

SCHOOL COUNSELORS' MONTHLY NEWSLETTER

SATS

March 8, 2025
Deadline: February 21

May 3, 2025
Deadline: April 18

Seats at PVHS available

satsuite.collegeboard.org/sat

ASVAB

Tuesday, January 7th
7:30-10:30am
PVHS Library

12th graders only

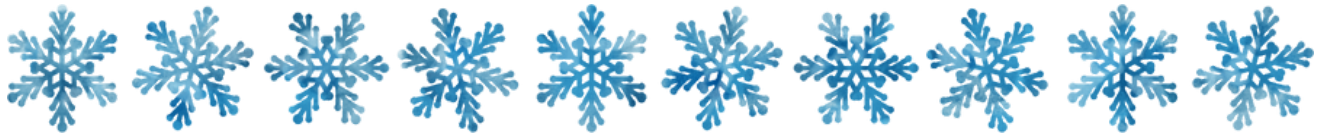
Scan QR code to reserve your spot!

25-26 FAFSA – OPEN NOW!

You do not have to be accepted to the school to list them on your application.

Check college/university websites for deadlines!!!

Scan the QR code to schedule a session with Mrs. Storms if you need help!



9TH GRADE MCTI FIELD TRIP - DEC. 6TH

Our team took xxx students to the Monroe Career & Technical Institute on December 6th. Students received tours of the different shops and had the opportunity to speak to current students and faculty members about the programs. Below are the programs MCTI offers and future career options to explore:



- **Auto Collision and Repair:** automobile body and related repairers
- **Automotive Technology:** automotive service technician and mechanic
- **Business and Hospitality Management:** sales managers, retail salespersons, social media specialist, event planning, guest relations, entertainment and leisure services, food and beverage operations, etc.
- **Carpentry:** roofer, drywaller, etc.
- **Computer Information Science:** database administrators, computer programmers, etc.
- **Computer Network and Security:** web developers, computer network support specialists, information security analysts, etc.
- **Cosmetology:** manicurist, hair dresser, skin care specialist, etc.
- **Criminal Justice:** police and sheriff's patrol officer, correctional officer, fire and ambulance dispatchers, forensic evidence technician, etc.
- **Culinary Arts:** chefs and head cooks, baker, waiter/waitress, etc.
- **Diesel Technology:** bus and truck mechanic, farm equipment mechanic, etc.
- **Drafting and Design:** engineering
- **Electrical Technology:** electrician apprentice
- **Electronics Technology:** production repairer, electronic engineer, etc.
- **Graphic Communications:** graphic designers, desktop publishers, screen printing, etchers and engravers, etc.
- **Health Professions:** healthcare practitioners, patient care attendant, etc.
- **Horticulture:** landscape architect, nursery and greenhouse workers, farmers and ranchers, etc.
- **Heating, Ventilation and Air Conditioning:** refrigeration mechanic, air conditioning and heating mechanics, etc.
- **Masonry:** brickmasons, stonemasons, tile and marble setters, cement mason, etc.
- **Outdoor Power Equipment Technology:** gas-engine technician, power-saw mechanic, motorboat mechanics, motorcycle mechanic, etc.
- **Plumbing Technology:** pipefitter, plumber, etc.
- **Precision Machining:** tool and die maker, machine tool operator, etc.
- **Therapeutic Science/Sports Medicine:** personal trainer, strength and conditioning coach, physical therapist assistant, massage therapist, athletic trainer, etc.
- **Welding Technology:** combination welders, cutters, solderers, and brazers, etc.



25-26 MCTI APPLICATION

Scan the QR code to apply for the 2025-2026 school year!

If you filled out the application earlier this year, you need to fill it out again for next year.

Due: Monday, January 27th

As a reminder, MCTI looks at your grades, attendance, and discipline records when reviewing your application!

SELF-CARE AT HOME

Here are some tips for how you can take care of your mental health over the winter break:

- Be creative! - draw, paint, journal, learn something new, listen to music, etc.
- Take a break and unplug! - rather than scrolling on social media, go for a walk or visit someone you care about or read a book
- Tend to your physical health! - cook a healthy snack, exercise, find a yoga or mindful breathing video to follow along with, etc.
- Utilize the mental health resources on page 5!

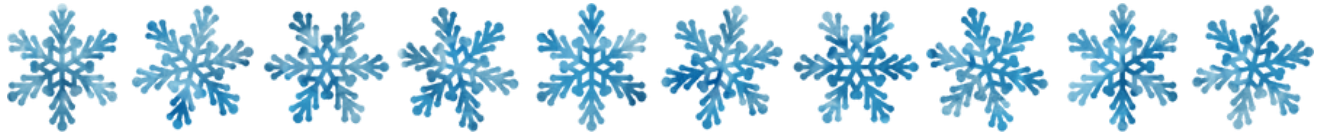
CLASS OF 2025!

