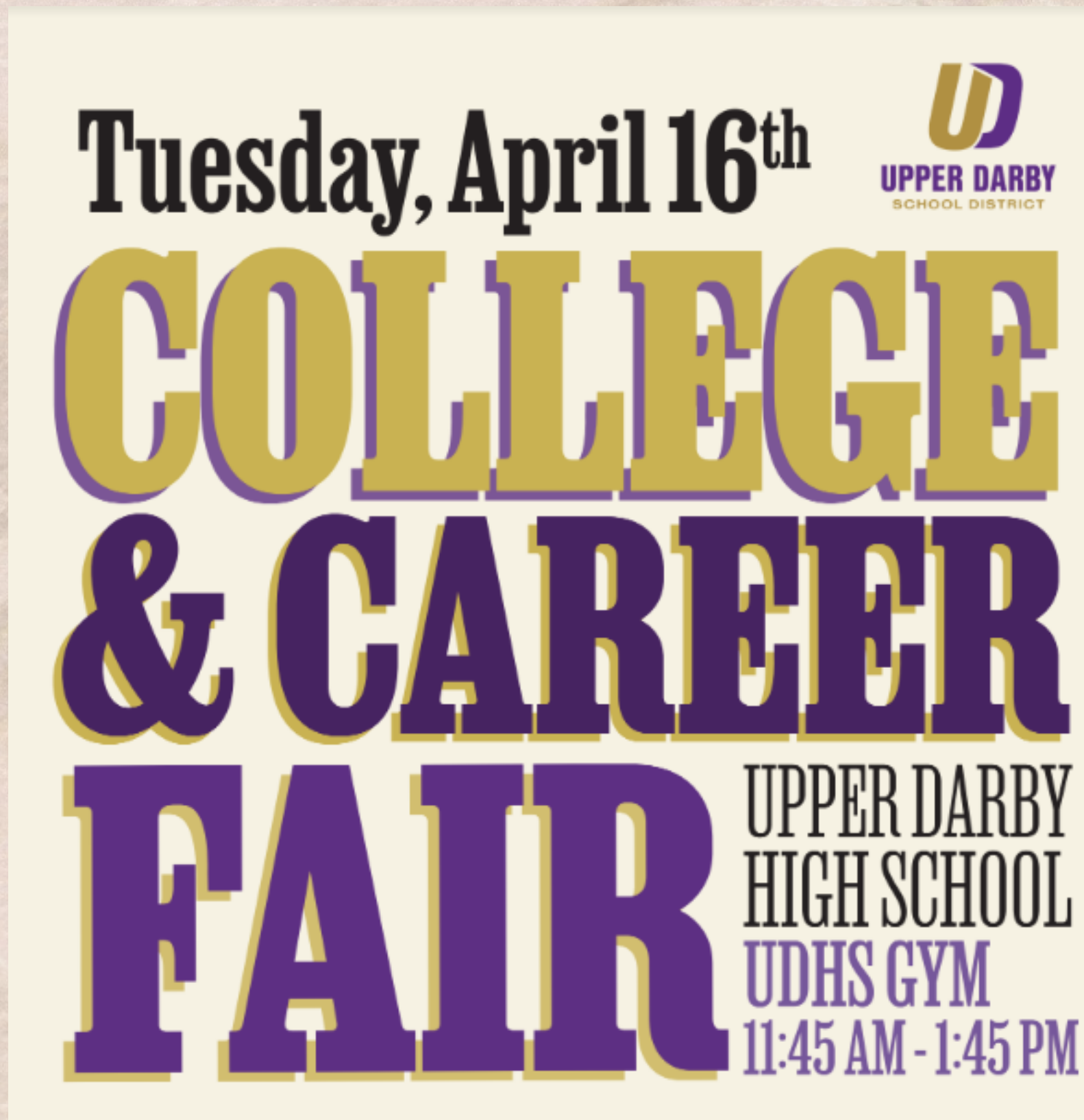




COUNSELOR NEWS



BALANCING HIGH SCHOOL GPA, ACADEMIC RIGOR

TAKE CLASSES THAT WILL BENEFIT YOU IN COLLEGE RATHER THAN THOSE THAT ARE EASY OR THAT MAY LOOK GOOD ON APPLICATIONS.

By [Tiffany Sorensen](#), January 10, 2022 *USNews & World Report, shortened for this format*

When reviewing applicants' high school transcripts, college admissions officers look for two main traits: a course load that shows academic rigor and a GPA that demonstrates academic mastery.

However, those two factors can often seem to work against each other. Harder classes, of course, make it harder to earn higher grades.

With this conundrum in mind, here are some insights on scheduling high school courses to showcase both academic rigor and academic mastery to prospective colleges.

Find Your Magic Number of Advanced Classes

The benefits of having advanced courses on your high school transcript – whether honors level or Advanced Placement are obvious. However, it takes some experimentation to figure out exactly how many advanced courses you should enroll in at a time.

