

Fox Chapel Area High School

School Counseling Dept. Newsletter

Winter 2025 edition

A.W. BEATTIE FIELD TRIP

Any 10th grader interested in attending A. W. Beattie next school year is encouraged to attend the field trip to Beattie on the morning of Wednesday, January 29th. More information and permission slips are available in the school counseling office. Permission slips are due to Mr. Baxter in the school counseling office no later than Friday, January 24th.







NATIONAL COLLEGE FAIR FIELD TRIP

The School Counseling Department is excited to take interested juniors to the 2025 Pittsburgh National College Fair at the David L Lawrence Convention Center on Wednesday January 29, 2025! We will depart from the high school at 8:30AM and return in time for "D" lunch.

This is your chance to visit over 250 college representatives, gather information, and learn more about post-secondary opportunities!

Permission slips are available in the School Counseling Office.

Space is limited and permission forms must be returned by Friday 1/24/25.

You will need your 2nd semester period 1-3 teachers to sign their permission

See your school counselor with questions!

2nd Semester Reminders

- You must submit a schedule change form to your school counselor in order to adjust your second semester schedule.
- Schedule changes will only be made pending space is available in courses; full courses will not be overloaded.
- Seniors that applied to colleges MUST notify all of the colleges to which they applied of intended change in writing and MUST provide counselor with email stating that change will not affect admission status.

A.W. Beattie Career Center



Learn more about us at www.beattietech.com or call 412.847.1900

Please join us for our Spring Open House from 5:15-8pm on February 29, 2024 at 9600 Babcock Blvd. Allison Park, PA 15101

A.W. BEATTIE APPLICATION OPEN NOW!

The application deadline is March 8th but spots fill QUICKLY! Download the application from Schoology and see a school counselor with any questions!

Summer Programs & Opportunities

Check your class Schoology page, the Counseling Schoology page & the Quest Newsletter to ensure you're taking advantage of the many opportunities available! Chat with your counselor if you're looking for an opportunity based on a specific career cluster of interest!

School Day SAT Testing

FOR JUNIORS ONLY
Tuesday, April 15, 2025

This is your opportunity to take the SAT in school! Pick up the registration form in the School Counseling Office or check your emai for the document.

You must submit your form & payment by Monday, March 3, 2025 Please make your check payable to FCAHS for $60. Fee waivers are available.

achieve more
SAT

SAVE THE DATE: OPEN HOUSE WELLNESS & COUNSELING PRE-SESSIONS 2/6/2025!

Wellness Focused Pre-Sessions

- 12th Grade Parents: How to Cope with Stress in College 6:00 PM-6:50 PM – MPR
  - Maximizing Adolescent Potential Liaisons (University of Pittsburgh)
- 9th-11th Grade Parents: Teen Mental Health 6:00 PM-6:25 PM - Library
  - Dr. Chelsea Williams, PsyD, Licensed Psychologist

School Counseling Sessions: 6:30-6:55 p.m.

- 9th Grade Parents (Class of 2028) - LGI
- 10th Grade Parents (Class of 2027) - Library
- 11th Grade Parents (Class of 2026) - Auditorium

SENIOR INFO.

Deferred?

Most colleges and universities will provide specific information about what to do if you're deferred to regular admission on their admissions website. The following are some tips/suggestions regarding deferment:

1. **Don't be too upset– Most likely, if you've been deferred you are a qualified candidate. If you weren't, you'd be denied. The percentages vary from college to college, but many students do get accepted after being deferred.**
2. **Call or email about your deferral–Give the admissions office a call or send an email to speak with your representative. It is okay to ask why you were deferred. The college representative can tell you what to do if you are deferred. Explain that this college is still your first choice and ask them what you can do to strengthen your application. Be positive and express enthusiasm for the college.**
3. **Send NEW information–Colleges generally ask for your midyear grades. Update your resume - DO NOT send anything that the college has already seen**
4. **Visit–If you have not yet visited your top choice college, take the opportunity to visit the campus before March 1st. A campus visit can help you decide if the college is truly for you, and can help you show demonstrated interest.**
5. **Have an alternative plan in mind–You should do what you can to get into your top choice school, but remain realistic. Many deferred students do get accepted during the regular pool, however, many do not. Make sure you have applied to a range of reach, 50/50 and likely colleges so that you will have additional choices if you get a denial from your first choice.**
6. **Continue to apply to your regular decision colleges–Don't neglect your regular decision applications!**

Midyear Reports

The School Counseling Office will automatically upload your updated midyear transcript to every college and university that you applied to in the 2024-25 school year through Naviance. If you did not apply through Naviance/Common App, please submit a transcript release form for your counselor to send.

Scholarships!

