

School Counseling

School Counselors work to improve success for **ALL** students by implementing a comprehensive school counseling program focused on career readiness, appropriate academic supports, and social emotional skills to become productive citizens.



- **WHAT WE DO:**
 - MEET INDIVIDUALLY, IN THE CLASSROOM, OR IN GROUPS WITH STUDENTS TO ADDRESS ACADEMICS, POST-GRADUATION OPTIONS, CAREER READINESS AND SOCIAL EMOTIONAL SKILLS.
- **WHO WE ARE:**
 - MRS. MARY KATE ZACHARIAS: SCHOOL COUNSELOR (A-D), MZACHARIAS@PINERICHLAND.ORG
 - MRS JENNIFER BOWERS: SCHOOL COUNSELOR (E-K), JBOWERS@PINERICHLAND.ORG
 - MRS. FILIPOWSKI: SCHOOL COUNSELOR (L-Q), TFILIPOWSKI@PINERICHLAND.ORG
 - MRS. STRAUB: SCHOOL COUNSELOR (R-Z), LSTRAUB@PINERICHLAND.ORG
 - MRS. SECEN: TRANSITION COUNSELOR, JSECEN@PINERICHLAND.ORG
 - MRS. WELSHONCE: SOCIAL WORKER, CWELSHONCE@PINERICHLAND.ORG
 - MRS. WHALEN: COLLEGE AND CAREER COUNSELOR, JWHALEN@PINERICHLAND.ORG
- **HOW TO CONTACT US:** GOOGLE CLASSROOM/APPOINTMENT SCHEDULE/EMAIL/VISIT OFFICE
- **CLASS OF 2026:** CLASS CODE: OJVO7YH

CAREER READINESS LEARNING GOAL

USING NAVIANCE, STUDENTS WILL COMPLETE THE CAREER INTEREST PROFILER WHICH CAPTURES THEIR INTERESTS AND PERSONALITY TRAITS. STUDENTS WILL RESEARCH AND SAVE A CAREER AND ONE POST-SECONDARY INSTITUTION THAT ALIGNS WITH THOSE INTERESTS.



- COMPLETE THE CAREER INTEREST PROFILER
- SAVE A CAREER
- SAVE A COLLEGE/TECHNICAL SCHOOL

WHAT'S IN IT FOR YOU?



- PERSONALITY TRAITS CAN HELP IDENTIFY CAREERS THAT MATCH YOUR INTERESTS
- UNDERSTAND POTENTIAL FUTURE EARNINGS IN THOSE CAREERS
- ENJOY WORKING MORE
- INCREASE YOUR SUCCESS



SIGNING INTO NAVIANCE

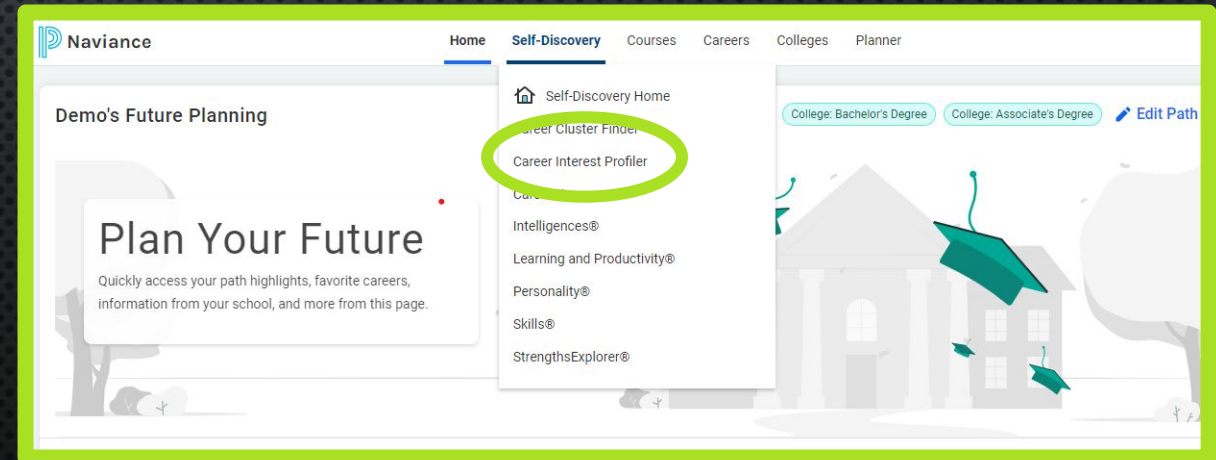
- EVERY STUDENT HAS AN ACCOUNT
- GO TO: [PRRAMS.ORG](https://prrams.org)
- CLICK ON CLEVER
- LOG IN WITH GOOGLE

