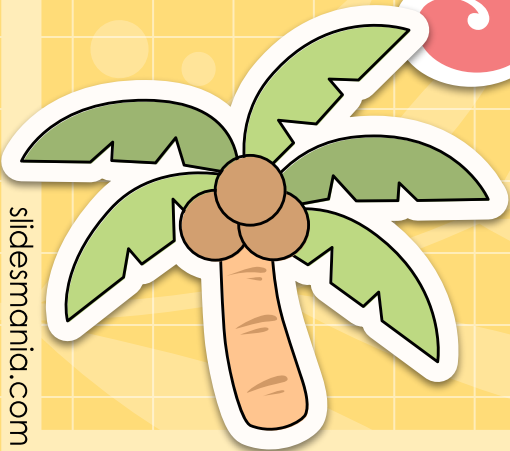


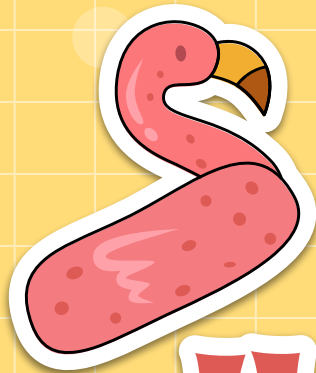
Guidance

Department

Summer Updates

June 2024

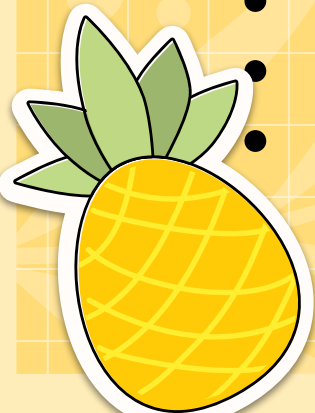
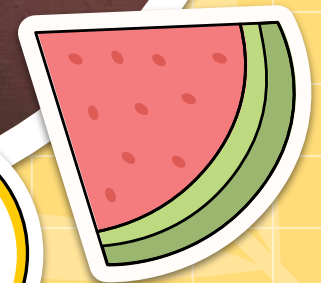
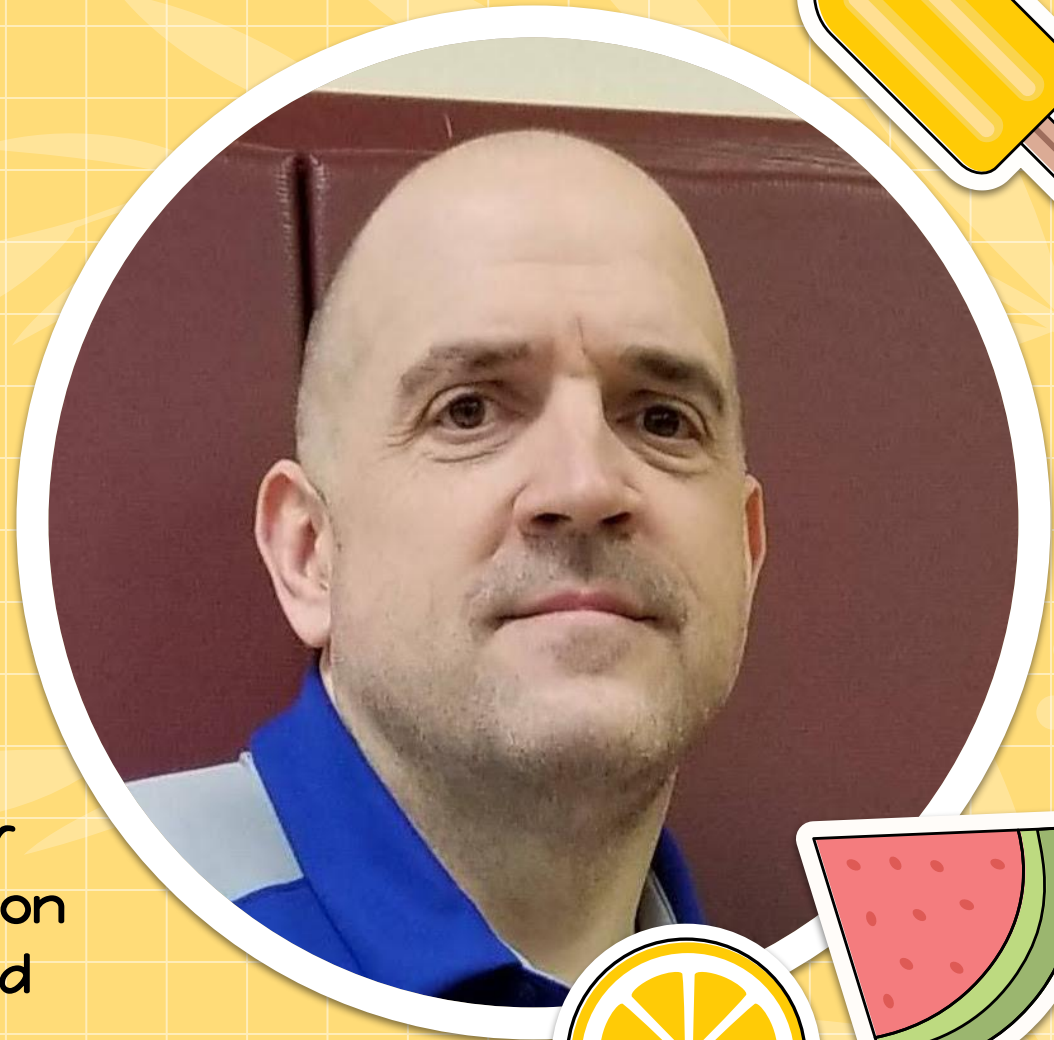




Hello! I'm...

Brian Morgan (morgan.brian@pvbears.org)

- 29th year as a PV Bear School Counselor
 - 14 years at PVMS
 - 12 years at PVHS
 - 2 years at PVBA
- Returning to PVHS for 24/25 school year
- M.S. School Counseling from U. of Scranton
- 6-12th grade Guidance Department Head



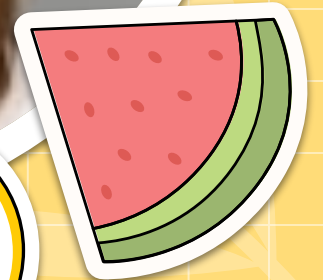


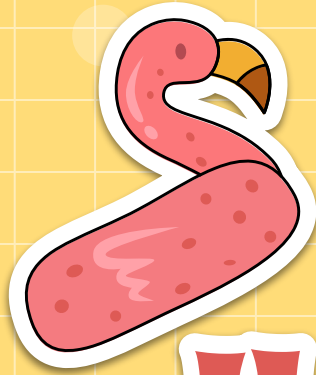
Hello! I'm...

Kristen Stachina

(stachina.kristen@pvbears.org)

- 13th year as a school counselor
- 3rd year at PVHS
- B.S. Psychology from East Stroudsburg University, M. Ed. in Secondary School Counseling from Lehigh University

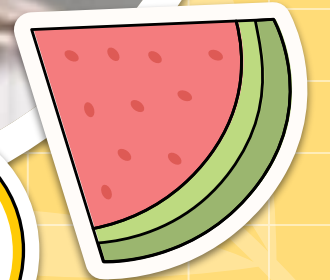




Hello! I'm...

