

Counseling Newsletter

Upper St. Clair High School / December 2023

–TRENDING NOW –



JUNIOR MEETING

Counselors will meet in person with their junior students to discuss post secondary planning. Look for a google meeting invitation to join your student either in person or virtually.

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.



Here is a list of some local scholarships available:

- Keynotes Music Scholarship-For seniors that plan to attend a music school or will be enrolled in an undergraduate music program at a college or University. Auditions will be held on 5/11/24 at Mt. Lebanon High School. Click [here](#) for application.
- TribLIVE Scholarship Program-Applications are being accepted for the Trib Total Media Scholarship Program, which includes three, inclusive scholarships ranging from writing and reporting to business and marketing. Deadline: 1/7/24. Click [here](#) for application.
- PACAC-For high school seniors graduating from PACAC member high schools. This scholarship is intended to support a student's goal of continuing their education. Deadline: 2/1/2024. Click [here](#) for application.
- Point Park University- For High School Juniors and Seniors who visit the Downtown Campus from now until February 15, 2024. The scholarship is valued at \$4,000. Click [here](#) to learn more.
- 2024 South Hills College Club Scholarship Award Program- Under this program, at least one \$2,000 scholarship will be awarded to a female high school senior. Deadline: 2/9/24. Click

[here](#) for application.

- 2024 National Italian American Sports Hall of Fame Scholarship- For High School Senior student athletes. \$4,000 will be awarded to 4 high school seniors in Western Pennsylvania. Deadline: 3/1/24. Click [here](#) for application.
- 2024 Dream...Innovate...Grow Trade School + College Scholarship-Sponsored by Berkshire Hathaway. 3- \$1,000 renewable scholarships will be awarded to seniors that plan to attend a Trade School or College. Deadline: 3/1/24. Click [here](#) for application.



JOB POSTINGS

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

– TECH –

YouTube's New Teen Safeguards Limit Repeated Viewing of Some Video Topics and More



Two years after testifying before the U.S. Senate over child safety concerns, including teens' exposure to eating disorder content, YouTube announced additional product safeguards around its content recommendations aimed at teens.

[Read more.](#) Source: *TechCrunch*.

New Technology Trends and Emerging Technologies in 2024

Technology today is evolving at a rapid pace, enabling faster change and progress, causing an acceleration of the rate of change. However, it is not only technology trends and emerging technologies that are evolving, a lot more has changed, making IT professionals realize that their role will not stay the same in the contactless world tomorrow.

[Read more.](#) Source: *Simplilearn.com*.



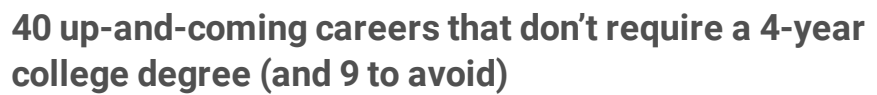
– CAREERS –

Collaboration is the key to student success from school to college to career

Could collaboration between TK-12 schools, colleges and industries improve educational equity and opportunity for the most high-needs learners? California is betting that the answer is yes and is backing that belief up with a \$250 million investment in the Regional K-16 Education Collaboratives Grant program.

[Read more.](#) Source: *EdSource*.





Is your high school student eager to earn a salary? Does an AA degree, technical training, certificate, apprenticeship, or on-the-job training fit your family budget better than four years of college

Read more. *Source: Greatschools.com.*

School Cellphone Bans Are Trending. Do They Work?

[Read more.](#) *Source: NYtimes.com*



Read more. *Source: Kidsburgh.com.*

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Let's Broaden Our Focus From 'Go To College' To 'Get On A Pathway'

Can I apply to College After the Deadline?

In the world of college admissions it's best to complete tasks as early as possible. But for various reasons, that is not always

may be a better path for some students.

[Read more.](#)

Source: USNews.com

weren't going to college. But there's a movement happening in education to transform and modernize what that term means. "Pathways" are no longer for the non-college bound; they are for everyone.

[Read more.](#)

Source: Forbes.com.

May 1 has long been the traditional decision deadline across higher education, there are always exceptions.

[Read more.](#)

Source: U.S. News.

– PARENTING –



Six Hidden Factors Driving America's Student Absenteeism Crisis

As schools continue to recover from the pandemic, there's one troubling COVID symptom they can't seem to shake: record setting absenteeism.

[Read more.](#) *Source: The74.*

5 Things Parents Should Know About Social Media's Impact on Teens' Mental Health

A new Gallup survey finds that parents being more involved and restricting screen time has a positive impact on teenagers' mental health. [Read more.](#) *Source: The74.*



– 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.

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

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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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High School Counseling