The screenshot shows the 'Plan Your Future' dashboard on the Naviance website. At the top, it says 'Demo's Future Planning' and has two filters: 'College: Bachelor's Degree' and 'College: Associate's Degree', along with an 'Edit Pa' button. The main heading is 'Plan Your Future' with a subtext: 'Quickly access your path highlights, favorite careers, information from your school, and more from this page.' Below this is a 'Career Goals' section with two items: 'Marketing Managers' and 'Secondary School Teachers, Except Special and Career/Technical Education'. At the bottom, there is a 'College Path Highlights' section with a search bar labeled 'Search for a College'.

LOCATING CAREER INTEREST PROFILER

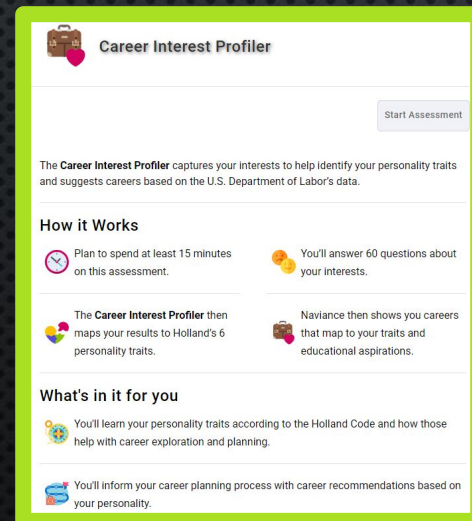


- HOW TO ACCESS THE LESSON
 - CLICK ON *SELF-DISCOVERY* TAB
 - **CAREER INTEREST PROFILER**
- READ DIRECTIONS AND COMPLETE THE ASSESSMENT



CAREER INTEREST PROFILER

- ❑ THINK ABOUT WHETHER YOU WOULD LIKE OR DISLIKE DOING A PARTICULAR WORK ACTIVITY IF YOU HAD A CHANCE TO DO IT
- ❑ THERE ARE NO RIGHT OR WRONG ANSWERS. THE MORE ACCURATELY YOU ANSWER EACH QUESTION, THE BETTER YOUR RESULTS WILL BE. TRY TO **AVOID** ANSWERING WITH **NEUTRAL**
- ❑ WHEN YOU ARE READY TO BEGIN, PLEASE CLICK THE "START" BUTTON



Career Interest Profiler

Start Assessment

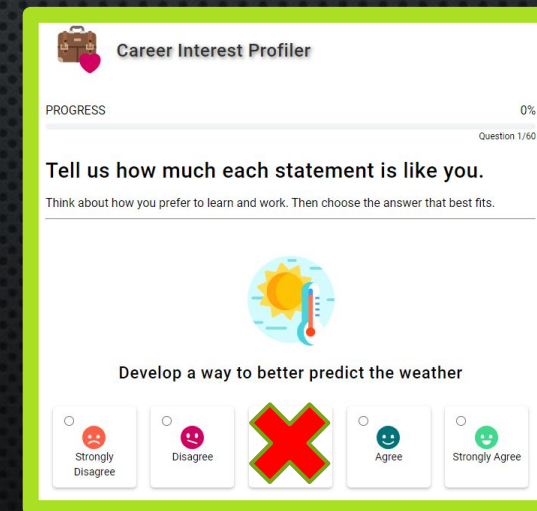
The **Career Interest Profiler** captures your interests to help identify your personality traits and suggests careers based on the U.S. Department of Labor's data.

How it Works

- Plan to spend at least 15 minutes on this assessment.
- You'll answer 60 questions about your interests.
- The **Career Interest Profiler** then maps your results to Holland's 6 personality traits.
- Naviance then shows you careers that map to your traits and educational aspirations.

What's in it for you

- You'll learn your personality traits according to the Holland Code and how those help with career exploration and planning.
- You'll inform your career planning process with career recommendations based on your personality.