Attention Seniors: Please fill out this form with your plan for after graduation. If you have earned any monetary awards through scholarships, grants, or sign-on bonuses, please include them here so they can be included in the Graduation Ceremony Program! You can fill out the form as many times as you need throughout the year.

WORK HABIT TIPS

- Keep track of deadlines - use an agenda/planner, set reminders or alerts on your phone, write to-do lists on sticky notes, etc.
- Learn to prioritize - xxx
- Avoid multitasking as it reduces productivity - put your phone away when you are doing homework/studying, find a quiet place with limited distractions to do your work after school, etc.
- Ask for help - talk to your teachers and school counselor, you can always send them an email as well

Try implementing some of these habits for the second half of the year!

**ESU OASIS PRESENTATION - DEC. 12TH**

Thank you to Jill Boyle who came from East Stroudsburg University's Office of Accessible Services Individualized for Students to present to some of our students about how to get accommodations in college!

Students, if you have a 504 or an IEP, you can apply for college accommodations.

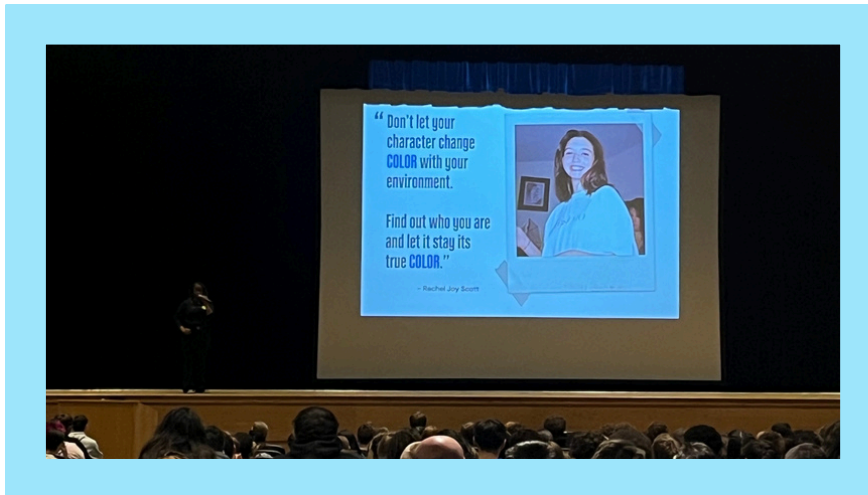
- Once you are accepted to a university and submit your deposit, do the following:
 - Submit an application to the Office of Disability Services - most schools have the application available online
 - Provide the college with documentation of your disability - you will need a copy of your 12th grade 504 or IEP
 - Participate in an intake interview with the university disability specialist to discuss the nature of your disability, how the disability or diagnosis interferes with your current academic functioning, and what modifications and accommodations the high school provided you that were helpful

As a reminder, in college, the student, not the institution, is responsible for themselves. Universities and colleges must make reasonable accommodations for students with documented disabilities.

If you are specifically interested in attending ESU, you can visit esu.edu/oasis or call 570-422-3954 for more information!

**Varsity Tutor**

Unlimited, free, real-time tutoring in all core subjects. Can upload essays to be reviewed. Tutoring is available in English or Spanish. Visit the PVHS website for information on how to log-on!



Rachel's Challenge - Nov. 20th

“Rachel’s Challenge envisions schools full of hope, free from harassment, violence, and self-harm, where teachers are free to teach and students are inspired to learn. Rachel’s Challenge addresses the root causes of school violence, bullying, prejudice, and self-harm through student wellness programs that build connection, hope and resilience. They improve school culture so that students are able to reach their full potential academically, socially and emotionally.” - rachelchallenge.org

The Guidance Department wants to remind every student that they can make a difference by spreading kindness! Invite a new student to sit with you at lunch, send a thank you note/email to a staff member who has helped you, give a peer a compliment, smile in the hallway, etc.

Act 158

All Pennsylvania students must meet at least one Act 158 pathway before their intended graduation date in order to be eligible for graduation.

1. Keystone Proficiency Pathway - score proficient on all 3 Keystone exams
2. Keystone Composite Score - at least 1 proficient Keystone exam score, no Keystone scores below basic, and a 3-score sum of 4452 or greater
3. CTE Pathway (for MCTI students only) - NOCTI or OSHA ***this does not apply to DO students***
4. Alternative Assessment - only have to meet 1 of the following
 - a. ACT = 21 or better
 - b. ASVAB = 31 or better
 - c. PSAT = 970 or better
 - d. SAT = 1010 or better
 - e. acceptance into a 4-year college
 - f. 3 or better on an AP exam related to a Keystone contest area
5. Evidence Based - have to meet 3 of the following
 - a. One or more of these:
 - i. 3 or better on AP exam
 - ii. CPR certification
 - iii. completion of a postsecondary course (dual enrollment/concurrent enrollment)
 - iv. acceptance into an accredited, non-profit institution (other than a 4 year program)
 - b. No more than 2 of these:
 - i. proficient on any one Keystone exam
 - ii. completion of community service hours
 - iii. letter guaranteeing full-time employment or military enlistment
 - iv. compliance with NCAA Division 2 academic requirements (only for athletes planning to play in college)



Singer Scholarship

Applications are available to pick up in the Guidance Office - must be returned no later than January 13th (no late applications will be accepted)!!!

