



# COUNSELOR NEWS



SIGNAGE  
DONATED BY  
THE CLASSES  
OF  
2015 & 2016



## COLLEGE FINANCIAL AID APPLICATIONS OPEN IN DEC/JAN

Federal Student Aid  
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION



Apply for aid for 7/1/24-6/30/25 on the 2024-25 FAFSA form in December. After you complete the FAFSA for 24-25 you will be offered the opportunity to complete the PHEAA application as well.

There are two financial aid applications that you need to complete if you plan to attend post-secondary in Pennsylvania. Set aside time to finish both applications in the same sitting to save time.

## FAFSA COMPLETION WORKSHOPS

WED, JAN 31ST 2024  
@ 6:00PM  
UDHS LIBRARY

TUES, FEB 20, 2024  
@ 6:00PM  
UDHS LIBRARY

[SIGN UP HERE](#)

[HTTPS://BIT.LY/46IM4JJ](https://bit.ly/46IM4JJ)



## POST-COVID COLLEGE READINESS

Rebecca VanderMeulen UDHS Counselor, published in Fall 2023 edition of *LINK for Counselors*

First-year college students have long faced hiccups getting used to life on campus. While college faculty say there is nothing new about challenges managing independence and adjusting to more rigorous coursework, these difficulties have grown since the COVID-19 pandemic. “I don’t think that they’re not prepared”, says Dr. Heather Holmes, director of the Center for Student Achievement at Salisbury University in Maryland. “Some of them are underprepared.”

GO TO PAGE 6 to read more....

MORE INFORMATION AT [WWW.UPPERDARBYSD.ORG](http://WWW.UPPERDARBYSD.ORG)



# COUNSELOR NEWS

## IMPORTANT REMINDERS

👑 MARKING PERIOD 1 ENDS ON NOVEMBER 3RD

👑 MP 2 AND SEMESTER 1 END JANUARY 19

👑 FINALS WEEK JANUARY 16 - 19

👑 MP1 & MP2 = 1ST SEMESTER  
MP3 & MP4 = 2ND SEMESTER

👑 SEMESTER CLASSES HAVE TWO MARKING PERIODS & FINAL EXAM TO EARN A PASSING GRADE.

FIND ON HOME ACCESS CENTER

👑 PROGRESS REPORTS ARE VIEWABLE: 11/1, 11/22, 12/13 & 1/10

👑 REPORT CARDS ARE VIEWABLE: 11/15 & 1/24

Homecoming 11/23/23 Thanksgiving Football game, Kick off at 10 am at UDHS Memorial Stadium.

[UDHS Family & Student Handbook 2023-24](#)

### Grading System

|                |               |
|----------------|---------------|
| A+ = 97 to 100 | C+ = 77 to 79 |
| A = 94 to 96   | C = 74 to 76  |
| A- = 90 to 93  | C- = 70 to 73 |
| B+ = 87 to 89  | D+ = 67 to 69 |
| B = 83 to 86   | D = 64 to 66  |
| B- = 80 to 82  | D- = 60 to 63 |
|                | F < 60        |

### UPCOMING DATES

**11:20 am Dismissal:**

11/22, 12/1, 3/1

**1:00pm Dismissal:**

11/15, 12/20

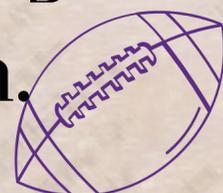
**NO SCHOOL:**

Election Day - 11/7

Diwali - 11/13

Fall Break - 11/23-24

Winter Break - 12/25-1/1





# CENTER NEWS

## 9TH GRADE CENTER

### Setting up for Success

The 9th grade counselors are supporting the class to fill their tool boxes with skills for success. In Naviance we will feature the CAREER CLUSTER FINDER which serves to focus freshies on career paths that could be a solid fit.



### LIFE SKILLS START NOW!

Consistent Attendance  
Daily Skill Practice  
Ask Questions  
Get Involved

SHOW UP  
JUST DO IT  
LEAN IN  
STAND OUT

- If you need tips or resources for setting you up for success, please see the link and QR attached!