Carley Hartzell (hartzell.carley@pvbears.org)

- 12th year as a School Counselor
- 1st year at PVHS
- M.S. from Marywood University (2009); Nationally Certified Counselor (2009); Licensed Professional Counselor (2015)



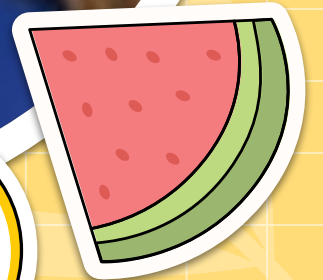


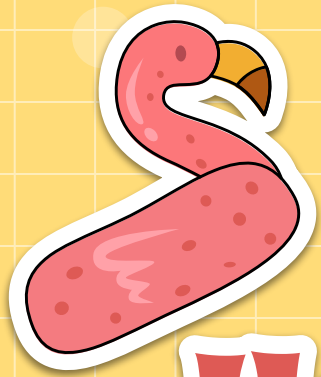
Hello! I'm...

Payton Storms

(gregory.payton@pvbears.org)

- 2nd year as a school counselor and at PVHS
- B.S. Psychology from Kutztown University; M.S. Counseling from Villanova University; Nationally Certified Counselor





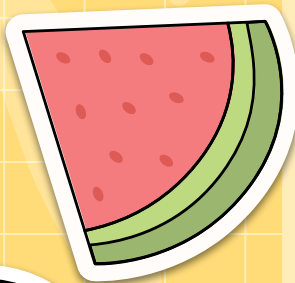
Hello! I'm...



Cevrina Vazquez (email vazquez.cevrina@pvbears.org)

Please join us in welcoming our newest team member to the Bear Family!

- 1st year at PV!
- B.S. In Human Development and family sciences from Indiana University of Pennsylvania.
- M.S. in school counseling from Kutztown University.
- Nationally Certified Counselor.

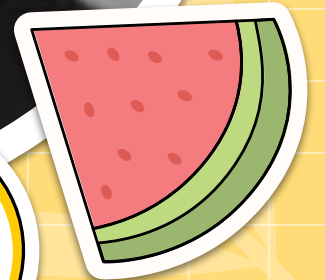
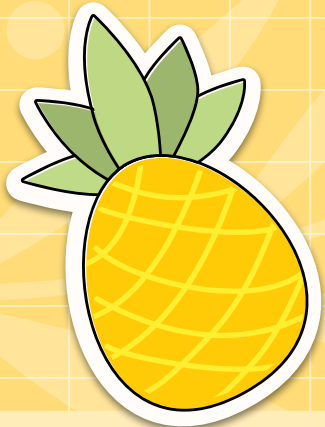


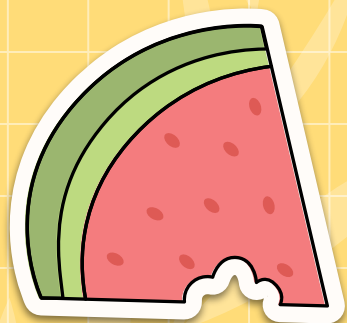


Hello! I'm...

Natalie Alvarez

- 19th year at PV
 - Has worked in transportation, HS Guidance, MS Guidance, PVI, PVE Guidance, and in the District Office as Student Information Specialist





New Alphabet Breakdown



MCTI Students - Brian Morgan

(will also have Rich-Sch from August-November)

A-Dir - Cevrina Vazquez

(will also have Sci-Sti from August-November)

Dis-Kur - Kristen Stachina

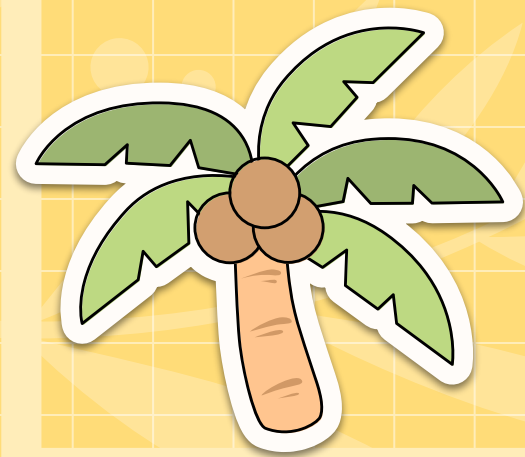
(will also have Sto-Va from August-November)

Kus-Rice - Carley Hartzell

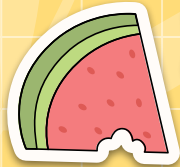
(will also have Ve-Z from August-November)

Rich-Z - Payton Storms

(will be out on maternity leave from August-November)

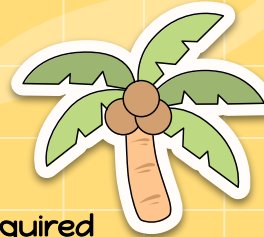


Add/Drop Procedure



No schedule changes in Summer

- Unless there is a mistake (missing required class, class in schedule you have already taken, etc.)
- Make an appointment with your school counselor the first week of school to change your schedule!



AP Classes

- Can not drop after June 6, 2024



Half-Year Classes

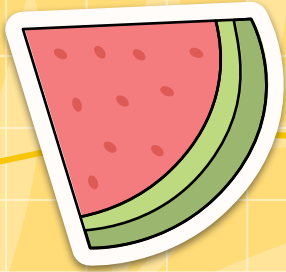
- 15 days to drop (deadline September 16, 2024)



Full-Year Classes

- 20 days to drop (deadline September 23, 2024)

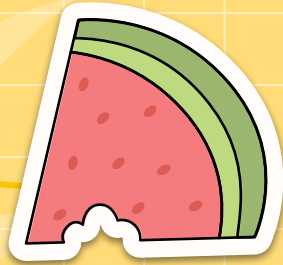
Who to Direct Questions To



MCTI

Brian Morgan

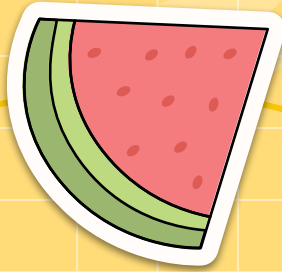
- Mission Statement:
Professional excellence in career and technical training today for a successful tomorrow.
- <https://www.monroecti.org/Page/1>
- 2024-2025 Application:
<https://docs.google.com/forms/d/e/1FAIpQLSfcP-tfZoRDP48rkJNwBPdUI699Fi8d85tSGdauQVw420B-yw/viewform>



Civics Exam

Brian Morgan

- All incoming 12th graders will take this exam before graduation - typically done during English class.



AP

Payton Storms

(2023-2024 AP

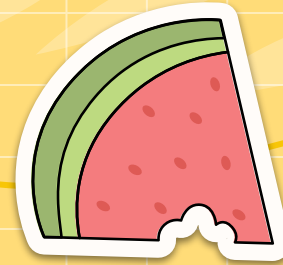
Coordinator)

Cevrina Vazquez

(2024-2025 AP

Coordinator)

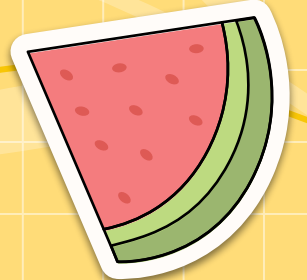
- Exam scores from May 2024 will be available online in July
- AP Courses for the 2024-2025 school year can not be dropped after June 6, 2024



PSAT

Carley Hartzell

- Benefits of taking the PSAT: can open up scholarship opportunities, gives you practice for SAT, colleges might recruit you if you give permission to share your scores, etc.
- More information on slide 13!