Career Interest Profiler

PROGRESS 0%
Question 1/60

Tell us how much each statement is like you.

Think about how you prefer to learn and work. Then choose the answer that best fits.


 Develop a way to better predict the weather

Strongly Disagree Disagree Agree Strongly Agree

ASSESSMENT RESULTS

- CAREER INTEREST PROFILER HELPS YOU FIND CAREERS BY MAPPING YOUR INTERESTS WITH HOLLAND TRAITS
 - SOCIAL: I AM A **HELPER**
 - ENTERPRISING: I AM A **DOER**
 - CONVENTIONAL: I AM A **ORGANIZER**
 - ARTISTIC: I AM A **CREATOR**
 - INVESTIGATIVE: I AM A **THINKER**
 - REALISTIC: I AM A **PERSUADER**
- YOU ARE **UNIQUE**
- VIEW CAREERS BY HIGHEST HOLLAND SCORE
- FAVORITE AT LEAST ONE CAREER





SUCCESS!


Summary

The Career Interest Profiler helps you find careers by mapping your interests to six basic types of personalities, together called the Holland Code. The higher you score, the more you are like that type.

What's Next

- Take a look at the traits where you received your **highest scores** and then view the related careers for those types.
- Consider your education and training aspirations.** You have to level up your skills to break into any occupation. Different careers require different certification, licenses, and degrees. These can take anywhere from a few months to over 5 years. Filter related careers by education to find careers that match your needs.
- You are unique.** Not every career that matches a personality type will be a match to your interests, skills, aspirations, or desired lifestyle. The trick is to discover the ones that do.
- Be sure to **favorite careers** that interest you to save them for later.

Your Overall Scores by Holland Trait



Secondary School Teachers, Except S...

Teach one or more subjects to students at the secondary school level.

Education
4 Year College

Median Salary
\$61,660

Favorite

Your Top Holland Traits

 <p>Social</p> <p>HOLLAND TRAIT Likes to do things to help people -- like, teaching, nursing, or giving first aid, providing information. Generally avoids using machines, tools, or animals to achieve a goal.</p> <p>View Careers</p>	<p>SCORE: 35</p>	 <p>Enterprising</p> <p>HOLLAND TRAIT Likes to lead and persuade people, and to sell things and ideas. Generally avoids activities that require careful observation and scientific, analytical thinking.</p> <p>View Careers</p>	<p>SCORE: 27</p>
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ADVANCED COLLEGE SEARCH

- CLICK ON COLLEGES TAB
- ADVANCED COLLEGE SEARCH
- SAVE A SCHOOL:

CLICK ON THE



<input type="checkbox"/>	  University of Pittsburgh-Pittsburgh Campus
<input type="checkbox"/>	 The Art Institute of Pittsburgh-CLOSED DO NOT USE
<input type="checkbox"/>	 Trade Institute of Pittsburgh

Home	Self-Discovery	Courses	Careers	Colleges	Planner
 College Home					
Find Your fit					
SuperMatch College Search					
College Events					
Scattergrams					
Advanced College Search					
College Lookup					
				Research Colleges	
				 Colleges I'm Thinking About	
				College Visits	
				College Compare	
				College Resources	
				Acceptance History	
				Enrichment Programs	
				College Maps	
					Apply to College
					Colleges I'm Applying To
					Test Scores

PICK SEARCH CRITERIA

- PICK YOUR SEARCH CRITERIA
 - WHAT'S IMPORTANT TO YOU?
- TYPE: 4-YEAR, 2-YEAR, CAREER, TECHNICAL
- LOCATION: DISTANCE FROM HOME OR STATE
- MAJOR
- ANYTHING ELSE?
- VIEW MATCHES



[View Matches](#) [Start Over](#)

[Type](#) [Location](#) [Students](#) [Admission](#) [Athletics](#) [Majors](#) [Costs](#) [Special Programs](#)

School Type

Two-Year vs. Four-Year

Two-Year

Four-Year

No preference

Public vs. Private

Public

Private

No preference

Campus Surroundings

Large City

Small City

Large Town

Small Town

Rural

Coed vs. Single-sex

All Male

All Female

Coed

No preference

College Groups

No Preference [v](#)

