March 20, 2026

Good afternoon and welcome to this edition of the Future Ready Update. This week, you will find information on many topics including a sign up for a Junior College Essay Workshop on Thursday, April 9th. In addition, scholarship opportunities, including several local scholarships with due dates in the next few weeks; a summer experience guide through Teen Life, a summer welding camp, and several pre-college programs through universities. Finally, a volunteer opportunity to benefit Children's Hospital - Pgh and a job opportunity at Sweetwater.

Quick Links:
In School Activities
Scholarships
Summer Activities
Job and Volunteer Opportunities

In School Activities

Junior College Essay Workshop
This workshop is ideal for juniors who want to get ahead of the fall application crunch. Whether you have a draft that feels "flat" or you haven't written a single word yet, you'll leave with a clear roadmap for your Common App personal statement and information/ideas around tackling supplemental essays.
Note: Please bring a laptop and charger
Date: Thursday, April 9, 2026
Time: 8:00am - 11:00am
Location: LGI
Space may be limited. Please sign up no later than Friday, March 27th, 2026
Sign Up Link

Healthcare Professional High School Mentoring Program
2025-2026
Program Recording
November 2025: Healthcare Administrator
Meeting Recording:
https://us02web.zoom.us/rec/share/I1_69QuqGkW0p_p1aKCUyfTBlsWW-V8STG5alypcS_I11EJ8_znTxXp5WqUSLJZG.jr0pP0_vgn4l4Nny?startTime=1762878649000
December 2025: Nursing/Nursing Administrator
Meeting Recording:

https://us02web.zoom.us/rec/share/-MMBHbJ36JVqJssRJ0a4qR20caIDQ-GtwIVUGuC_X7lRsRPhjZ4-G69CA6x8Ahd_.bQXBjSpHg_ZUzQOS
January 2026: Health Science/Genetic Counseling
Meeting Recording:
https://us02web.zoom.us/rec/share/5lBnn-a7484eL_0bSbNF-KLJ_4mKtUD4Y5x81nOvAtJAgYKscqMlOS4SbkgOQNyX.Izm2wcd9XaYqmZOg?startTime=1768321834000
February 2026: Health Science/Physician Assistant/Physical Therapy
Meeting Recording:
https://us02web.zoom.us/rec/share/ynagf-MkF_wXnVjg4RXXDLJ9SxeAAWZ6BKvxGHfqxUQAiS3Kv_SAG5G1EovKYhk.RFN6_EBVubtwVhN6
March 2026: Psychology
Meeting Recording:
https://us02web.zoom.us/rec/share/5ysn9iIg6hvTejKM-fNh8iN0Wqrh8hQPSwwUduo8uI5alFrxAyBBzAvqGS1YkyfJ.mdpajHCDlkwlronp?startTime=1773156636000
Next session: April 2026: Pre-Med

Scholarships

Scholarships are updated in Xello under College Planning, then scholarships.

Lenzner Family Award
The Lenzner Family Award was created to assist a student with financial need who has shown great academic improvement over the years and plans to attend a post-secondary educational program. The two winners (one female and one male) will be announced at the annual high school awards event. Each award is worth $1,000 and is a one-time disbursement (non-renewable).
Application Link
Due: March 27, 2026
Seniors

Ryan Ballou/Southall Scholarship
This award recognizes students for their promotion of a positive environment for the benefit of the Avonworth community.

Criteria*: Open to all high school students (grades 9-12). The applicant must submit a 500 word essay explaining their service/activities. Your counselor must sign the application as a formal nomination and screening process.
Application Link
Due: March 27, 2026
All students grades 9-12

Avon Club Scholarship
The Avon Club Scholarship is a $3,000 scholarship awarded annually to a female senior student residing within the Avonworth School District. Senior students residing in Avonworth Area School District as well as private and home school students are eligible, but the student's home address must be located within the Avonworth School District footprint.
Application Link
Due: April 6, 2026
Female Seniors