### Scan Me



## 10TH GRADE CENTER

Sophomore year is a focus on careers. Students will complete the CAREER INTEREST INVENTORY in Naviance during the school year. In October, sophomores viewed a lesson on the different pathways beyond high school. Link: [Post High School Pathways](#)

Scan for the Career Pathways Lesson



**Upcoming:** We will be sending out a link soon for students to sign up for a meeting to learn about Delaware County Technical School. Make sure you are looking at the Class of 2026 Schoology page and reading your school emails! To learn before the meeting, check out their website: [DCTS](#)

**MORE INFORMATION AT [WWW.UPPERDARBYSCHOOLSDISTRICTS.ORG](http://WWW.UPPERDARBYSCHOOLSDISTRICTS.ORG)**



# CENTER NEWS

## 11TH GRADE CENTER

The theme of November is EXPLORE. Holiday season is coming up and the chance to interact with older relatives and friends will be upon us. Take the time to ask them about their career path- what do they do? What would they have changed about their career? What do they like or dislike about their job?

1. Log onto Naviance and look at the college searches.
2. Once we have PSAT scores, they will be uploaded and there is a really interesting button that allows you to see how likely you are to get into each school ("How do I compare").
3. Take a road trip and get your foot onto a campus- see how it feels, take stock of what you like or even dislike about the campus and use this to guide your search.

**Worksheet to take on college tours with questions to ask college tour guides.**

Click this Link



## 12TH GRADE CENTER

Seniors are exploring their options for post-secondary planning and if you are heading to college click the resource guide below.

**CLICK**

UDHS COUNSELING DEPARTMENT  
**STUDENT RESOURCE GUIDE**  
**COLLEGE**

- START**  
Read guide on college process  
Read steps for Common App  
SEPTEMBER  
NOVEMBER  
2023
- Naviance**  
Log into Naviance and select schools that will submit you based on search criteria located in individual links in the college link. Your GPA is in your "measure" tab.
- Choose your schools**  
Choose your first schools based on your ability to be admitted and put them in "colleges that I am applying to".  
Naviance has College Rep Visits posted and a tab dedicated to 100's of community scholarships.
- Decide how you will apply**  
Common App or directly to the institution. Only create a CA account if you need to.  
Some applications require you to complete additional items like the CSS profile or SSAB.
- APPLY**  
Apply to all the schools on your list completely. The Common App has tabs for every school and all tabs must be completed by the deadline.  
Meet with your counselor with your yellow sheet completed 3 weeks prior to any application deadlines.
- FAFSA & PHEAA**  
Complete the financial aid applications. This is required EVERY year you attend college.  
JANUARY 2024
- Apply to UDHS scholarship program**  
Complete the UDHS scholarship application and file by the deadline in January.  
Search for community scholarships on your Chromebook. Use the words "scholarships for a HS senior interested in fill in the blank."
- Create student account**  
At every school you applied to you must create a school specific account and check it daily.  
SPRING 2024
- Evaluate your aid offers**  
In your school specific account you will find your financial aid offers.  
DO NOT MAKE A nonrefundable HOUSING DEPOSIT BEFORE YOU SEND YOUR INTENT TO REGISTER.
- Pick your college**  
Read on the link B, select your school and post in Pleasures. Complete your intent to register in your school specific account and then discuss for finality.  
MAY 2024
- Keep Working**  
Colleges can rescind or withdraw your admissions offer if you get a bad score of something.  
SPRING 2024
- FINISH**  
If asked to participate in any summer bridge/transition programs DO IT! They can be very helpful.  
JUNE 2024

Click this Link for College Senior Assembly video



# COUNSELOR NEWS

## CAREER FOCUS

Let's look at a career and the educational track to achieve.



**KATHERINE LYNCH**  
Keller Williams Main Line Ardmore, PA  
[Katie@TheModernGroupRE.com](mailto:Katie@TheModernGroupRE.com)  
484.574.4782  
610.520.0100

[Click for Video](#)

## REALTOR

A realtor or real estate agent is a fulfilling job for someone who likes to talk to people and is detail oriented. You do not need a college degree and often the coursework is free and offered online. It is a job that can be very lucrative if you like to hustle. The housing market can be up and down so you have to be flexible with your spending and save in good years so that you have cushion in lean years; personal budgeting skills are a must.