Read: [How to Select the Right AP Classes for You.](#)

The magic number looks different for everyone because it is dependent on several factors, such as work ethic, goals and scheduling demands. While one student might feel perfectly challenged by taking three AP courses at a time, this amount might be overwhelming for another student.

The key is to start taking advanced-track classes as soon as possible in high school so that you have plenty of time to find your magic number. You can begin with just one or two and, if all fares well, increase your course load the following term.

CONTD on page 9

MORE INFORMATION AT WWW.UPPERDARBYSCHOOLDISTRICT.ORG



COUNSELOR NEWS

IMPORTANT REMINDERS

👑 **UDHS COLLEGE & CAREER FAIR**
TUESDAY, APRIL 16TH 11:45-1:45 @
AUX GYM

👑 **END OF MP 3: APRIL 5**
MP 4: JUNE 7

👑 **FINALS WEEK JUNE 4-7**

👑 **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 ON 3/20, 4/17, 5/8 &
5/29**

👑 **REPORT CARDS ARE VIEWABLE
ON 4/17 & 6/12**

[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

Late Opening (non-testers) @
11:00am- 5/13-5/20

Keystone Testers - arrival
@7:30am-10:55am, 5/13-20

11:20 am Dismissal: 6/7, 6/12

1:00pm Dismissal: 3/20, 5/8

AP Testing: 5/6-5/16 @7:30am
for 8am testers, 11:30am for
noon testers

Graduation: 6/10

NO SCHOOL:

Spring Break - 3/25-3/29

Eid al-Fitr - 4/10

Election Day - 4/23

Teacher PD - 5/24

Memorial Day - 5/27



CENTER NEWS

9TH GRADE



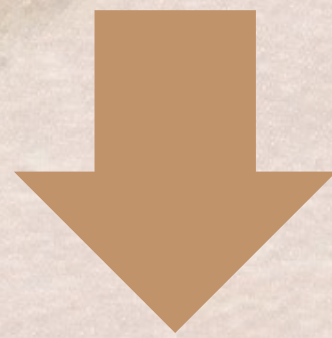
In order to achieve academic success at UDHS, the counseling team encourages students to identify goals for each course, share academic goals with their teachers, and ask for support as needed.

Click here for [Additional Skills for Success](#).

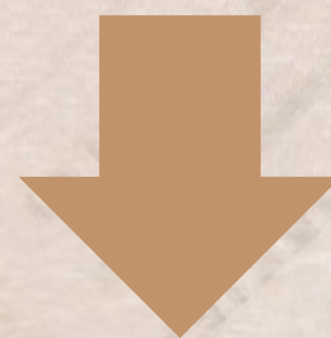
3 ways to get additional support:



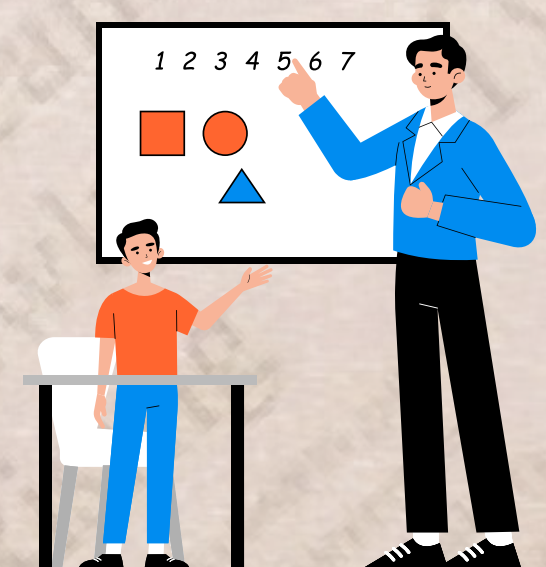
Log onto the virtual synchronous hours on Mondays, Tuesdays, Thursdays, and Fridays to receive personalized support from teachers. Links can be found on each courses' schoology page (or email your teacher directly for their available times).



Students can schedule a meeting with their teacher to discuss specific concerns and develop a personalized plan for improvement and success.



Encourage your student to attend tutoring sessions offered by the school. Students & families can learn about tutoring resources from teachers and the 9th grade counseling team has also compiled a [Tutoring Services 2023-2024](#) resource.



MORE INFORMATION AT WWW.UPPERDARBYSD.ORG



CENTER NEWS

10TH GRADE

Explore Naviance!

Our sophomores were encouraged to explore Naviance from December through the end of February. And we want to continue students to do so!!!



WHAT?

Naviance is a program that UDSD pays for, all the bells & whistles! Students can search for careers, colleges, and scholarships. Naviance also has several self-assessment surveys for students to get to know themselves.

WHERE?

Launchpad,
school district
website



DO NOW!