PNRC Educational Foundation Scholarship
Each year, the Pittsburgh North Regional Chamber Educational Foundation awards $1,000 scholarships to high school seniors within the Chamber's footprint who are continuing their education, and who have exemplary community service records and leadership experience.
Imminent high school graduates who are planning to begin college in the fall of 2026 should complete our online application form no later than Friday, April 17.
Feel free to share the linked form below with your students. They are also welcome to visit our PNRC Educational Foundation webpage.
Questions? Contact PNRC Chair-Elect Beth Machine at pnrcoutreach@gmail.com or call 412-926-5750.
Due: April 17, 2026

RIT's 2026 High School Awards
As a nationally ranked Top 100 university, RIT attracts students with bold ideas who thrive in active, hands-on learning environments. RIT students explore innovative majors, gain real-world experience through our renowned co-op and internship programs, and achieve exceptional career outcomes.
The High School Awards Program recognizes outstanding high school students from the junior class for their leadership, service, and achievements. This year, we are pleased to offer an increased scholarship amount of $116,000 ($29,000 per year)*.The six award categories include:

- Art and Design

- Business and Leadership
- Computing
- Engineering and Technology
- Humanities and Social Sciences
- Science and Math

Award criteria for each category.

A student may only be nominated for one award category. Please double check all information, including spelling, before submission.

If you are interested in being nominated for any of these awards, please email Dr. Maloney a cover letter, resume and indication of award interest by **Friday, March 27th, 2026.**

Princeton Book Award

This awards program was established by the Princeton Alumni Association of Western Pennsylvania (PAAWP) to recognize outstanding students in public and private secondary schools. The award is given to a student at the end of their junior year. Students are awarded personalized, autographed books from prominent Princeton authors in a field of study that might be of interest to the student selected for the award. School administrators are responsible for choosing the recipient for the award based on the following criteria:

* Intellectual promise and academic excellence
* Exemplary service or extracurricular activities
* Outstanding personal character

Awarded to a current member of the Junior Class who demonstrates “intellectual promise and academic excellence, exemplary service or (participation in) extracurricular activities, and outstanding personal character”. Submit application to Dr. Maloney.

Deadline: March 27, 2026

Application Link

David R. Williams Memorial Scholarship

David R. Williams Memorial Scholarship benefits a graduating senior(s) from Avonworth High School who has the highest cumulative grade point average of those students meeting the following criteria:

Be a varsity athlete (including Marching Band and Cheerleading)

Be a graduating senior in June 2026.

Plan to attend a not-for-profit post-secondary institution or accredited career or technical school.

Be a prospective English major (including journalism, communications, theater arts, speech, English education, creative writing, technical writing, etc.)

Seniors must complete this Google Form indicating their college plans and prospective majors. From this list, the Athletic Director identifies those students who are also varsity athletes. Of those seniors meeting both criteria,
Deadline: March 27, 2026

University of Rochester Junior Awards

Bausch + Lomb Honorary Science Award

- High achievement and rigor in science and math classes
- Positive contributions to their school and within the larger community

Frederick Douglass and Susan B. Anthony Award

- Demonstrated commitment to understanding and addressing difficult social issues
- Leadership and dedication to community action
- Strong grades and rigorous courses taken in the humanities and social sciences

George Eastman Young Leaders Award

- Strong leadership experience at school and in the community
- High grades and challenging courses
- Extensive involvement in extracurricular activities

Xerox Award for Innovation and Information Technology

- Strong interest in innovation and/or information technology and a high level of achievement in this area
- Exposure to new technologies outside of school, such as pursuing serious work opportunities in local laboratories or industry
- Leading other students to new approaches to old problems (e.g., business plans for fundraising, innovative community service, after-school activities, and best uses of internal communications tools such as chat and blogs)

Information Link

If interested in being considered for this nomination, send Dr Maloney a letter of interest and resume no later than Friday, March 27, 2026.

Summer Activities

Young Founders Lab

Many students who apply to YFL are looking for ways to explore interests like business and entrepreneurship by building real projects, so I thought I'd briefly share one option that could be relevant.

High school students interested in entrepreneurship can apply to the Young Founders Lab, a mentored program where students build and launch a real startup with guidance from experienced founders and operators from Harvard, Y-Combinator, and Google.