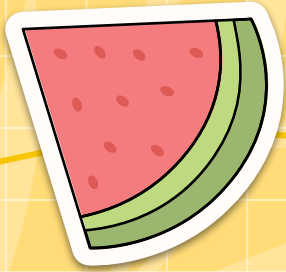


SAT Accommodations

Carley Hartzell

- If you need 504/IEP testing accommodations for SATs, PSATs, etc., please reach out at least 7 weeks prior to your exam.

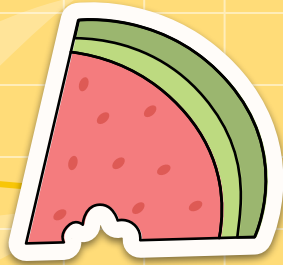
Who to Direct Questions To



SAP

Kristen Stachina

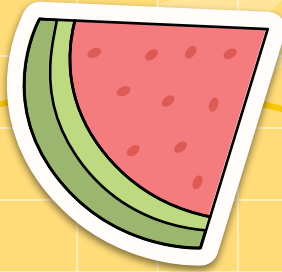
- State-mandated program that helps identify barriers to student's learning and school success
- Referral form will be posted on the Guidance Website once the school year begins - referrals can be made by teachers, counselors, other staff members, administrators, parents, or students



Keystones

Kristen Stachina

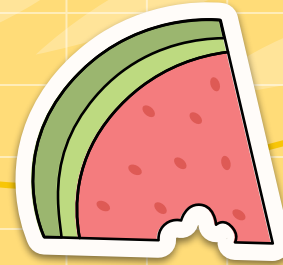
- Winter Testing Wave : January 3-17
- Spring Testing Wave: May 13-24



ASVAB/Military

Kristen Stachina

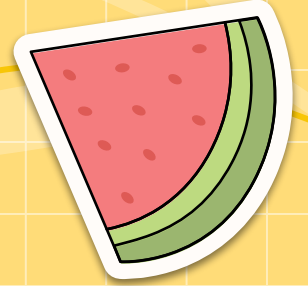
- Tentatively 10/8/24, 1/7/25, and 4/15/25 - first 2 dates will be for seniors only, April will be open to juniors and



NCAA

Payton Storms

- College bound student athletes, there is more information on slides 14-19!

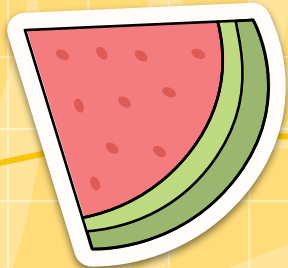


Transcripts

Natalie Alvarez

- If you see an error on your transcript, please reach out ASAP so we can get it corrected.
- Finalized transcripts for the 2023-2024 school year should be out in June.

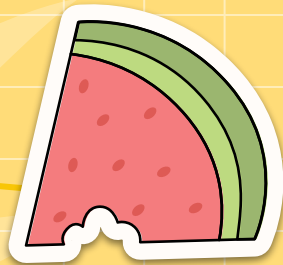
Who to Direct Questions To



Act 158

Your assigned counselor

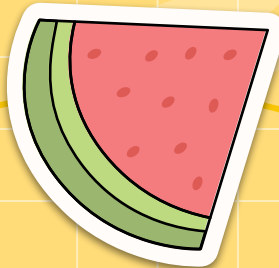
- PA Department of Education Statewide High School Graduation Requirement
- Took effect for the Class of 2023 and beyond
- In addition to meeting all PV requirements, every student must also meet an Act 158 pathway in order to graduate!
- More information on slide 26!



Graduation Requirements & Scheduling

Your assigned counselor

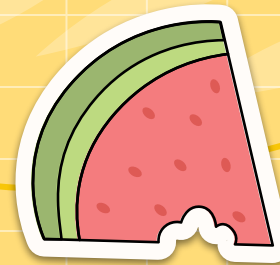
- Graduation requirements have changed for incoming classes. Please review the updated Program of Studies: <https://resources.finalsite.net/images/v1707787861/pvbears.org/herldztlecfn0kx71nle/2024-2025offici>



Instant Decision Days & College Visits

Natalie Alvarez

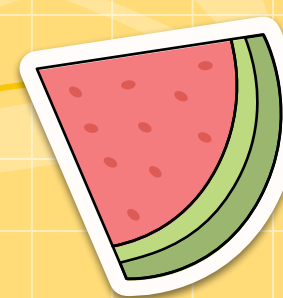
- Keep an eye on the HS Calendar and TVs for when certain colleges will be sending admissions counselors to PV!
- In the past, we have had these schools for IDD: ESU, NCC, Johnson College, Kutztown University, etc.



Scholarships & Singer Scholarship

Payton Storms (Scholarship Chairperson) & Brian Morgan (Singer Scholarship Coordinator)

- Scholarship document for Class of 2025 (will be updated on a bi-weekly basis with new opportunities): https://docs.google.com/document/d/1E9rgyxdUKDx_ca06gx0qmdj_SvK3Z2Bn8E0z47Ury3Q/ed-it?usp=sharing

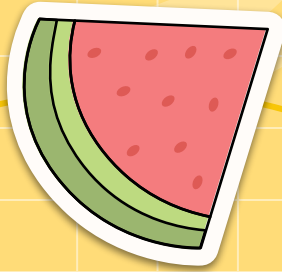
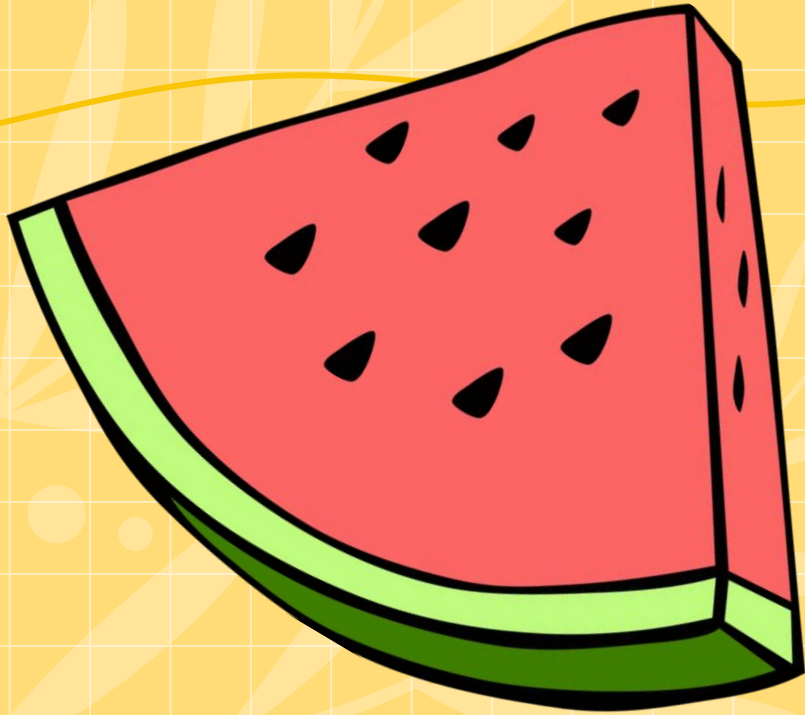


Financial Aid

Payton Storms

- 12th grade checklist: <https://studentaid.gov/resources/prepare-for-college/checklists/12th-grade>
- Keep an eye out for more information about Financial Aid Night which will be held in the fall!

