🎓 Sophomore Newsletter | May 2026

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💬 Welcome, Class of 2028!

Hello from the Counseling Center! I'm Julie Sitko, your College and Career Counselor. I support students and families in exploring post-secondary options and identifying "best fit" colleges, universities, and career paths. Each month, you'll receive this newsletter to help you stay on track. Please feel free to reach out any time with questions.

📝 May Sophomore To-Do List

- Explore career and college options in **Naviance**.
- Begin talking as a family about post-high school goals.
- Review transcript in Skyward and save a copy (it will be updated at the end of the year)
  - You will not have access to Skyward after June 30. Download a copy of the transcript at the end of the year, in the event it's needed over the summer!
- Create a dedicated email account for **college/career correspondence**

🔍 Deep Dive into a College

If your student wants to explore real data about colleges—such as admissions, retention rates, graduation outcomes, financial aid, and affordability—the College Scorecard is an excellent resource. This U.S. Department of Education website provides reliable, accurate information and also includes helpful details about alternatives to traditional four-year college pathways.

🔗 https://collegescorecard.ed.gov/

Planning Your SAT/ACT Testing Dates
Wednesday, May 20 | 6:30 PM | online

Join Goldstein Test Prep for a free webinar on how to strategically plan SAT/ACT testing dates and preparation timelines. Topics include test formats, free prep resources, the best dates for first-time testers, and how to balance testing with extracurriculars. A live Q&A will be included.

Click here to register

📚 Enrichment Opportunities

CCAC Early College Programs

Students can take select credit and non-credit courses virtually at no cost and receive a stipend. This program is part of CCAC's Early College initiative, funded by the Bank of New York Mellon, and is designed to expand access to college and career readiness opportunities. 📞 724-325-6675 📧 earlycollegeprogram@ccac.edu

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Southwest Pennsylvania AHEC –Summer Health Career Academy

This five-day program, hosted at the University of Pittsburgh School of Medicine, is open to students interested in healthcare careers. Participants will hear from healthcare professionals and take part in hands-on simulations.

- Takes place in July
- Application deadline: **May 3, 2026**
- Confirmation email sent upon receipt of application

📧 Questions: HCA@SouthwestAHEC.org

UPMC Sports Medicine Student Aide Workshop

🗓️ Saturday, May 30 | 8:00-4:00

📍 Lemieux Sports Complex

This workshop is for students interested in athletic training and sports medicine careers. Students will learn through lectures, demonstrations, and hands-on activities.

Topics include:

- Career exploration
- Anatomy and evaluation
- Therapeutic exercise and modalities
- Concussions
- Spine boarding & equipment removal
- Medical terminology
- Taping and bracing

🔗 Registration required

💲 Cost: $40 per student | Limited to 50 spots

Phipps EcoLeader Academy

A free, seven-week program at Phipps Conservatory for motivated high school students interested in environmental science and sustainability. Students explore topics such as ecosystems, climate change, policy, and sustainability while building communication and leadership skills.

- Meets one afternoon per week (Wednesday or Thursday, 12:30–4:30 PM)
- Participation stipend provided

CMU Center for Architecture Explorations

This day camp provides a studio-like experience, emphasizing problem-solving skills through drawing, model making, and CAD. All camps are taught by students from the Architecture program. All camps take place at the Carnegie Mellon University School of Architecture, 9am-1pm.