Religious Affiliation

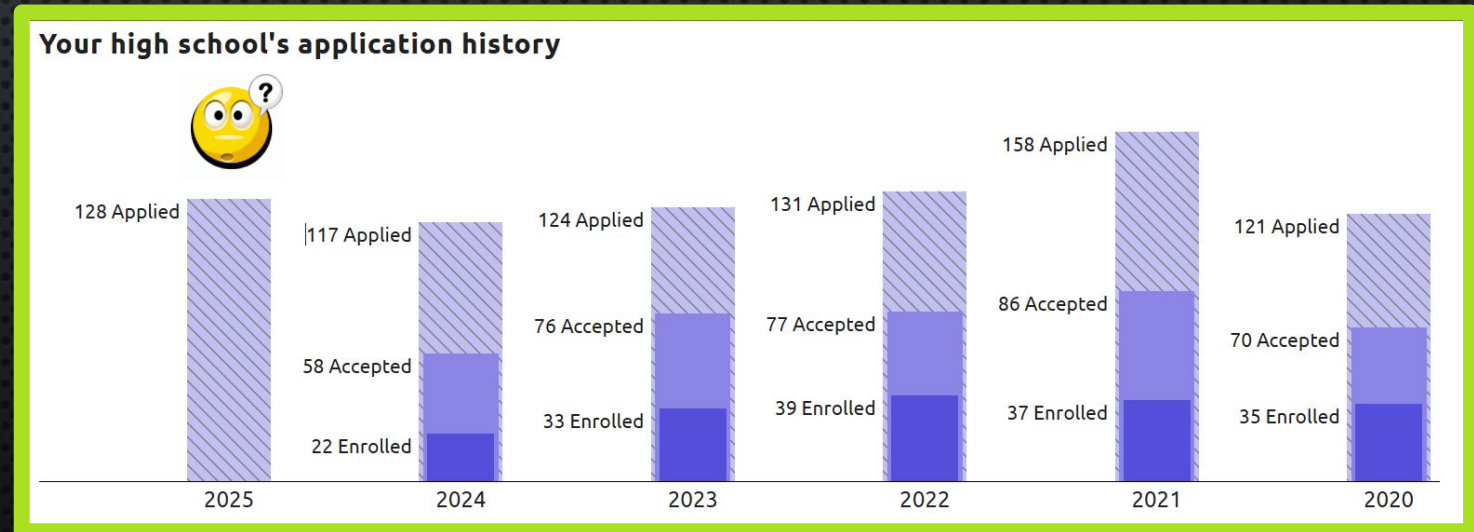
No Preference [v](#)

[View Matches](#) [Next](#)

UNDERSTANDING ADMISSION DATA: PENN STATE

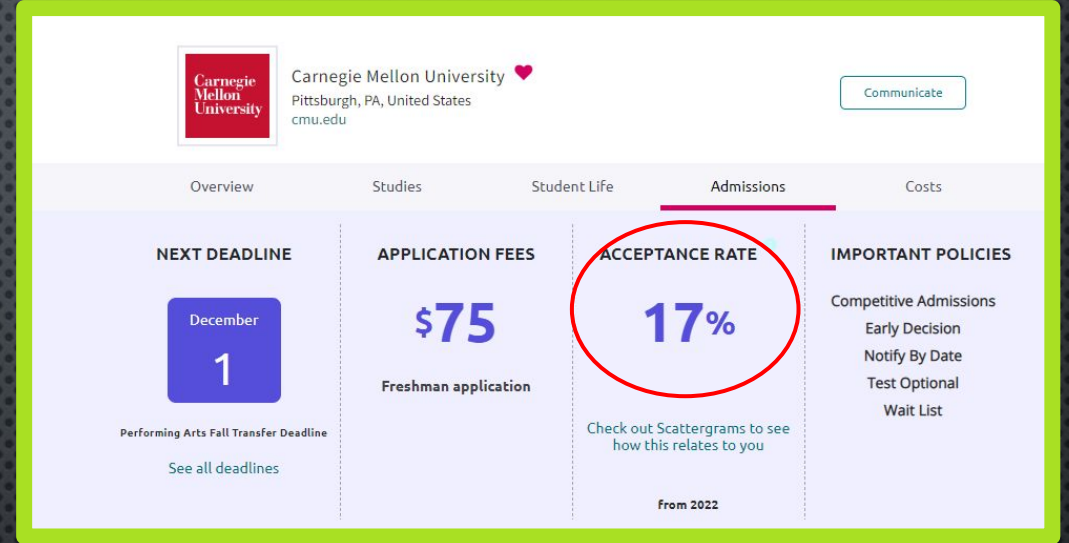
- HOW HARD IS IT TO GET IN?
 - % OF PR SENIORS ACCEPTED
 - AVERAGE GPA
 - TEST SCORES?
- WHAT ABOUT BY MAJOR?
 - ENGINEERING
 - BUSINESS
 - NURSING
- WHAT ARE OVERLAPS?
 - WHERE ELSE CAN I APPLY?
- IS IT EXPENSIVE?