Monica Kramer (they/them)  
[www.movewithpridephl.com](http://www.movewithpridephl.com)  
(610) 420-7506  
[@movewithpride](https://www.instagram.com/movewithpride)

License #: RS344849  
Keller Williams Philadelphia  
1619 Walnut St 4F  
Philadelphia, PA 19103

[Click for video](#)



# COUNSELOR NEWS



## Institution FOCUS

# University of Pittsburgh, Bradford

Almost all of our students who apply for financial aid – 96.8% – receive some form of assistance. That means their actual cost to attend is less than the established tuition and fees. That ranks us 1st for 4-year colleges and universities in Pennsylvania in average amount of aid awarded.

We're a great value. For the 2022-23 school year, the average financial aid award was:

\$19,972 for Pennsylvania students

**IF YOU QUALIFY FOR THE PELL GRANT THE UNIVERSITY WILL MATCH IT \$ FOR \$.**

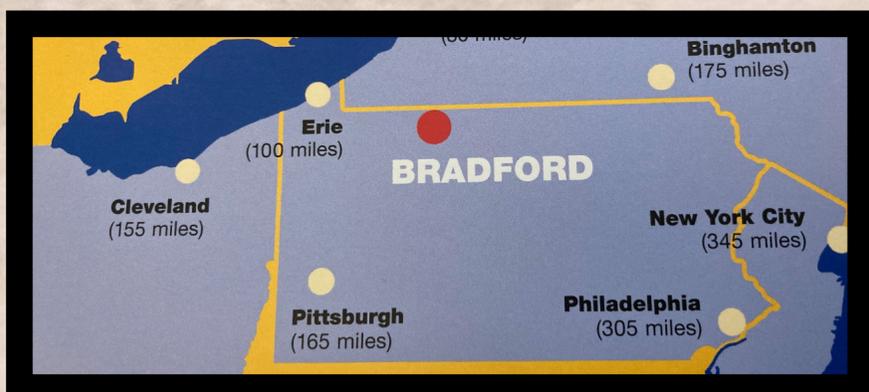
We also hold the following rankings compared to all public 4-year colleges and universities in Pennsylvania:

- 3rd most affordable room and board plans
- 4th highest percentage of students receiving financial aid
- 10th lowest average graduate student debt

**But we're not the only ones saying we're a great value.**

- U.S. News & World Report has recognized the University of Pittsburgh at Bradford in five areas in its prestigious 2022 Best Colleges rankings.
- We have been ranked among the best baccalaureate colleges in the country and a “Best Bang for the Buck” in the Northeast by Washington Monthly magazine
- The Council for Aid to Education ranked us No. 4 on a list of colleges that devote the highest percentage of dollars to financial aid.

You can find out more by contacting our Financial Aid office at [814-362-7550](tel:814-362-7550) or email at [UPBaid@pitt.edu](mailto:UPBaid@pitt.edu).



**IF YOU NEED HELP, CALL US AT THE OFFICE OF ADMISSIONS AT:**

**1-800-872-1787 OR EMAIL**

**ADMISSIONS@UPB.PITT.EDU**

**APPLY ONLINE, AND WE'LL WAIVE THE \$45 APPLICATION FEE.**

**UPITT- BRADFORD IS TEST OPTIONAL SCHOOL**

**KIAN BOROUJERDI  
ADMISSIONS COUNSELOR KIB58@PITT.EDU**

Pitt Bradford bases its admissions decision on the whole applicant. The most important factor that we have found is your high school grade point average. That gives us three years of your work to consider, rather than a few hours on a test. SAT and ACT test scores are secondary considerations. We like to see a high school rank, if available, and other information that you can provide to us like a personal statement or letters of recommendation. The average GPA for our incoming class in the Fall of 2019 was 3.30

UPITT- Bradford has Nursing & Engineering

**MORE INFORMATION AT WWW.UPPERDARBYSD.ORG**



# COUNSELOR NEWS

## POST-COVID COLLEGE READINESS CONT FROM PAGE 1

Rebecca VanderMeulen UDHS Counselor, published in Fall 2023 edition of *LINK for Counselors*

According to The LearnWell Projects, which consults colleges on student success initiatives, 80 percent of high school students learning takes place in the classroom with 20 percent outside class. This ratio reverses in college. Three college faculty shared their observations of what has changed since the COVID generation arrived on campus.