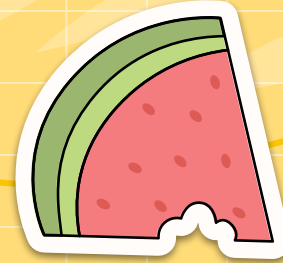
Who to Direct Questions To



Dual Enrollment &
Concurrent
Enrollment

Your assigned
counselor

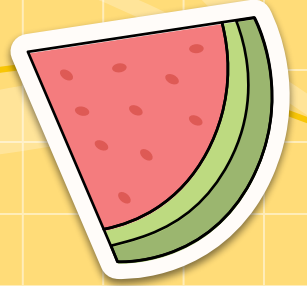
- As a reminder, you must have an 84% GPA or higher to qualify and for the course to be added to your schedule
- All appropriate paperwork/applications must be submitted for the course to be added to your schedule



DO

Your assigned
counselor

- Seniors, as a reminder, paperwork must be turned in to the Guidance Office for the class to be put in your schedule
- You must have a 75% GPA or higher and have no classes that need to be remediated to qualify

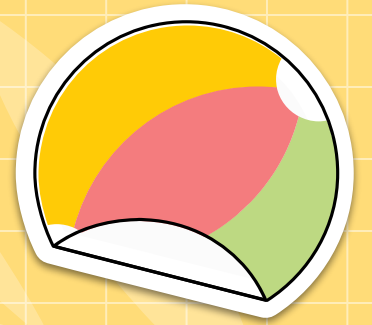


504s

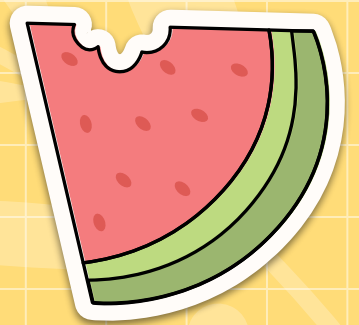
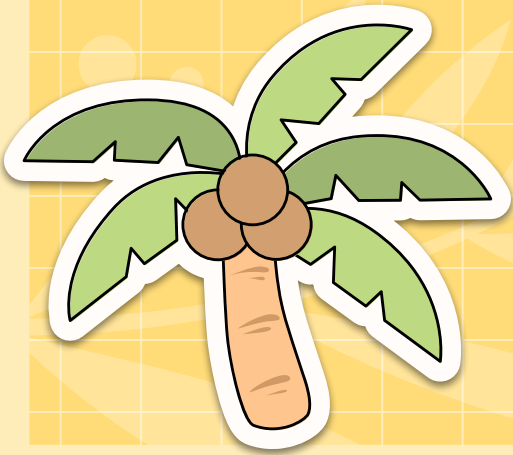
Your assigned
counselor



PSATs



- Tentatively - October 16th at PVHS
- Open to 10th and 11th graders (10th graders need to pay to take the exam)
- 11th graders - sign up to take the PSATs to be considered for the National Merit Scholarship
 - Scan the QR code below to reserve your spot!



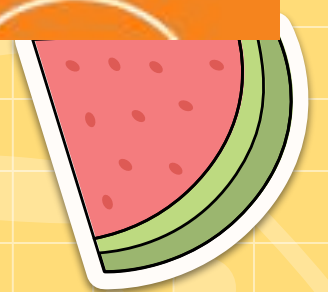
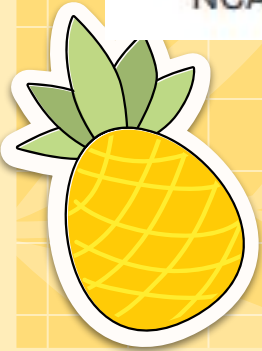


NCAA



9th GRADE REGISTER

- » If you haven't yet, **register** for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist to ensure you're taking the right courses, and earn the best grades possible!

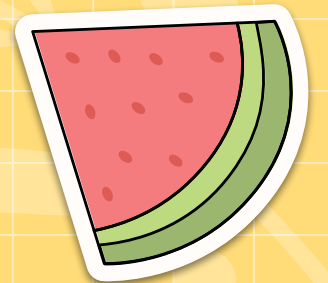




10th GRADE PLAN

- » If you're being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the required **certification account**.
- » Monitor the **task list** in your NCAA Eligibility Center account for next steps.

- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.
- » If you fall behind academically, ask your high school counselor for help finding **approved courses** you can take.





Recruiting Calendars

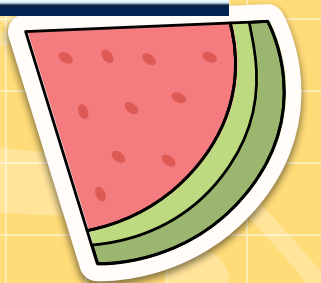
NCAA Division I and II recruiting calendars promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport. To view your division- and sport-specific recruiting calendar scan the QR code or visit on.ncaa.com/RecruitCal.

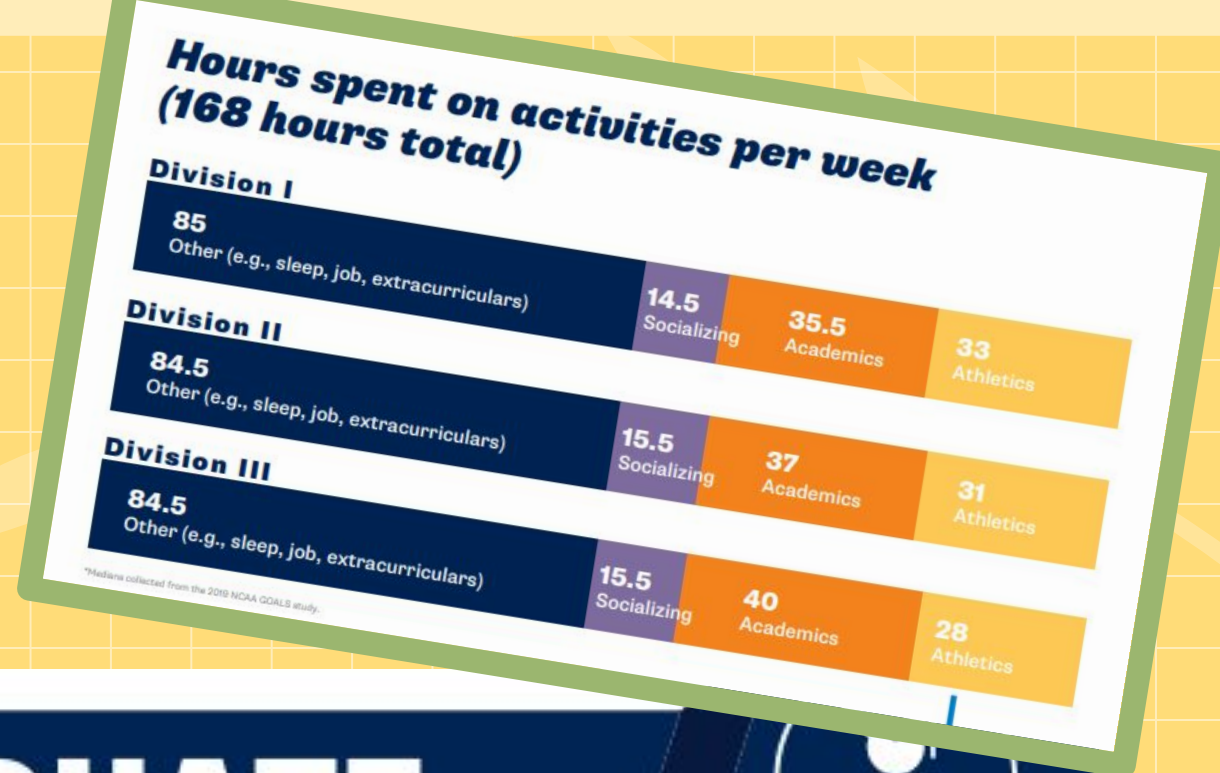


11th GRADE STUDY



- » Ensure your **sports participation** information is correct in your Eligibility Center account.
- » Check with your high school counselor to make sure you're on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Share your **NCAA ID** with NCAA schools recruiting you so each school can place you on its **institutional request list**.
- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.