The screenshot shows the Penn State Admissions page for the Penn State Main Campus. The page is divided into several sections: Overview, Studies, Student Life, Admissions (highlighted), Costs, and Spotlights. The Admissions section features four main cards: 'NEXT DEADLINE' (December 1, Spring 2024 Term, Rolling admission Deadline), 'APPLICATION FEES' (\$65 for Freshman application), 'ACCEPTANCE RATE' (56% from 2022), and 'IMPORTANT POLICIES' (Competitive Admissions, No Early Decision, No Wait List, Open Registration, Rolling Notification, Test Optional). Navigation buttons include Virtual Tour, Communicate, Apply Online, and Learn More.

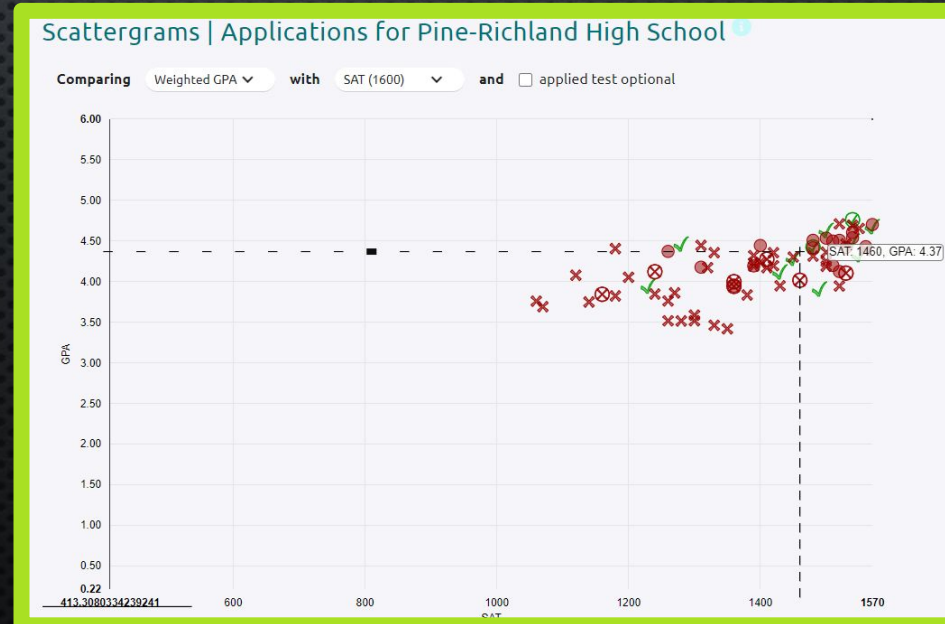


UNDERSTANDING ADMISSION DATA: CMU

- HOW HARD IS IT TO GET IN?
 - % OF PR ACCEPTED
 - GPA?
 - TEST SCORES?
- WHAT ABOUT BY MAJOR?
 - COMPUTER SCIENCE ?
 - ENGINEERING ?
 - ART ?
- WHAT ARE OVERLAPS?
 - WHERE ELSE CAN I APPLY?
- IS IT EXPENSIVE?




The screenshot shows the Carnegie Mellon University Admissions page. The header includes the university logo and name, location (Pittsburgh, PA, United States), and website (cmu.edu). A 'Communicate' button is in the top right. The navigation menu includes Overview, Studies, Student Life, Admissions (highlighted), and Costs. The Admissions section is divided into four columns: NEXT DEADLINE (December 1), APPLICATION FEES (\$75 for Freshman application), ACCEPTANCE RATE (17%), and IMPORTANT POLICIES (Competitive Admissions, Early Decision, Notify By Date, Test Optional, Wait List). A red circle highlights the 17% acceptance rate.



