

# Counseling Newsletter

Upper St. Clair High School / January 2024

## –TRENDING NOW –

### SAT PREP

The USCHS Counseling Department will be offering a six-week SAT Prep course for the March 9th SAT. The course will begin on January 30th and run through March 7th. Registration will be available in mid January. An email will be sent to families when registration is available.



### FAFSA

The new 2023–24 FAFSA form is here! Some states and schools have limited funds, so don't delay! There will be a FAFSA completion night at the High School on January 24th at 6:30pm. Amy Sawdey will be here to help SENIOR parents complete the FAFSA application.



The Education Department said there will be a delay in processing the Free Application for Federal Student Aid after a new version of the form goes live in December, a setback that advocates say could slow the delivery of college financial aid offers.

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



### COLLEGE SEMINAR

Become a competitive college applicant. On February 6th at 6:30pm we will be hosting a College Admissions Panel with representatives from five college/universities. They will be discussing college searching, what admissions officers look for in the application process, what students should look for on the campus visit, admissions 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.

## 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.



### Event Information

#### 8th GRADE PARENT MEETING

As parents of eighth grade students who are enrolling as ninth graders at Upper St. Clair High School, you and your child are invited to an informational meeting to discuss the course selection process for ninth grade. The presentation will include an overview of the ninth-grade program, a question-and-answer session, and a tour of the high school building.

When?

**Thursday, Feb 8, 2024, 06:30 PM**

Where?

**USCHS Theater**



## SCHOLARSHIPS

Many scholarship opportunities are available in Naviance. To view the complete list of scholarships, go to the scholarship list in [Naviance](#) > Colleges > Scholarships and Money > Scholarship List.

## JOB POSTINGS

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



## – POST SECONDARY PLANNING –

### Ask A College Counselor: Do Colleges Look At Senior Year Grades?

By the fall, many seniors have applied to colleges. Does it matter if they maintain their grade point average in their senior classes? Do colleges look at senior year grades?

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



### Education system must adapt to the changing needs of teens'

EQUITY NYC studied graduation rates and found that the percentage of college enrollees was lower in 2021 than in any other year since 2007. There must be changes made in the American education system to combat the rising number of recent

high school graduates who intend to pursue something other than higher education through college.

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

### College Is Not the Only Answer: 7 Policy Recommendations to Help Youth Succeed

For generations, young people have been told that college is the only path to success. Yet, research shows that both students and employers are open to skills-based non-degree pathways, such as certificate programs, career training and apprenticeships.

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



## – TECH –



### Facebook watches your teens online as they prep for college. How a Meta pixel pulls it off

Every single site uses a Meta Pixel, a tracking tool that silently collects and transmits information to Facebook as users browse the web. They are embedded on websites across the internet

allowing businesses and organizations to target their customers on Facebook with ads. However an investigation found that dozens of popular websites target kids from kindergarten to college, including sites that students are all but required to use if they want to participate in school activities or apply to college.

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

### Smartphones, Kids and Inconvenient Truths: What Parents Need to Know

School and social dynamics now follow kids 24/7. There is no escape. There is no rest. There is no safe haven. With the internet in their pockets, our kids are constantly 'connected'. With the internet in their pockets, childhood is under threat.





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

## —HEALTH—



### Treatment Rates for Youth with Mental Disorders Are Consistently Low: International Study

Even after receiving a diagnosis, many children and adolescents do not receive mental health treatment, according to worldwide data collected over the past several decades. Timely treatment of common mental disorders reduces the risk of negative outcomes

later in life, such as substance abuse. Despite rising global health concerns, mental disorders continue to go untreated for many children and teens.

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

## — CAREERS —



### Teen Jobs That Pay Well

If you're a teenager or college student, there's a good chance you will have a job for at least part of the year. Keep reading to see eight jobs for teens that pay well. National wage data comes from figures released this year by the U.S. Bureau of Labor Statistics.

[Read more.](#) Source: [Money.usnews.com](https://www.money.usnews.com)

### Despite Gains, Diversity Imbalance Persists in Top Careers

A new report from Gallup and Amazon finds that U.S. careers offering the most overall economic opportunity and job security still have some ground to cover, in terms of achieving proportional representation relative to the workforce by race and gender.

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



## —PARENTING—

Teens are popping cannabis edibles in the middle of their school day. Here's why — and what makes it such risky business.

When Naomi's daughter was 14, she had her first encounter with cannabis gummies, purchased with a fake ID at one of several unlicensed smoke shops in their New York City neighborhood. The candy she ate contained at least 50 milligrams of the psychoactive compound [THC](#) — well above the typical recreational range of 2.5 to 10 mg — and it prompted severe vomiting and put her, if only briefly, in a near-comatose state.

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



### 5 Reasons Your Mental Health Matters a Lot to Your Children



In these hectic and stressful times, it's easy for parents to get so busy with the activities of parenting, with their jobs, and with all the other demands of life that they forget to take care of their own emotional well-being. [Read more](#). Source: [Psychologytoday.com](https://www.psychologytoday.com)

## – RESOURCES –

### Grief Awareness

[Highmark Caring Place](#)

[Grieving Children](#)

[Grieving Adults and Families](#)

[Support for Children](#)

### 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.

### Teen Drinking

[D&A Resources through UPMC](#)

[Facts on Underage Drinking](#)

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

### Suicide Prevention

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

[Risk-of-Suicide](#)

[Risk and Protective Factors](#)

[Washington County Crisis Resources](#)

### Mental Health

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

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

**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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Alissa is using Smore to create beautiful newsletters