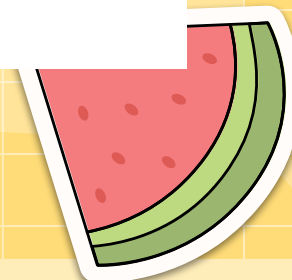




12th GRADE GRADUATE

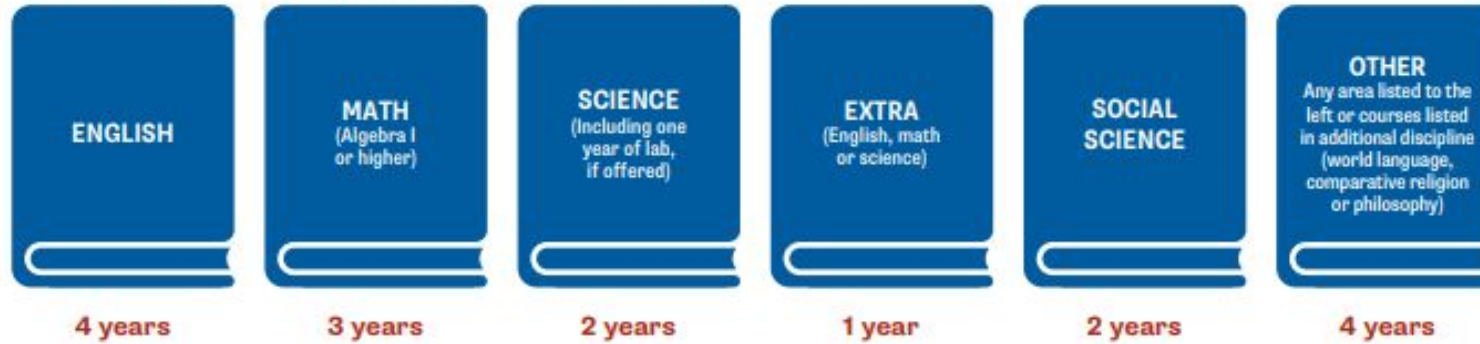


- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
- » Apply and be accepted to the NCAA school you plan to attend.
- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » After you graduate, ask your high school counselor to upload your final **official transcript** with proof of graduation to your Eligibility Center account.



Division I schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of full-time enrollment, you must meet all the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:



- Complete 10 of your 16 NCAA-approved core-course credits (including 7 in English, math, or science) before the start of your senior year
- Earn a minimum 2.3

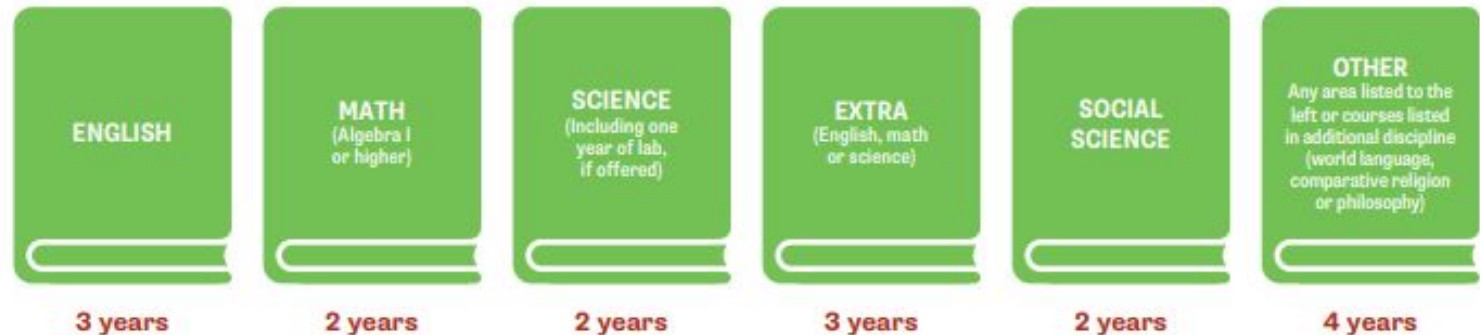
Division I Worksheet

Use the [Division I Worksheet](#) to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The Eligibility Center will determine your academic status after you graduate. Remember to check [your high school's list](#) of NCAA-approved core courses for the classes you have taken or plan to take.



Division II schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of full-time enrollment, you must meet all the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:



MAKE IT YOURS

- Earn a minimum 2.2 core-course GPA

Division II Worksheet

Use the [Division II Worksheet](#) to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The Eligibility Center will determine your academic status after you graduate. Remember to check [your high school's list](#) of NCAA-approved core courses for the classes you have taken or plan to take.



NCAA Approved Track

- **English**

- 9th grade - English 9, Honors English 9
- 10th grade - English 10, Honors English 10
- 11th grade - English 11, AP English Language
- 12th grade - English 12, AP English Literature

- **Social Studies**

- 9th grade - American Studies
- 10th grade - World Studies, AP World History
- 11th grade -
 - American Government, AP US Government & Politics
 - Economics, AP Microeconomics, AP Macroeconomics

- **Math**

- 9th grade - Algebra 1
- 10th grade - Algebra 2, Honors Algebra 2, Geometry, Honors Geometry
- 11th grade - Algebra 2, Honors Algebra 2, Geometry, Honors Geometry

- **Science**

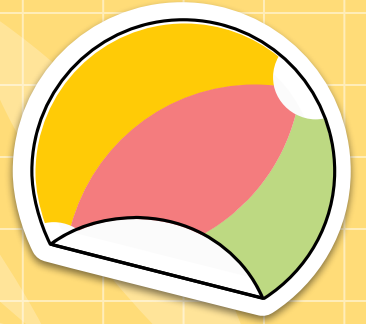
- 9th grade - Biology, Honors Biology
- 10th grade - Elements of Chemistry, Chemistry, Honors Chemistry