Scholarships are FREE money that you can use to help fund your education! Once your college applications are submitted, begin completing scholarship applications to earn FREE dollars!

Find Scholarships!

- **School Counseling Schoology page + Class of 2025 Schoology page (look for Ms. Decomo's posts!)**
- **School Counseling Office + Counselor**
- **Naviance -> Colleges -> Scholarships and Money -> Scholarship List for all local, regional, national scholarships**

Preparing for Life After High School

JUNIOR INFO.

Researching Colleges with Naviance

Naviance is an excellent tool for researching colleges and career pathways. This online platform helps you explore colleges and universities based on your interests, academic performance, and career goals. You can also find a comprehensive Naviance college search guide under the "About Me" tab, then click "documents & resources," then click ""college search tools." This guide will help you make the best use of the features in this platform. Login to your account using Clever and start by using Supermatch to create a list of potential colleges, categorizing them into three groups:

1. **Reach Schools**: These are schools where your academic profile might be below the average admitted student. While it's important to aim high, ensure you are genuinely interested in these institutions.
2. **Match Schools:** These schools align well with your GPA, test scores, and interests. You have a good chance of being accepted here.
3. **Safety Schools**: These are institutions where your academic credentials exceed the average admitted student. Applying to these schools ensures you have options if your top choices do not pan out.

Plan College Visits

Plan to visit colleges during school breaks or weekends. Aim to visit at least a few campuses in the spring and summer.
This experience allows you to get a feel for the campus atmosphere, the community, and available programs.
Use your visits to ask questions about student life, academic resources, and financial aid options.

Post-Secondary Planning Meetings

We will begin meeting with each of you individually beginning on **February 27th** to discuss your postsecondary plans, senior year course requests, and any additional questions you may have. Please feel free to reach out to your counselor at any time if you have questions or simply need support.

Standardized Testing Timeline

As you prepare for college, standardized testing is often a component of your application. Here's a timeline to help you plan:

- January to February: Research the SAT and ACT. SAT focuses more on evidence-based reading and writing, while the ACT includes a science section. Both tests assess your college readiness.
- Use this time for preparation. Khan Academy https://www.khanacademy.org/digital-sat offers free resources and personalized practice for the SAT. For the ACT, consider purchasing a test prep book or online courses. Take practice tests to familiarize yourself with the format.
- Register for the SAT or ACT. Aim to take the test in the spring of your junior year. This allows you to retake it in the fall if necessary. To register for the SAT, go to www.collegeboard.org. For the ACT, visit www.act.org. Both sites provide information about test dates, locations, and fees. Follow the instructions carefully to ensure you're registered.
- March to April: Take the SAT or ACT. FCAHS is offering a school day SAT for 11th grade students on April 15th. Students who are interested in taking that test must complete the registration form(available in our office) no later than March 3rd with your payment. Space is limited.
- Summer or Fall of Senior Year: If needed, retake the SAT or ACT. Ensure you check the deadline**s for college applications in relation to these tests**.
- Check out https://fairtest.org/test-optional-list/ This means you can choose whether or not to submit your SAT and/or ACT scores as part of your application. Discuss whether or not to submit scores when you meet with your counselor.

SOPHOMORE + FRESHMAN INFO

10TH GRADE

10th Grade School Counseling Curriculum Meetings:
February 19-20, 2025
The School Counseling Department will meet with all 10th graders during their English 10 or World Civ. courses to address the following topics:

- PSAT–accessing results & using Khan Academy to prep for the SAT
- Naviance Career & College Exploration–completing the "Do What You Are" survey and analyzing results relevant to course selection to prepare for potential college majors
- Scheduling–Further discussion of course requirements & option; 4-year planning
- Meeting with Counselor–reviewing current transcript; discussing 2nd semester goal setting; planning for scheduling

Plan for this summer! You can build your resume while exploring career interests or learning 'soft skills'. Consider the following:

- Part-time employment
- Continuous volunteer work (i.e. if you are interested in medical careers, volunteer weekly at St. Margarets.
- Take an enrichment course through a university
- Start exploring college campuses and researching opportunities
- Look in Naviance under "Enrichment Programs" for different opportunities to challenge yourself.

9TH GRADE

Begin Planning for Next Year

1.Set some goals
**Short Term Academic Goals in the here & now you can accomplish: Improving study habits & work completion in all classes*
**Long-term Academic Goals: Earning prerequisite grades to enroll in AP courses*
2. Discuss the 4 year plan, post secondary goals, and next year's schedule with your parents and school counselor.
3. Continue exploring career clusters (Naviance)
4. Learn about summer opportunities (Schoology & Naviance under "colleges" then "enrichment programs")
5. Volunteer & participate in activities of interest:

- Leadership
- Team Building
- Enhance Resume
- Explore Interests
- Social Opportunities