



PVHS School Counselors' Monthly Newsletter

INTRODUCING OUR NEW TEAM!

- **Natalie Alvarez**– *Guidance Department Secretary*

- **Brian Morgan**-*All MCTI Students*

-*MCTI Liaison, Department Head, Singer Scholarship Coordinator, Civics Test Coordinator*

- **Ariana Liebenguth**– *All PVBA Cyber Students*

- **Cevrina Vazquez**– *Last Names A-Dir*

- *Post-Secondary Decision Day Coordinator, AP Coordinator, Concurrent Enrollment Liaison, Summer Pre- College Programs Coordinator.*

- **Kristen Stachina**– *Last Names Dis-Kur*

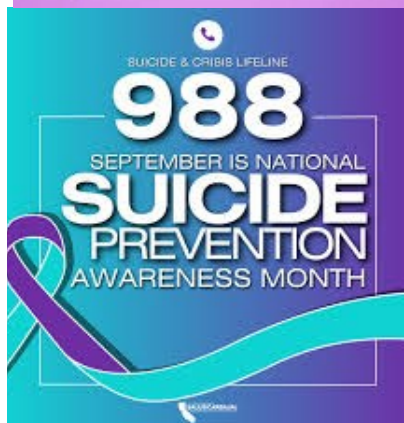
- *SAP Coordinator, ASVAB Coordinator, Keystone Exam Coordinator, Grades and Transcript Coordinator.*

- **Carley Hartzell**– *Last Names Kus-Rice*

- *PSAT Coordinator, SSD Coordinator, CST and School-wide Positive Behavior Support Coordinator, College Communications Coordinator (NCC and ESU).*

- **Payton Storms**-*Last Names Rich-Z (On maternity leave until November)*

- *Scholarship Chairperson, Financial Aid and Junior Jumpstart Coordinator, NCAA Coordinator, Scheduling Coordinator.*



SUICIDE PREVENTION MONTH

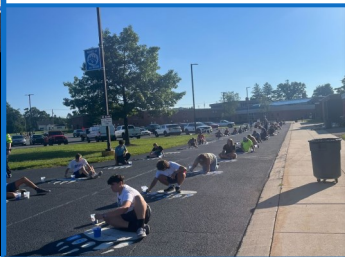
- September is suicide prevention month: A time to raise awareness of this urgently important crisis. We use this month to shift public perception, spread hope, and spread vital information to people impacted by suicide.
- Our goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help.



SENIOR PAW PAINTING 8/13/24

Mrs. Stachina, Mrs. Gregory-Storms, and Mr. Morgan had a great time helping out with our Senior Paw Painting this year. It was so much fun seeing how creative our senior class was when designing and decorating their own personal bear paws for all to see.

It was a great first senior event to kick off the 2024-2025 school year! GO BEARS. "WE HAVE ARRIVED! CLASS OF 2025!"



Student Assistance Programs (SAP) are state-mandated in all secondary schools in PA. These programs identify issues which pose a barrier to a student's learning and school success. SAP is not a treatment program; but rather, a process using techniques to mobilize school resources to remove barriers. Where the problem is beyond the scope of the school, this program assists the parent/student with information so they may access services in the community. Referrals can be made by teachers, counselors, administrators, other staff members, parents, and students. To access the online referral form, please scan the QR code or use this link: <https://docs.google.com/forms/d/e/1FAIpQLSdteSypQ->



ATTENTION ALL PROSPECTIVE COLLEGE ATHLETES!

All students that are considering playing sports at the college level must create an account with the NCAA Eligibility Center.

Please use this link to start your account: <https://web3.ncaa.org/ecwr3/>

Along with setting up an account, students must meet academic criteria such as completing 16 credits of approved NCAA courses, meeting academic minimums for GPA, and attaining a score on your SAT that is based on your GPA.

Please speak with your school counselor if you have any questions. Let your hard work on the field match the hard work in your academics!