- **Electives**

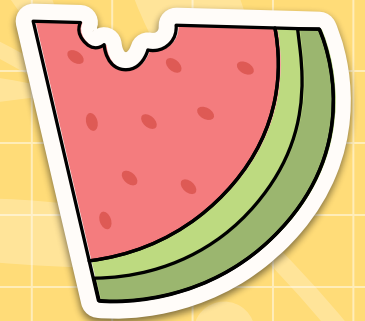
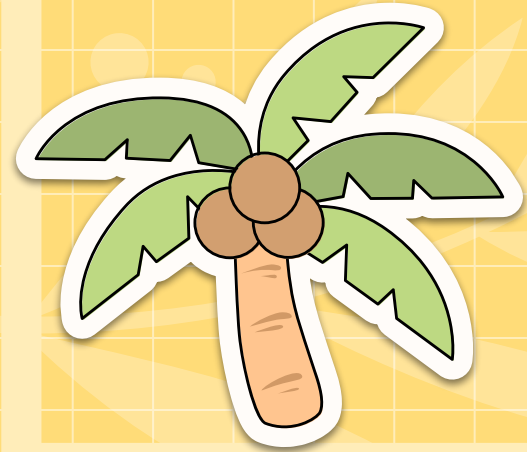
- Creative Writing
- Public Speaking
- AP US History
- Criminal Justice
- Current Issues
- AP Human Geography
- Modern US & World History
- Psychology
- AP Psychology
- Sociology
- Probability & Statistics
- AP Statistics
- Trigonometry
- Honors Pre-Calculus
- AP Calculus AB
- AP Calculus BC
- AP Biology
- AP Chemistry
- Honors Anatomy/Physiology
- Ecology
- Environmental Science
- AP Environmental Science
- Forensic Science
- Physics
- AP Physics
- German 1
- German 2
- German 3
- German 4
- AP German Language & Culture
- Spanish 1
- Spanish 2
- Spanish 3
- Spanish 4
- AP Spanish Language & Culture



Summer Counselor Days



- There will be counselors in and out of the office throughout the summer. We appreciate your patience!
- The best way to reach us is through email or to call our secretary at 570-402-1000 ext. 4011.

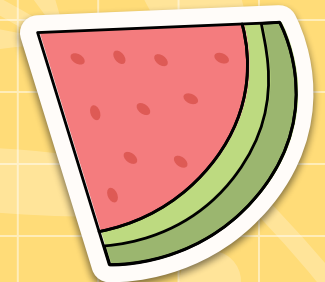
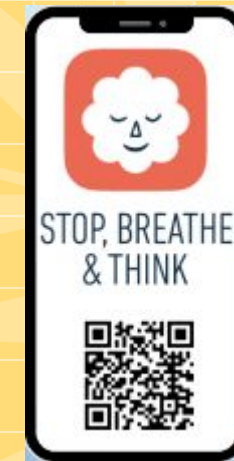
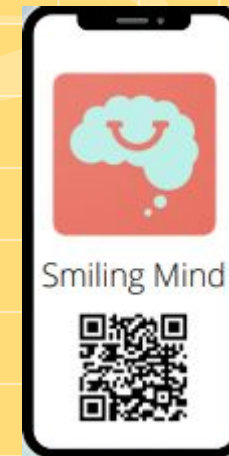
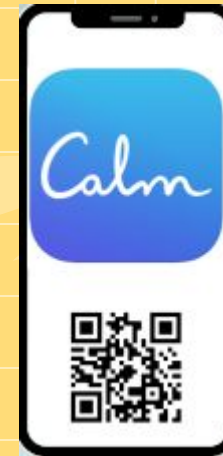


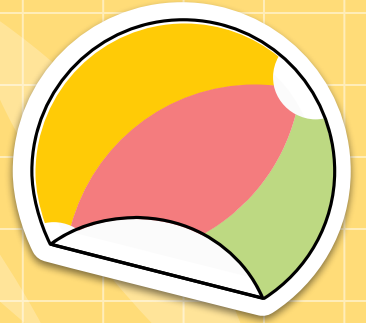
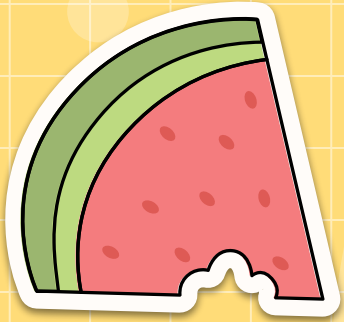


Mental Health Resources

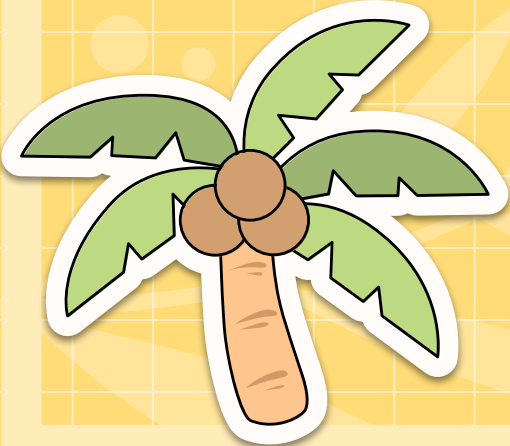
- National Suicide Hotline: 1-800-273-8255
- New Perspectives Crisis (Monroe County): 570-992-0879
- Crisis Text Line: Text "HOME" to 741741
- <https://youmatter.988lifeline.org/>
- <https://www.pacarepartnership.org/resources/crisis-and-hotlines/>
- <https://mentalhealthliteracy.org/>
- <https://teencentral.com/>
- <https://www.healingmagazine.org/>
- <https://www.nami.org/your-journey/kids-teens-and-young-adults/>
- <https://www.nimh.nih.gov/get-involved/digital-shareables/shareable-resources-on-child-and-adolescent-mental-health>
- <https://www.medicalnewstoday.com/articles/mindfulness-activities-for-teens>
- Free Mindfulness Apps:
 - Calm - 3-25 minute breathing exercises, soothing sounds to help you fall asleep, etc.
 - Smiling Mind - sectioned for different age groups
 - Stop, Breathe & Think - mood tracker, exercises that focus on sleep and anxiety

This list is of known providers of a particular service. The providers on the list are from a variety of sources. As a courtesy, this list is for information only. The user should understand that the list does not provide assurances or guarantees regarding the providers. Pleasant Valley School District neither endorses, approves, nor recommends any specific provider listed above. This list is not inclusive of all community agencies, services or organizations that provide the particular service and the omission of an agency, service or organization from this list does not imply disapproval. It is the responsibility of the user of this list to determine whether any of the content is of value to them and whether or not the agency, service or organization meets their specific needs.



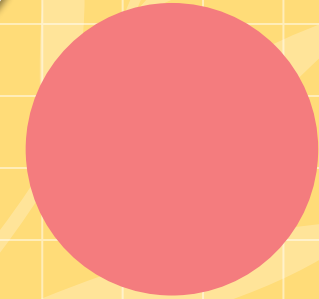
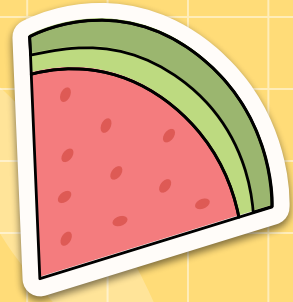


QR Code to Make an Appointment with Counselor (24-25 Year)



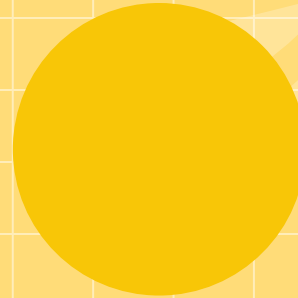


Incoming 9th Graders



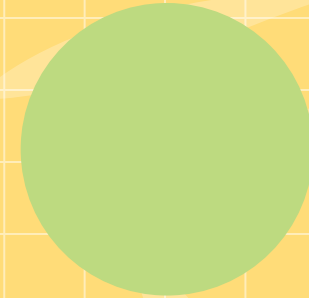
Orientation

Keep an eye out for more information about 9th grade orientation in August!



