Upper St. Clair High School Counseling Newsletter

December 2025

-- DID YOU KNOW? --

There are a variety of opportunities when students are considering life after high school. Upper St. Clair High School has established programs to assist students with their post secondary planning and pathway. Here are some steps school counselors have taken to introduce students to career options:

- Sophomore Career Program
- Guest Speakers from Industry- USC Lunch & Learns
- Community Based Learning- The Community Based Learning Program is an experiential learning activity for juniors and seniors. The goals of the program are to:
- - provide students with first-hand experience in an identified work place;
  - develop in students a sense of responsibility and confidence; and
  - allow students to explore careers of interest at this time.
  - Click here to learn more about this program.
- Career Technical Education/Parkway- Parkway West Career and Technology Center is dedicated to providing programs consisting of high quality, cutting-edge technical training integrated with a strong academic education and an emphasis on critical thinking, problem-solving, decision-making, and team-building skills. Students attend the career technology center on a half-day basis each day of the school year and attend their home school during the other half of the school day to acquire their academic credits.

If your student is interested in any of these programs, please have them contact their school counselor.

--TRENDING NOW --

JUNIOR MEETING



School counselors will meet in person with their junior students to discuss post secondary planning. Students and parents will receive a google meeting invitation and may join your student either in person or virtually.

SCHOLARSHIPS



Many local, regional, and national scholarships are available online. To view a list of scholarships for seniors that are composed by the counseling department, login to Naviance; click on the "Colleges" tab; click on the "Scholarships and Money" link in the drop-down box; click on "Scholarship List." For a Naviance Scholarship reference guide, click here. Additional scholarship information is available here on the USCHS Counseling website.

Here is a sampling of some scholarships, including local scholarships that are available:

- Calvin Coolidge Scholarship- For High School junior student.The Coolidge Scholarship is an annually awarded, full-ride, presidential scholarship that covers a student's tuition, room, board, and expenses for four years of undergraduate study. Deadline: 12/16/25. Click here for application.
- TribLIVE Scholarship Program-Applications are being accepted for the Trib Total Media Scholarship Program, which includes three, inclusive scholarships ranging from writing and reporting to business and marketing. Deadline: 1/16/26. Click here for the Business, Marketing and Technology application.Click here for the Diversity in Media application. Click here for the Jim Borden application.
- PACAC Scholarship- The PACAC Scholarships are for high school seniors graduating from PACAC member high schools. This scholarship is intended to support a student's goal of continuing their education. Deadline: 2/2/26. Click here for application.
- 2026 National Italian American Sports Hall of Fame Scholarship- For High School Senior student athletes. $4,000 will be awarded to 4 high school seniors in Western Pennsylvania. Deadline: 2/20/26. Click here for application.
- USC Band Parents Association- For USC High School Senior Student The student must have participated in an instrumental ensemble for all 4 years in high school years. Instrumental ensembles include Marching Band, Wind Ensemble, Honors Jazz, Symphonic Band, Jazz Lab, and Orchestra. Deadline: 4/7/26. Click here for application.
- Keynotes Music Scholarship-For seniors that plan to attend a music school or will be enrolled in an undergraduate music program at a college or University. Auditions will be held on 5/9/26 at Mt. Lebanon High School. Click here for application.



JOB POSTINGS

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

-- 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 is the guest speakers for December 16th:



John M. McCaslin: Educator/Int'l Relations & Foreign Policy Speaker, U.S. Career Diplomat-retired

John was a US Career Diplomat having served in South Korea, Germany, Russia, Poland and India. He will be discussing International Relations and Diplomacy.

-- CAREERS --



5 Trends That Will Shape Workplace Culture In 2026

2025 was a year of rapid change and transformation in the workplace. Some trends that were instrumental in shaping workplace culture in 2025 included the growing anti-DEI sentiments as well as a slew of anti-DEI legislation. Technology and specifically large language models are being integrated into more workplaces; according to a 2025 McKinsey report, over the next three years, 92% of companies plan to increase their investments in AI. Mass layoffs and economic turmoil exacerbated by the government shutdown have impacted American workers in myriad ways and we are seeing declines in federal employee engagement and a growing discontent within society. This article explores what changes workplaces can anticipate in 2026 and what specific trends will impact workplace culture.
Read more. *Source: Forbes.com*

-- HEALTH --

Fewer students are missing school. These state policies may have helped



After nearly doubling during the pandemic, the rates of chronic absenteeism in K-12 schools are finally showing steady signs of improvement.
A student is considered chronically absent when they miss at least 10% of a school year. In most states, that means missing about 18 days a year, regardless of whether the absences were excused. a new report that looks at how policies in 22 states plus Washington, D.C., have helped improve student attendance. He said there are several things states are doing right, including collecting and publishing reliable data, and investing in early interventions and outreach programs instead of punitive practices.
Read more. *Source: NPR.org*

-- POST SECONDARY PLANNING --



Parental Guidance: How to Get Stuck Seniors to Finish Their Applications

Early decision or action applications are in, with the verdict expected in the next month or so, and most regular decision paperwork isn't due for weeks.

These doldrums can be stressful for parents. Your child may not want to dig into regular decision applications. You may not want to hover over them, managing the process and keeping them on track for the next batch of deadlines. It's a recipe for potential trouble. So here are some ways to get them in gear.

Read more.*Source: USnews.com*



Career and Technical Education Meets AI. What Happens Next?

School districts are offering more Career and Technical Education (CTE) courses and work-based learning experiences as an increasing number of students and their parents question the return on investment from a traditional, four-year college education. And even students who are planning to attend college are participating in CTE classes with the goal of becoming well-educated and highly skilled, which they believe will help them rise quickly in the working world. One way to rise quickly, experts say, is to develop the skills necessary to apply AI tools in the workplace. This special report—which features exclusive survey data of educators from the EdWeek Research Center—examines how school districts are updating their CTE programs to prepare students for jobs and careers that now or will require skilled use of AI technologies. It also looks at how educators are capitalizing on the fast-evolving technology's power to engage students and deliver content in different ways.

Read more. *Source: Edweek.org*

-- PARENTING --

Developing Competencies in Teens

Youth need to develop competence in many aspects of daily living to successfully navigate the world. These skills will serve them both in adolescence and throughout adulthood. Young people also benefit from decision-making and stress-management skills if they are going to make the kind of choices that will support their health and well-being.

Parents can help develop these skills in adolescents both by being teachers and role models. We also must be mindful not to undermine their growing competencies. When we hover over them or solve their problems for them, we prevent them from learning things on their own. Saying, "Let me do that for you," implies "I don't think you are capable of doing it yourself."
Life is a complicated journey. We are the guides for our adolescents as they embark on their own path. We protect them by preparing them with tools to navigate.
Read More. Source:Parentandteen.com

The Seven C's of Resilience



-- 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

- How to talk with educators at your child's school about bullying
  Get advice on how to communicate with teachers and other leaders at your child's school if you're dealing with bullying.
- 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

Underage Drinking: Myths vs. Facts
Facts on Underage Drinking
Tips for Teens: The Truth About Alcohol

Suicide Prevention

How parents can talk to their kids about suicide
Risk-of-Suicide
Risk and Protective Factors
Washington 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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