Upper St. Clair High School Counseling Newsletter

November 2025

-- DID YOU KNOW? --

- The South Hills College Fair was a huge success! There were approximately 5,000 interactions between students and representatives.
- Over 100 Colleges, Technical Institutes, and Military Branches will visit the high school this year. Students should sign up in Naviance(seniors) or MAIA Learning (freshman, sophomores, and juniors) if they are interested in attending these meetings. This is a great way to gain valuable information about that institution and interact directly with the representative.
- Unofficial transcripts are in your Focus Portal! From your Student Portal > My Information (Or Child Info if in Parent Portal) > Document Management > Report Cards and Unofficial Transcripts.
- Approximately 900 students visited the High School Counseling Office in October.

-- WHAT'S HAPPENING NOW --

-- HIGHLIGHTS --

- School counselors will be setting up 1:1 Junior Meetings with their students to continue post secondary planning.
- School counselors evaluate grade reports on a weekly basis and collaborate with teachers to ensure appropriate academic support is in place to promote positive outcomes for all students.

--TRENDING NOW --

AP EXAM LATE REGISTRATION

The late registration ends November 10th. Click here to register.

Event Information

South Hills Trade & Technical Fair

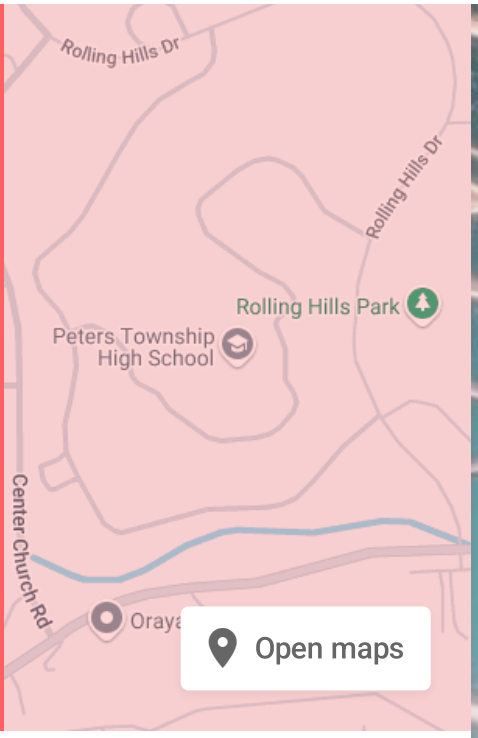
Peters Township High School is hosting its annual South Hills Trade & Technical Fair on Wednesday, November 6th, from 6 pm – 8 pm. This is an opportunity for all interested area high school students to learn more about the trades, technical schools, and other postsecondary options available.

When?

Wednesday, Nov 5, 2025, 06:00 PM

Where?

Peters Township High School, 121 Rolling Hills Drive, McMurray, PA, USA



Junior Class Meeting

School counselors will meet with the junior class during school on November 6th and 7th to discuss post secondary opportunities. The evening of November 6th, school counselors will meet with junior class parents at 6:30pm. Parents are welcome to attend the individual junior student meetings which will be scheduled by the school counselors at a later date.



Job Postings

Looking for a job? Check out the job opportunities on the bulletin boards by the USCHS Counseling Office.

Scholarships

Many scholarship opportunities are available in Naviance. To view the complete list of scholarships, go to the scholarship list in Naviance > Colleges > Scholarships and Money > Scholarship List.



FULL TUITION SCHOLARSHIP LIST

Your college tuition could be completely paid for with this 15+ list of scholarships!
Click here to visit fastweb.com for more information on scholarship opportunitites.

