-- TRENDING NOW --

Class Presentations
Counselors will conduct class presentations February 4th and 5th during school to introduce students to course selections for next school year.

Eighth Grade Parent Meeting
USCHS Counseling will host an informational meeting for eighth grade parents on February 5th from 7-9 pm in the high school theater. Counselors will discuss course selection and provide information regarding the transition to the high school.

Becoming a Competitive College Applicant Seminar
USCHS Counseling will host a College Seminar on February 6th from 7 to 8 pm in the high school theater. Representatives from several universities will be on hand to discuss the college admissions process.
Study Skills

The next Study Skills session will begin February 14th at 2:30 pm. It will run every Thursday for 6 weeks from 2:30—3 pm. For more information, click here.

AP Exam Registration

Registration for Advanced Placement Exams begins February 20th. Check out the USCHS Counseling Website for more information as the date approaches.

Pittsburgh National College Fair

When

Thursday, Feb. 7th, 9am to Friday, Feb. 8th, 12pm

Where

1000 Fort Duquesne Boulevard
Pittsburgh, PA

More information

The Pittsburgh National College Fair will take place on February 7th and 8th. Juniors should take advantage of the opportunity to investigate the many schools in attendance. For more information, click here.

Engineering & Industrial Technology Career Exploration Program

USCHS Counseling will host an Engineering & Industrial Technology Career Exploration Program on February 14th during mods 10/11. Come meet with professionals from the engineering and industrial sectors to get career information and advice. Participants will then have the opportunity to travel to DMI Companies for an on-site visit the next day. For more information, please see Mrs. Heil in the counseling office.

Course Selection

Course selection will take place February 19th - 21st:
11th grade - February 19
10th grade - February 20
9th grade - February 21
Why School Counselors Matter
In many schools, counselors may be the only staff members responsible for understanding each child as a whole person. Read more. Source: BostonGlobe.com.

5 Things We Love About School Counselors
It's National School Counseling Week -- a time when we not only bring awareness to the school counseling profession, but also show our appreciation. Read more. Source: Naviance.com.

‘Not the guidance co…
The job of school counselor has shifted to respond to student and safety needs.

Should Everyone Go To College?
Or should our society offer students more alternatives to higher education? Read more. Source: NYTimes.com.
Is College the Only Path?

Depending on your goals, personality and interests, you could be happy and successful without a traditional 4-year degree. Here's a look at what your higher education path means for your future career. Read more. Source: Chase.com.

Skilled Labor Shortage Amplifies Need to Boost Vocational Education

Administrators, teachers and parents continue to insist that four-year college degrees cut the best path to a rewarding career. The writing is on every wall we put up: The cause of today's skilled labor shortage has not been addressed. The gap between available workers and construction demand will grow. Read more. Source: TheTelegraph.com.

-- SUICIDE PREVENTION --
Teen Suicide is Soaring

A study of pediatric hospitals released last May found admissions of patients ages 5 to 17 for suicidal thoughts and actions more than doubled from 2008 to 2015. The group at highest risk for suicide are white males between 14 and 21.

Experts and teens cite myriad reasons, including spotty mental health screening, poor access to mental health services and resistance among young men and people of color to admit they have a problem and seek care. Then there's the host of well-documented and hard to solve societal issues, including opioid-addicted parents, a polarized political environment and poverty that persists in many areas despite a near-record-low unemployment rate.

And while some adults can tune out the constant scroll of depressing social media posts, it is the rare teen who even tries.

Then there's the simple fact they are teens. Read more. Source: USAToday.com.
Experimental Phone Apps Hope to Detect Teen Depression

Rising suicide rates and depression in U.S. teens and young adults have prompted researchers to ask a provocative question: Could the same devices that some people blame for contributing to tech-age angst also be used to detect it? [Read more](https://www.edweek.org). Source: EdWeek.org.

Suicide prevention: ...

People struggling with thoughts of suicide can cope with the bad days, find joy and stay alive.

What Actually Happens When You Call the National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline launched on Jan. 1, 2005, and in its first year of operation answered a little over 46,000 calls. In 2017, it answered over 2 million.

The Lifeline has significantly increased its call volume, but it says there are still people in crisis it doesn't reach. Some people having suicidal thoughts are afraid to call, worried doing so may compromise their privacy or their autonomy.

USA TODAY spoke with the Lifeline's director John Draper and communications director Frances Gonzalez about what happens when a person calls 800-273-TALK (8255). [Read more](https://www.usatoday.com). Source: USAToday.com.
Who's Going to Review Your College Applications – a Committee or a Computer?

It's crunch time for college applications, and hopeful high school seniors are working hard to impress admissions committees to land a spot at the school of their choice. But what if that committee wasn't actually a committee of people. What if, instead, you had to impress a robot – or win over an artificial intelligence-driven algorithm? Read more. Source: USAToday.com.

3 Goals for ACT, SAT Test-Takers in the New Year

This is an ideal time for introspection and changes that will lead to self-improvement. As such, students planning to take the ACT or SAT should take this time to meditate on their test prep goals for 2019, as well as lay out a plan for how to go about achieving them. High school students can adopt the following goals to guide themselves through their 2019 test prep. Read more. Source: USNews.com.

How to Determine the Number of AP Classes to Take

Advanced Placement classes can set applicants apart in a competitive college admissions environment, demonstrating the ability to perform well on more challenging coursework. Experts say performing well in AP courses often signals readiness for college. But for students looking to land at a top college, the question of how many AP courses to take persists. That number depends on each student, say school counselors, researchers and educational consultants. Read more. Source: USNews.com.

College Exam Testing Dates

Click here for SAT, ACT, and AP test dates.

-- ALUMNI SPOTLIGHT --

Robbie Mertz - Class of 2015

USCHS Alum Robbie Mertz continues his winning soccer ways at the University of Michigan (see article below) AND with the Major League Soccer Colorado Rapids (see his MLS webpage below).
Mertz comes from a family of soccer standouts, but at 5 feet 7, he's had to work for everything he has accomplished.

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.

1825 McLaughlin Run Road, Pit...
412-833-1600
hs-counselingoffice@uscsd.k12.pa.us/domain/200
uscsd.k12.pa.us/domain/200