### **Skippping class**

Most students had greater challenges paying attention during virtual learning. But many liked signing onto Zoom in their pajamas or listening to online lectures later. Some decided attendance was optional. Since the return of in-person learning, college faculty have lamented how many students are avoiding class - even sharing photos of empty lecture halls on social media. This is especially worrisome with so much of a student's course grade depending on independent work, Holmes says. "The best thing they can do post-pandemic is go to class," she says. Then they will be better prepared to study on their own time.

### **Higher anxiety**

Young adult's anxiety is at an all-time high. The annual Healthy Minds Study found that 37 percent of college students reported an anxiety disorder during the 2021-22 school year. Dr. Matthew Weaver, chair of the psychology department at Mercyhurst University in Pennsylvania, has noticed more students hesitating to talk with classmates, tutors or faculty in person. But their anxiety dissipates once they start conversations.

### **Social isolation**

Some new college students are isolating themselves, seemingly unused to face-to-face interaction. This reflects larger shifts in society; a report the U.S. Surgeon General's office issued last year said that compared to two decades ago, those between the ages of 15 and 24 are spending 70 percent less time in person with their friends. Weaver is concerned about signs of student's loneliness, such as the students he sees more frequently and consistently eating alone in the dining hall. "If a person's lonely, that's going to lead to mental health problems, and that's going to affect them in the classroom," he says. At the University of Delaware, Dr. Sheryl F. Kline has noticed students in her classes struggling with group projects.

"They might use Google Docs to communicate while they're sitting together," says Kline, deputy dean of Delaware's college of business and economics. She now teaches them to take on assigned roles within a group and directs them to turn off their electronics.

### **Uneven academics**

"As someone who teaches freshmen, I always ask students, have you ever written a research paper", Kline says. "It used to be about half. Now it's about 10 percent." Scores of news reports since 2021 have said incoming college students are less prepared for college-level math. And a 2022 report from Chalkbeat Colorado summarizes much of what faculty have seen: educators say students entering college (in 2022) have fewer study and test-taking skills, such as simple tactics like preparing note cards or the value of study groups.

### **In-class distractions**

Perhaps no one who works in a high school would be surprised to learn college students often multitask on their devices during class. "You might see someone on their laptop with five windows open, and one is the PowerPoint," Holmes says.

So what can high school counselors do to better prepare their students for college? Faculty offer six ideas:



# COUNSELOR NEWS

## POST-COVID COLLEGE READINESS CONT

Rebecca VanderMeulen UDHS Counselor, published in Fall 2023 edition of *LINK for Counselors*

### 1. Promote basic academics

Kline suggests that high school educators develop student's math, writing, and communication skills. Her students would be more prepared for college-level coursework if they had more robust math and research experience, she says.

### 2. Teach study strategies

Holmes recommends that counselors and teachers give students specific strategies to earn good grades. These include taking effective notes, meeting with teachers outside of class, and making specific plans for when and how to study.

### 3. Urge students to ask for help

Campus learning centers and academic advisors can help fill gaps with study skills. Salisbury's learning center teaches strategies for specific subjects like English and chemistry, and more general techniques like note-taking and highlighting in textbooks. Librarians can help students find and use materials. But these resources can only help if students take advantage of them. "Students who come to tutoring the 15th week of the semester - there's not much we can do," Holmes says.

Self-advocacy is especially important for those who need accommodations for a disability, she adds, because students need to approach the right campus office on their own.

### 4. Help students set goals

Holmes suggests that counselors guide high school students through the process of setting long- and short-term goals. Then they will be more prepared to independently plan for success in college classes.

### 5. Show how to balance academics and social life

Time management is a perennial challenge for college students. One difference Kline has noticed is how many of her students at Delaware are involved in a host of campus activities - almost as if they are making up for lost opportunities to socialize.

That's why faculty suggest that high schools show adolescents how to balance their responsibilities with tools such as day planners.

### 6. Support positive social interaction

Weaver worries about student's mental health, especially as American society becomes lonelier.

That's why he encourages extracurricular activities - and not out of a desire to boost college applications. "The emphasis should be on joining a club so you can meet other people" he says. "This is good for you because this is how you meet people at college." He adds that schools can help students by intentionally creating ways for students to interact with each other.

Faculty recognize their high school colleagues have a tough job. And they note their continuing confidence in students.

"We're at an odd time with COVID, but I see no reason our young people can't get through this", Weaver says. "I have a lot of hope and optimism for them."

## UDHS Counseling Department

### Contact Information



[Click here](#)