2026 Military Child of the Year® Awards

Every year Operation Homefront hosts the Military Child of the Year® Awards. The awards are open to military children between the ages of 13-18. There are 7 recipients 1 child from each

branch of the services and each recipient receives $10,000 CASH, a laptop, other donated goodies, and a 3-day trip to Washington, DC with Operation Homefront and their families.
Children are entered by nominations. Anyone that knows a military child can nominate any military child. So, you may nominate your students, friend's children, children can nominate their siblings and best friends and so on. The awards are open to Active Duty, reserves, Gold Star, National Guard, AND retired military children.
Click here to learn more

-- TECH --

USC Lunch & Learn

USC Lunch & Learns are designed to educate students on STEAM career opportunities and inspire them to develop skills to pursue their dreams.
Click here to learn more and to register.
Here are the guest speakers for November:

November 11th



Dan Wolfgang
Financial Advisor
The McNamara Investment Group
The Value of Diversification

-- PARENTING --



10 Things to Say to Someone with Depression

When someone you care about is navigating the symptoms of depression, it's natural to feel unsure about what to do or say. You don't want to say the wrong thing, but staying silent doesn't



feel right either. Watching a loved one cope with a complex disorder can be heartbreaking, especially when you're not sure how to help. Read more. *Source: newportinstitute.com*

--HEALTH--

Is Your Teen Self-Medicating?



It's a tough time to be a teenager. The nation's youth are in the midst of what some experts have called a mental health crisis. According to government data, 40% of U.S. high school students have persistent feelings of sadness or hopelessness. To take the edge off, some adolescents are turning to substances including marijuana or nicotine vape pens. Young people might think that using substances helps them relax, but in fact, it often makes mental health problems worse, and can cause risks to their health both in the short and long term.
Read more. *Source:henryford.com*

-- POST-SECONDARY PLANNING --

Information on additional post-secondary pathways

What is an Associates Degree
Gap Year Information
Joining the Military after High School- the Benefits and Risks

How to Choose a Major in 2025 - Tips, Tactics, and Examples



Just How Important Is Your Major Choice?
Your major is your focused area of study and although it isn't a final determinant in your career or life, it does have a big impact on where you're going, and especially how much you're getting paid.
Read more. *Source: novoresume.com*



AI can't write your college admissions essay. Here's why.

Every fall, high school students applying to college face an intimidating task: They must write a stylish, memorable essay that will boost their admissions chances.
So who can blame them when they look at AI chatbots like ChatGPT that can brainstorm, compose, and edit text, and see what looks like a tempting advantage? But college admissions experts warn against falling for the imagined payoff of a crisp, well-researched, confident-

sounding essay. Instead, using AI to write an admissions essay could land a student at the bottom of the pile.
Read more. *Source: mashable.com*

-- CAREERS --

Nurses are in high demand. Why can't nursing schools keep up?



There is enormous demand for nurses, as retirement or burnout push many from the field. Despite tens of thousands of students fighting to get into nursing programs, schools can't accommodate that demand, for two major reasons: They can't find enough faculty to teach classes and there is a dearth of the required hands-on training opportunities in hospitals and health care facilities.
Read more. *Source: Hechingerreport.com*

-- RESOURCES --

Counseling Department

Post secondary planning
Naviance
Niche
Career Planning

Grief Awareness

Highmark Caring Place
Grieving Children
Grieving Adults and Families
Support for Children

Bullying Prevention

- Tips for parents: What to do if your child is being bullied
  Get tips for supporting your child through this very painful experience.
- Tips for parents: What to do if your child bullies others
  If your child bullies others at school, it needs to stop. Find out what you can do at home.
- What can parents do to prevent and address cyber-bullying?
  Protect your child from indirect forms of bullying that use text messaging, Web sites, and cell phones.

Teen Drinking

Facts on Underage Drinking
Tips for Teens: The Truth About Alcohol
D&A Resources through UPMC

Suicide Prevention

[How parents can talk to their kids about suicide]
[Risk-of-Suicide]
[Allegheny County Crisis Resources]

Mental Health

[https://www.sphs.org/]
[https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml]

USCHS COUNSELING WEBSITE

Click to access the USCHS Counseling Website for helpful information and valuable resources.

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USCHS Counseling

The mission of the Upper St Clair School District school counseling program is to maximize student potential, nurturing them as they become responsible, self-sufficient learners and productive citizens.

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Alissa Mammana
Alissa is using Smore to create beautiful newsletters