ADVANCED COLLEGE SEARCH



- REMEMBER TO SAVE  AT LEAST ONE COLLEGE/TECHNICAL SCHOOL UNDER COLLEGES I'M THINKING ABOUT
- CREATE A BALANCED LIST. IT'S ALL ABOUT HAVING **OPTIONS!**
 - 2-3 REACH (ADMISSION CRITERIA EXCEEDS YOUR GPA/TEST SCORES OR % OF ADMISSION IS LOW)
 - 4-5 TARGET (YOUR GPA/TEST SCORES FALL WITHIN AVERAGE ACCEPTED STUDENTS)
 - 2-3 SAFETY (YOUR /TEST SCORES EXCEED AVERAGE ACCEPTED STUDENTS)



NEXT STEPS

- **KNOW ADMISSION CRITERIA AND SCHEDULE APPROPRIATELY**
- **CREATE YOUR TESTING/APPLICATION TIMELINE**
- **ATTEND VIRTUAL COLLEGE PLANNING NIGHT ON JANUARY 21, 2025**
 - [VIEW PAST EVENTS](#)
- **ATTEND VIRTUAL/IN-PERSON COLLEGE/TECHNICAL SCHOOL ADMISSION EVENTS**
 - **PITTSBURGH NATIONAL COLLEGE FAIR: TUESDAY AND WEDNESDAY, JANUARY 28-29, 2025**
 - **EXCUSED ABSENCE FOR JUNIORS IS TUESDAY, JANUARY 28, 2025**
 - **FAMILY EDUCATION TRIP/COLLEGE VISIT PERMISSION FORM REQUIRED (SAPPHIRE)**
- **SCHEDULE AN APPOINTMENT WITH SCHOOL/COLLEGE COUNSELOR**
- **APPLICATIONS OPEN IN AUGUST**
 - **OPEN YOUR COMMON APP BEFORE SCHOOL ENDS**
 - **TAKE YOUR TIME**
 - **LETTERS OF RECOMMENDATION (NAVIANCE) DO NOT OPEN UNTIL WEEK BEFORE SCHOOL BEGINS.**
 - **MANY COLLEGES NO LONGER REQUIRE OR ACCEPT LETTERS.**
 - **TRANSCRIPT REQUESTS DO NOT OPEN UNTIL AFTER THE 10 DAY ADD/DROP PERIOD (NO EXCEPTIONS)**
 - **TRANSCRIPTS ARE NOT SENT TO PITT, PENN STATE, CLEMSON, DELAWARE, VT, ETC. (SRAR)**
 - **FOLLOW MRS. WHALEN'S DIRECTIONS IN SENIOR YEAR!**



PRHS DAILY BELL SCHEDULE

PD 5 LUNCH			PD 6 LUNCH			PD 7 LUNCH		
HR	7:45 AM	7:54 AM	HR	7:45 AM	7:54 AM	HR	7:45 AM	7:54 AM
PD 1	7:58 AM	8:40 AM	PD 1	7:58 AM	8:40 AM	PD 1	7:58 AM	8:40 AM
PD 2	8:44 AM	9:26 AM	PD 2	8:44 AM	9:26 AM	PD 2	8:44 AM	9:26 AM
PD 3	9:30 AM	10:12 AM	PD 3	9:30 AM	10:12 AM	PD 3	9:30 AM	10:12 AM
PD 4	10:16 AM	10:58 AM	PD 4	10:16 AM	10:58 AM	PD 4	10:16 AM	10:58 AM
PD 5	11:02 AM	11:32 AM	PD 5A	11:02 AM	11:44 AM	PD 5A	11:02 AM	11:44 AM
PD A6	11:36 AM	12:18 PM	PD 6	11:48 AM	12:18 PM	PD 6B	11:48 AM	12:30 PM
PD B7	12:22 AM	1:04 PM	PD B7	12:22 PM	1:04 PM	PD 7	12:34 PM	1:04 PM
PD 8	1:08 PM	1:50 PM	PD 8	1:08 PM	1:50 PM	PD 8	1:08 PM	1:50 PM
PD 9	1:54 PM	2:36 PM	PD 9	1:54 PM	2:36 PM	PD 9	1:54 PM	2:36 PM