January 23rd 8:30-9:30am - Essay portion (no make up dates/times available)



Scholarships

Scan the QR code to view school, local, state, and national scholarships available!



Financial Aid

Scan the QR code to register for free webinars!

SAP

How does the program work?

Referral to the team by: Teacher, School Counselor, Another staff member, Administration, Parent, or Student - scan the QR code below to make a referral

Process: Identify barriers to learning, Parent notification / consent / involvement, Possible interview with the student (with parent consent), Possible intervention with parents and student, Possible referral for support services

What are the benefits of the Student Assistance Program?

- Help foster a team approach to problem-solving
- Enhance positive school experiences for all students
- Provide support for parents and students
- Unify staff, parents, and students in working together to foster student achievement

What is the role of the parent?

- To be a part of the decision-making process
- To help implement interventions when appropriate
- To provide additional information

MENTAL HEALTH RESOURCES

988 Suicide & Crisis Lifeline: Call or Text 988 or visit 988lifeline.org (available in English or Spanish)

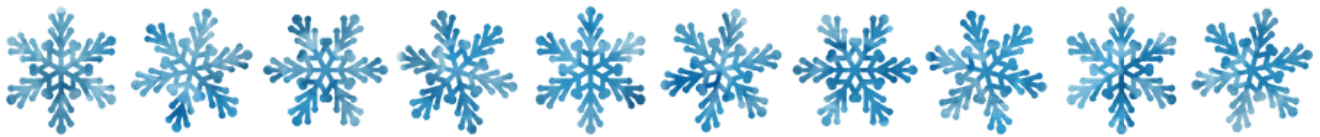
Crisis/Suicide Prevention Text Line: Text "Home" to 741741

New Perspectives Monroe County Mobile Crisis: 570-992-0879

SAFE2SAY

"Safe2Say 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 is too late."

Submit an anonymous report online at safe2saypa.org or call 1-844-SAF2SAY



THANK YOU!!!

The Guidance Department would like to thank the following businesses for donating to our Families in Need program:

- Pocono Farms Country Club
- Hartzell's Auction Gallery
- Six Ten Salon
- Slate Belt Seamless Gutters
- Crystal's Authentic Mexican Food
- Shawnee Inn & Country Club
- Perla
- Barre3 Bethlehem
- Western Pocono Women's Club



PERLA



KUDER NAVIGATOR

Seniors, scan the QR code for information on how to connect your Common App to Kuder and how to request transcripts/letters of recommendation!



We are grateful for all of the support we received from the community to be able to extend a helping hand to the families and students who needed it!



Day 1: Snow Out

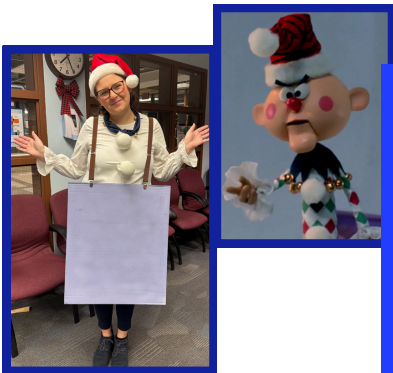


Holiday Spirit Week

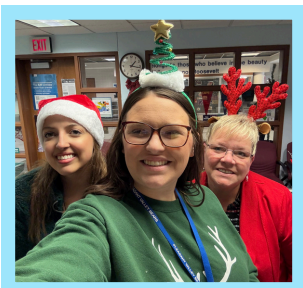
Day 2: Ugly Sweaters



Day 3: Favorite Holiday Character



Day 4: Holiday Hat



Day 5: Candy Cane/Stripes



Door Decorating Contest

Students were able to join the Guidance Department in spreading some holiday cheer by interacting with our decorated office door and playing their favorite tunes!



Honorable Mention



Coming in January!

- Information about AP exams in May
- Counselors will finish meeting with all of their 9th graders and will begin meeting with 10th graders
- Information on National School Counseling Week (February 3-7)



PVHS Holiday Party

Thank you to Ms. Brandes for organizing such a fun party! And a special shoutout to Ms. Altemose and Ms. Staub for helping us win the Holiday Movie Emoji game!



This jolly bunch of counselors hope you have a great holiday break!