recommendation. The seminar is intended for students and their families in grades 8-11. Sponsored by the South Hills Consortium of School Counselors.

When?

Tuesday, Feb 6, 2024, 06:30 PM

Where?

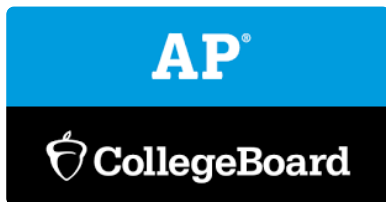
Upper St. Clair High School Theater

Pittsburgh National College Fair

The Pittsburgh National College Fair will be held February 7th from 9 am to 12 pm at the David L. Lawrence Convention Center. This fair is for JUNIORS, and attendance is voluntary. Transportation arrangements are the responsibility of the student and parent/guardian. A permission form must be submitted to be excused from school to attend the fair. Click [here](#) for the permission form that is due by January 31st. Register [here](#) before the fair to receive a barcode for easy onsite access to college representatives. Print the barcode and take it with you to the fair as your electronic ID.



AP Exam Registration



AP Exam Registration for second semester courses and late registration will open on February 12th and close on March 8th. Registration will be available on the [Counseling homepage](#).



Job Postings

Looking for a job? Check out the job opportunities on the bulletin boards by the USCHS Counseling Office. The list of job openings changes, so please check often.

– TECH –



Should schools use AI to detect student suicide risks?

A Rand Corp. report says more evidence is needed to understand the risks and benefits of using online monitoring tools to spot a student crisis. A recent report flagged that school surveillance technologies, including online monitoring tools, foster a false sense of security without much evidence to demonstrate they actually improved school safety. Yet researchers also said there

are some benefits for AI-based surveillance tools.

[Read more.](#) Source: [k12dive.com](#)

Teens and how they will use social media in 2024

We've been brought up in the world of Google, TikTok and Youtube, if we want to know something, then we get out our phones and search. If you want to know how to turn on the stove, just go to TikTok. Pew research conducted a survey and here is a look at the key findings related to online platforms.

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



– POST SECONDARY PLANNING –



Colorado poll finds voters skeptical of college, more supportive of career education

It is more important for Colorado schools to prepare students for the workforce than to prepare them to attend college. That's the opinion of more than 60% of respondents in a recent poll of

education attitudes among Colorado voters.

[Read more.](#) Source: [Chalkbeat.org](#)

How Colleges Seek to Increase Diversity Without Relying on Race in Admissions

The author of "On the Basis of Race: How Higher Education Navigates Affirmative Action Policies" discusses the future of diversity in higher ed. When the Supreme Court outlawed the use of race in

college admissions in June 2023, it forced colleges and universities to rethink how to maintain and increase diversity in their student bodies. It's a topic that political science professor Lauren Foley had been exploring in her new book.

[Read more](#). Source: the74million.org



– FINANCIAL AID –

FAFSA and CSS

It's important to fill out your [FAFSA](#) and [CSS Profile](#), to receive federal financial aid such as student loans and grants. Universities and colleges also rely on this information to determine eligibility for school-provided financial aid packages and offerings including work study, scholarships, and more. For more information, click [here](#).

2024-2025 FAFSA® Overview for Parents/Guardians

You're about to enter a whole new world with your high school student looking at colleges, and most likely, that will mean securing financial aid. Rest assured, the process isn't as complicated as it seems, but your child will need your assistance. The earlier you start the process, the better. This means filling out the Free Application for Federal Student Aid (FAFSA) as soon as possible, since it determines much of the financial packages to come. However, that's not all you need to obtain the best support. [Read more](#). Source: encourageme.com.



Scholarships

Many local, regional, and national scholarships are available online. To view a scholarship list composed by the counseling department, login to [Naviance](#); click on the "Colleges" tab; click on the "Scholarships and Money" link in the drop-down box; click on "Scholarship List." For a Naviance Scholarship reference guide, click [here](#). Additional scholarship information is available [here](#) on the USCHS Counseling website.

How to Read Your Student Aid Offer Letter: 5 Examples

You may have thought your student aid offer letter would answer your one burning question: How much does this school cost? But, as you may have noticed, many schools don't include the cost of tuition in their student aid offer letters. On top of that, your financial aid allocations can be....confusing. Can you imagine buying anything else in life without knowing the price, or what kind of discount you might be receiving? Probably not!

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



– CAREERS –

Nearly half of companies say they plan to eliminate bachelor's degree requirements in 2024

Many employers are dropping degree requirements to create a more diverse workforce and increase job candidate numbers. Survey results show Forty-five percent of companies plan to



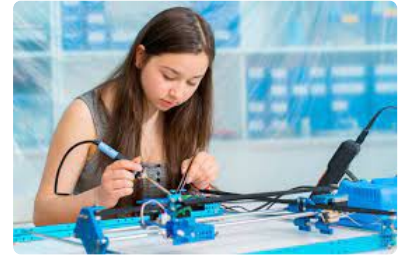
eliminate bachelor's degree requirements for some positions in 2024.

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

Less than a third of Gen Z youth want to pursue STEM careers

Exposure to STEM content in schools can drive this generation to seriously consider a job in the field, a Gallup and Walton Family Foundation found. However, despite the ongoing push for young people to consider STEM jobs, the interest among Gen Z youth isn't fully there. The report also raises concerns that not enough Gen Zers are learning core concepts in STEM from their coursework.

[Read more.](#) Source: [k12dive.com](https://www.k12dive.com)



-PARENTING-



5 Parent Tips For When College Admission Decisions Land

It's the season for college decisions and while for some, there might be cause for celebration, for others who applied early, the

news might not be as joyful. Parents often struggle with how to best respond to the range of emotions that this time elicits for their college-bound children. Like most aspects of parenting, there is no one-size-fits-all approach, however, these tips can help.

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

Can Kids Grow Up If They're Constantly Tracked and Monitored?

Students these days can feel like they're constantly trailed by a kind of digital-era paparazzi. Parents and friends post their images on Instagram and Snapchat. Learning management systems send alerts to parents about missed assignments and grades. And GPS systems in smartphones and watches let families pinpoint their locations at all times. That can make it hard for students to get used to solving their own problems and learning from their failures.

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



—HEALTH —

We Know the Pandemic Had a Catastrophic Effect on Teens — But What About Their Sleep Habits?

The COVID-19 pandemic took its toll on every aspect of life all over the world, and teenagers didn't escape the effects. Teens had to cope with a multitude of new routines and worries. Evidence shows this group experienced a hit to mental health and good sleep and that these issues are yet to resolve.



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



How dozens of U.S. adolescents are dying of drug overdoses each month, shown in 3 charts

Drug overdose deaths in the United States continue to rise. Drug overdoses are killing young Americans in unprecedented numbers: The monthly total rose from 31 in July 2019 to 87 in May 2021, the period with the most recent data. Adolescents' overdose

deaths differ from adults' in terms of gender, race and ethnicity as well as the drugs causing these fatalities.

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

– RESOURCES –

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

[D&A resources through UPMC](#)

[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.

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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.

Email: hscounselingoffice@uscscd.k12.pa.us

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