Eligibility Center

One of our school counselors, Mr. Brian Morgan, attended the Fall Sports Parent meeting on August 15 to review NCAA eligibility requirements and steps. As a reminder, if you plan to play a sport at the collegiate level, you need to make an NCAA eligibility account as soon as possible. Refer to this guide (pages 8-9) for instructions on how to do this: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf Make an appointment with your school counselor to make sure you are taking NCAA approved courses and to review division requirements.

ESU SENIOR BUS TRIP 10/1/24

A poster for the ESU Senior Bus Trip. The text is written in a white, hand-drawn style on a black background. It says "ESU Senior Bus Trip" with a drawing of a bus, "October 1, 2024" with a yellow arrow pointing to the date, and "SIGN UP ASAP!! ESU CAMPUS TOUR AND INSTANT DECISION DAY!". At the bottom left is the ESU logo (East Stroudsburg University) and at the bottom right is a QR code with a blue arrow pointing to it.

ESU Senior Bus Trip
October 1, 2024
SIGN UP ASAP!! ESU CAMPUS TOUR AND INSTANT DECISION DAY!





SAFE TO SAY SOMETHING

What is Safe to Say? Safe to Say Something is a youth violence prevention program run by the Pennsylvania Office of Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it’s too late. With Safe2 Say Something, it’s easy and confidential to report safety concerns to help prevent violence and tragedies.

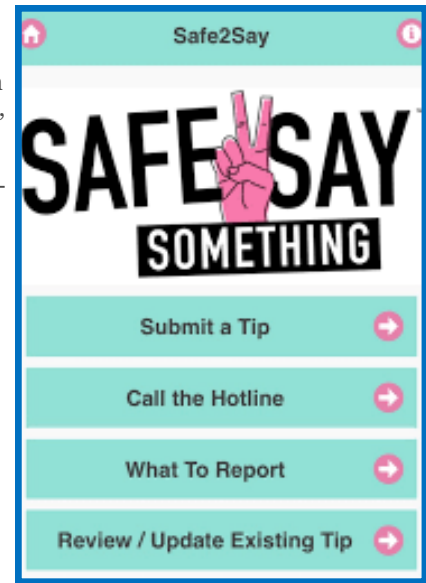
Report Online:
www.safe2saypa.org
Base Education 2022

Download the App:
www.safe2saypa.org/download

Call the Helpline:
1-844-SAF2SAY

Check out the QR code to submit a tip!

See It. Report It!



Upcoming Financial Aid Webinars: Representatives from the Pennsylvania Higher Education Agency (PHEAA) will be providing a variety of webinars, including an overview of how to apply for all types of financial aid, reviewing financial aid offers, financial aid for non-traditional students, and more! Sign up here:

<https://www.pheaa.org/virtual/index.shtml>



UPCOMING DATES/COLLEGE VISITS!

- October 7th: Moravian University
- October 16th: Indiana University of PA.
- October 24th: Bucknell University
- October 28th: Muhlenberg College
- October 29th: Misericordia University
- November 4th: Financial Aid Night 6 – 7:30 pm in the new auditorium.**

UPCOMING TESTING

SAT (use this link to sign up and see testing locations: <https://satsuite.collegeboard.org/sat>)

- October 5th (Sign up by September 20th)
- November 2nd (Sign up by October 18th)
- December 7 (Sign up by November 22nd).

Our school code is: 390455

ASVAB TESTING

Pleasant Valley High School will be offering our first round of the Armed Services Vocational Aptitude Battery on Tuesday October 8th at 7:30 am in the Library. At this time, this is open to Pleasant Valley seniors only.

Scan the QR code below to sign up. Please reach out to Mrs. Stachina (ASVAB Coordinator) for more information or with any questions.

2024 ASVAB Testing For Seniors



- Armed Services Vocational Aptitude Battery
- First testing date October 8th, 2024 at 7:30 am. Room: Library

If you are interested in taking the ASVAB test on October 8th, please sign up via the QR code below or in the Guidance Office!