Students work in small teams to develop a product or venture and present their work at a final demo day. Deadlines for their summer programs are on March 20th and April 15th. Learn more or apply here."
I've attached our updated Young Founders Lab brochure with more information about the program and student outcomes.

Teen Life Summer Programs
The 2026 Guide to Summer Programs is here, and it's packed.
We've filled it with 160+ opportunities across STEM, arts, leadership, and more — plus real student stories, tips on earning college credit over the summer, and a breakdown of how to actually choose the right program for you.
Digital Magazine Link

Summer Welding Camp
We are recruiting teens ages 14-18 to participate! The program is free to qualifying students & takes place at our workship space in Hazelwood.
Learn practical and creative skills
Go on field trips in arts and trade
Design and build a public sculpture
Tuesdays - Thursdays 9:30am - 3:30pm
June 16th - August 20th
Informational Flyer

Summer Camps and Intensives - Point Park University
Point Park offers a diverse range of programs in Arts & Sciences, Business, Communications, Dance, Education, Film and Animation, Service Learning, and Theatre. With 19 different offerings, students can experience their summer in the city, advance their knowledge, and start a new adventure at Point Park University!
These programs are designed to provide hands-on, immersive learning experiences that help students explore their passions while developing essential skills for their future. Whether they're interested in dance, film, entrepreneurship, sports broadcasting, or even Dungeons & Dragons, we have something for everyone.
Please feel free to browse and share our virtual Summer Camps and Intensives Brochure for 2026 for information regarding eligibility, dates, tuition, and room/board options.

Kenyon's Pre-College Program
Building on the strong tradition of our Kenyon Review Young Writers and Camp 4 programs, this opportunity invites rising high school juniors and seniors to sample a college-level course on AI, arts writing or science writing.

Through this week-long program from July 5-11, students will:

- Take a college-level course that emphasizes discussion, experimentation and mentorship from Kenyon faculty.
- Form lasting relationships with peers and professors within an intimate learning community.
- Build a portfolio of work, engaging in skills that scholars actually use — observing, analyzing, writing, building, questioning and revising.
- Make their home in a brand-new residence hall, where Kenyon resident assistants are ready to support them.

Interested students can learn more about the program by attending a virtual info session on Wednesday, March 25, at 7-8 p.m. ET. Details are available in this flyer and at kenyon.edu/pre-college.
Informational Flyer

Job and Volunteer Opportunities

Lace & Legacy Volunteer Request
The non-profit is called Lace & Legacy. They collect bridal, evening, prom and homecoming gowns and will be having a sale on April 11-12 from 9-4 at Studio RAW Elite at 3185 Babcock Blvd to benefit Children's Hospital of Pittsburgh. They are in need of volunteers to help set up Friday, April 10 from 5pm-8pm ish and then to help with the sale from 8:30-4:30 on that Saturday and 8-5 on Sunday. They are looking for at least 4 volunteers to cover the shifts, but it does not need to be the same student the entire time. If there are several that can split the time, that would work too.
Informational Flyer
Interested in volunteering - email Kim Hoffman at dk3197@comcast.net

Front Desk Assistance - Sweetwater
Job Title: Front Desk Assistant
Hours: PT (Nights and Weekends)
Pay $12hr
Job Tasks (Not a Complete List)

- Opening and Closing the Building
- Checking class participances in and out of classes
- Assisting general public with Q&A about classes
- Signing participants up for classes via our website
- Answering phones and taking messages

Note: This is a very basic list of tasks the front desk assists with, but a lot of the students bring their homework and work on it during their shift. It's a simple job just interacting with the general public and a great way to make some extra cash, attend

events with us, and get your feet wet in the workforce. Would make a great first job for a student! Shifts tend to start at 5pm till the building closes at 9pm
If interested, contact: Elizabeth Sorensen, Program Manager
esorensen@sweetwaterartcenter.org

Please let me know if you have any questions or you need further information. Next week's update will be on Thursday, March 26th due to Spring Break. There will be no update during the break, but look for the following update on April 3rd. If you are looking for specific information or items, don't hesitate to reach out.

Have a great weekend!

Dr. Lisa Maloney
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Counseling Office Website
Future Ready Hub
Make an Appt. with Dr. Maloney