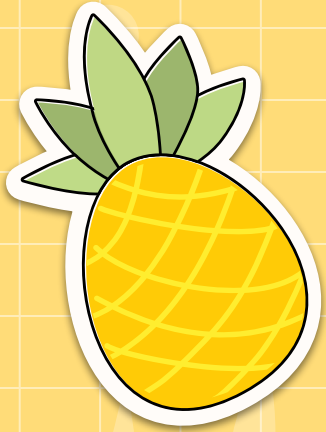
Required 9th Grade Classes

- English 9 or Honors English 9
 - English 9 Google Classroom code for summer work: [ayg4tkj](#)
 - Honors English 9 Google Classroom code for summer work:
- 1 Math Course
 - Honors Geometry Google Classroom code for summer work: [frqioxq](#)
 - Honors Algebra 2 Google Classroom code for summer work: [r2x4k2n](#)
- Biology or Honors Biology
 - Honors Biology Google Classroom code for summer work: [llujavr](#)
- American Studies
- Wellness and Health 1
- Career Planning & Financial Literacy

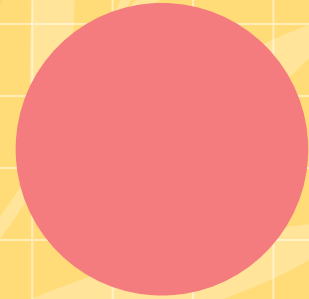
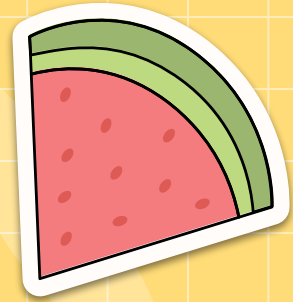


Graduation Requirements

- 4.0 credits English
- 3.0 credits Math
- 3.0 credits Science (Biology and Chemistry required)
- 3.0 credits Social Studies
- 1.0 additional credit from math, science, or social studies
- 2.0 credits of Wellness & Health courses
- 0.5 credits Career Planning & Financial Literacy
- 7.5 credits of Electives
- 24 credits total

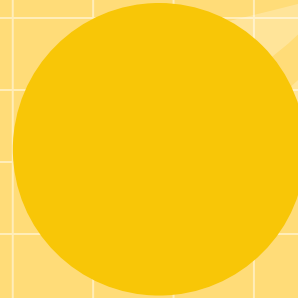


Incoming 10th Graders



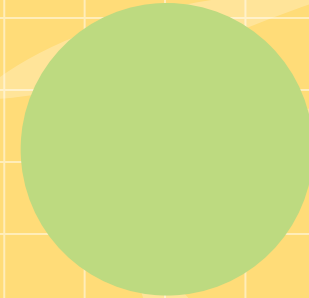
Helpful Resources

- Career Quiz:
<https://bigfuture.collegeboard.org/career-search/career-quiz>
- College Quiz:
<https://bigfuture.collegeboard.org/college-search/college-quiz>



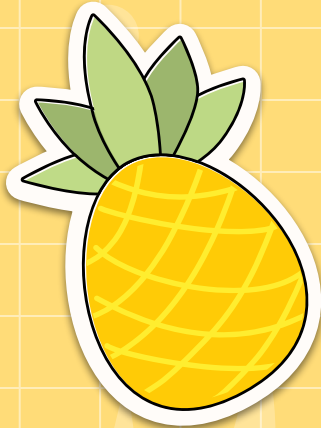
Required 10th Grade Classes

- English 10 or Honors English 10
 - English 10 Google Classroom code for summer work: [im4ow44](#)
 - Honors English 10 Google Classroom code for summer work: [srfbjoc](#)
- 1 Math Course
 - Honors Geometry Google Classroom code for summer work: [frqioxq](#)
 - Honors Algebra 2 Google Classroom code for summer work: [r2x4k2n](#)
- Chemistry or Selected Science Elective
 - Honors Chemistry Google Classroom code for summer work: [n6tac37](#)
- World Studies or AP World History
 - AP World History Google Classroom code for summer work: [7edivca](#)
- Wellness and Health 1

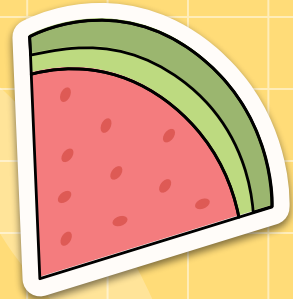


Graduation Requirements

- 4.0 credits English
- 3.0 credits Math
- 3.0 credits Science (Biology and Chemistry required)
- 3.0 credits Social Studies
- 1.0 additional credit from math, science, or social studies
- 0.25 credits Physical Education
- 0.25 credits Career Explorations
- 1.5 credits of Wellness & Health courses
- 8.0 credits electives
- 24 credits total



Incoming 11th Graders



Required 11th Grade Classes

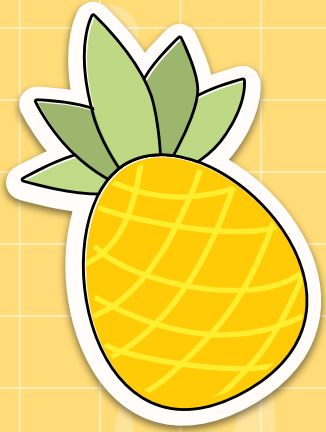
- English 11 or AP English 11
 - English 11 Google Classroom Code: [ln3dqpb](#)
 - AP English 11 Google Classroom Code: [jvrs4em](#)
- 1 Math Course
 - Honors Geometry Google Classroom code for summer work: [frqioxq](#)
 - Honors Algebra 2 Google Classroom code for summer work: [r2x4k2n](#)
 - AP Statistics Google Classroom code for summer work: [73kfgn6](#)
 - Honors Precalculus Google Classroom code for summer work: [tdotr5](#)
 - AP Calculus AB Google Classroom code for summer work: [yav64fb](#)
 - AP Calculus BC Google Classroom code for summer work: [rq7gilp](#)
- Chemistry or Selected Science Elective
 - Honors Chemistry Google Classroom code for summer work: [n6tac37](#)
 - AP Chemistry summer work: email grose.debra@pvbears.org and join the Google Classroom (code: [add6jeo](#))
 - AP Environmental Science Google Classroom code for summer work:
 - AP Biology summer work: email garr.maricatherine@pvbears.org and join the Google Classroom (code: [siqjudu](#))
 - Honors Anatomy & Physiology summer work: email mackes.shannon@pvbears.org and join the Google Classroom (code: [6lhhfv5](#))
 - AP Physics summer work: email witinski.andy@pvbears.org
- American Government or AP US Government
- Economics, AP Microeconomics, AP Macroeconomics, or Intro to College Economics

Helpful Resources

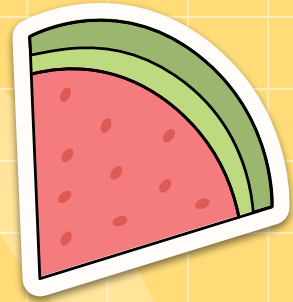
- Watch virtual college tours for over 3000 colleges/universities and hear from real students from these campuses - <https://www.thecollegetour.com/>

Graduation Requirements

- 4.0 credits English
- 3.0 credits Math
- 3.0 credits Science (Biology and Chemistry required)
- 3.0 credits Social Studies
- 1.0 additional credit from math, science, or social studies
- 0.5 credits Physical Education
- 0.25 credits Health
- 0.25 credits Career Explorations
- 1.0 credits of Wellness & Health courses
- 8.0 credits electives
- 24 credits total



Incoming 12th Graders



Act 158

You must meet one of these pathways for the state of PA in order to walk in graduation and get your diploma!

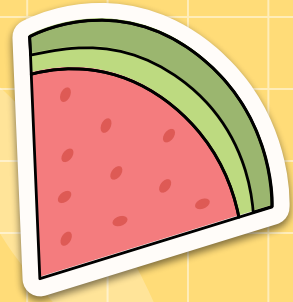
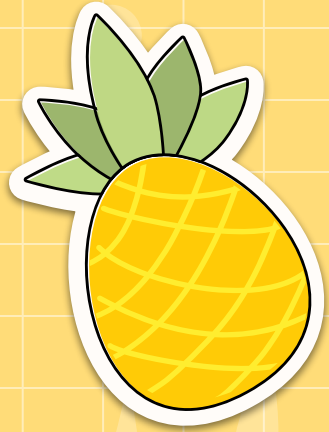
1. Score proficient on all 3 Keystone exams
2. Score proficient on at least 1 Keystone exam, have no scores below basic, have a sum on the 3 Keystone exams of 4452
3. Take an alternative assessment: ACT = 21 or better, ASVAB = 31 or better, PSAT = 970 or better, SAT = 1010 or better
4. 4-year college acceptance letter
5. Competent or better on NOCTI exam (for MCTI students only, try to meet another pathway first!, NOCTI scores don't come out until April/May)
6. Provide at least 3 pieces of evidence from the list below
 - a. One or more of these: 3 or better on an AP exam, CPR certification, successful completion of a dual enrollment or concurrent enrollment course, acceptance into a 2-year college or trade school
 - b. No more than 2 of these: proficient on 1 Keystone exam, completion of Service Learning Project, letter guaranteeing full-time employment or military enlistment

Helpful Resources

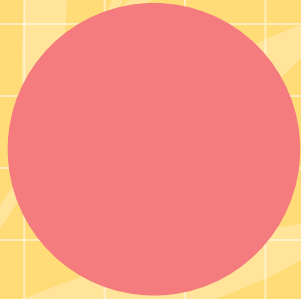
- Questions to ask on College Visits:
<https://www.usnews.com/education/best-colleges/applying/articles/questions-to-ask-on-a-college-visit>
- Scholarship Opportunities (this document will be updated bi-weekly to show new opportunities):
https://docs.google.com/document/d/1E9rgyxUKDx_ca06gx0qmdj_SvK3Z2Bn8E0z47Ury3Q/edit?usp=sharing
- Early Summer Checklist:
https://www.fastweb.com/college-search/articles/may-checklist-for-high-school-juniors?utm_source=external_educator&utm_medium=referral&utm_campaign=HSCM_nlet2024

Graduation Requirements

- 4.0 credits English
- 3.0 credits Math
- 3.0 credits Science
- 1.0 additional credit from math, science, or social studies
- 0.75 credits Physical Education
- 0.5 credits Health
- 0.25 credits Career Explorations
- 0.5 credits Wellness course
- 8.0 credits of electives
- 24 credits total

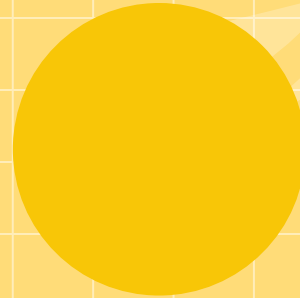


MCTI Students



Wellness Credits

- All MCTI students will be enrolled in a cyber version of their gym/health class - students will utilize the time they are waiting for their bus/class to work on the assignments for this course
- The state of PA mandates that all students take a Physical Education class every year!



Helpful Resources

MCTI Student Services:

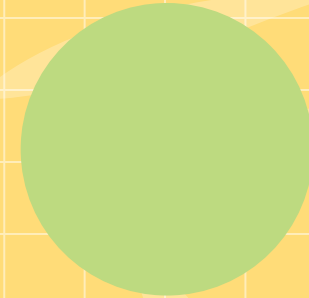
<https://www.monroecti.org/domain/149>

- Scholarships, financial aid information, Mental Health Resources, etc.

MCTI School Counselor for PV:

Lorelle Battle

(LBattle@monroecti.org,
570-629-2001 ext. 1154)

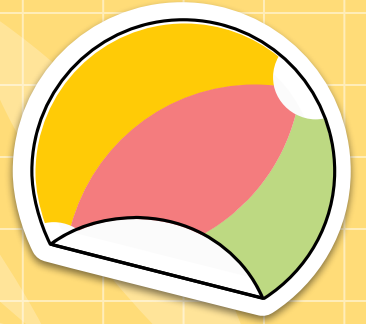


Graduation Requirements

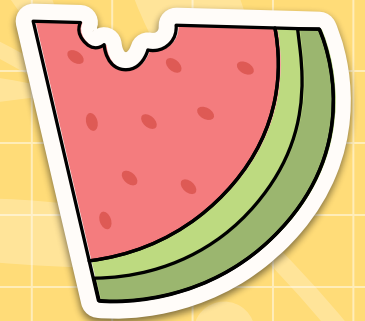
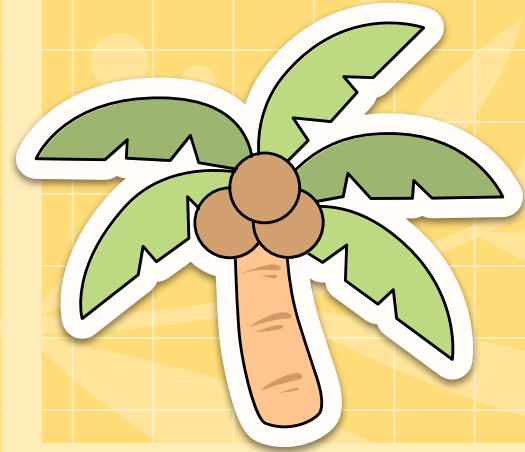
- 4.0 credits English
- 3.0 credits Math
- 2.0 credits Science (Biology & Chemistry required)
- 3.0 credits of Social Studies
- 2.0 credits of Wellness & Health courses
- 10.5-13 MCTI Program Credits

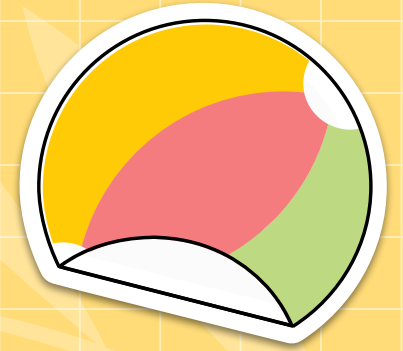
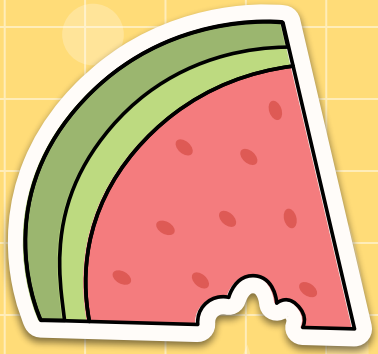


Celebrating the Class of 2024



- Over \$7.6 million earned in monetary awards!
- 35+ district and local scholarships won by PV seniors! - amounting in over \$115,000
 - 25 seniors enlisting in the military
 - 44 seniors entering the workforce
- 256 seniors pursuing post-secondary training/education





Thank you!



Do you have any questions?

570-402-1000 ext. 4011

Have a great summer break!