Here are some tasks that students can do in Naviance:

- Career Search
- College Search
- Goals/Resume
- RoadTrip Nation
- Self-Discovery



CENTER NEWS

11TH GRADE

01

Course Selection

Ms. Rementer, Mrs. Donohue, and Mrs. Lombardo are actively working on course selection and having individual meetings with all of our students. Keep an eye out for a pass to come see us!

Before seeing us make sure you access the resources [HERE](#) and know what you want your Senior year to look like!



Junior Center Updates

02

SAT

Juniors interested in attending college after graduation should be preparing for the SAT as soon as possible!

[Create a CollegeBoard account](#)

Sign up for an upcoming SAT

March 9 (registration deadline 2/23)

May 4 (registration deadline 4/19)

June 1 (registration deadline 5/16)



College Search

03

Junior year is an important time in your college search process!

1. Search for colleges
Naviance > Colleges > SuperMatch
2. Add colleges to your list in Naviance
3. Attend tours/open houses/info sessions now through the summer



04

Scholarships

College-bound Juniors can and should be starting their scholarship search this year! You can search and apply for scholarships now through Senior year!

Naviance > Colleges > Scholarship Search

[FastWeb](#)

(create an account then search & apply!)



We look forward to meeting with you over the next few weeks!



Ms. Rementer, Mrs. Donohue, Mrs. Lombardo



CENTER NEWS

12TH GRADE CENTER

CLASS OF 2024 News and Updates!

We are nearing the end of the school year. You have ordered your caps and gowns and graduation information was given out earlier in March. As always we want you to finish strong. For those of you continuing your education beyond high school and awaiting your financial aid results due to FAFSA's delay, we will have workshops after spring break. We will share a formatted spreadsheet so that you can compare the real costs of the schools you want to attend before making your final decisions. For those of you who missed the February workshop on applying for full time employment beyond high school, please make an appointment with your counselor, We would like for you to attend the college and career fair so you can connect with future employers. Delaware County Community College is still an outstanding opportunity at a reasonable cost if you want to start college, become certified in a specialty or learn a trade.

February 14th
9:15-9:40am

Rolling admission schools and tech programs



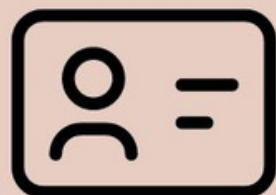
February 15th
2:45-3:30 pm

Rolling admission schools and tech programs



February 28th
9:15-9:40 am
2:45-3:30 pm

Jobs and PA State Id's



March 13th
9:15-9:40 am
2:45-3:30 pm

DCCC programs and transfer programs



April 17th
9:15-9:40 am
2:45-3:30 pm

Financial aid and college cost comparison



Senior Center Workshops



COUNSELOR NEWS

CAREER FOCUS Educational Path

- STEP 1.** Undergraduate Degree (4-6 years)
majoring in Biology, Health Science or Pre-Medicine
- STEP 2.** Earn at least 2,000 hours (one year of full-time work) of patient care experience.
- STEP 3.** Take the GRE and apply to PA School

Jobs to Earn Patient Care Hours

- Military Corpsman
- EMT or paramedic
- Combat Medic
- Registered Nurse (RN), BSN, LPN
- EEG or EKG technician
- Emergency room technician
- Physical therapy aide
- Certified Nurse Aide (CNA)
- Medical Assistant (MA)
- Respiratory Therapist
- Dietician
- Phlebotomist
- Hospice
- Medical Technologist
- Licensed Practical Nurse
- Dental Hygienist OR Technologist
- X-Ray Technologist
- Physical/Occupational Therapist
- Aide in Dialysis Unit
- Optometry Assistant
- Chiropractic Assistant



After you earn a bachelor's degree

The Ultimate PA School Application Timeline



PHYSICIAN'S ASSISTANT

A physician assistant (PA) is a health care professional who works with doctors and gives medical treatment. You can find physician's assistants in virtually all primary care and specialty medical fields.

A physician assistant's role typically includes things like:

- Making rounds (checking on patients)
- Doing patient exams
- Helping doctors in surgery
- Diagnosing illnesses
- Writing prescriptions
- Creating and managing patient treatment plans
- Offering advice to patients on preventive care and best health practices

Although PAs work alongside a supervising doctor, that doesn't mean they work under the doctor's direct supervision. Instead, they are in partnership with the doctor. They are independent clinicians within the scope of state law.

PAs work in medical settings including:

- Hospitals
- Nursing homes
- Medical offices
- Community health centers
- Retail clinics
- Workplace clinics
- Schools
- Correctional institutions

PAs also work with government agencies like Veterans Affairs (VA) and in branches of the military.

Video Link

MORE INFORMATION AT WWW.UPPERDARBYSD.ORG



COUNSELOR NEWS



Institution FOCUS



Widener University

Our programs are respected centers of excellence and leadership—but our deepest pride (and greatest value) is the highly personal nature of the Widener education. By understanding your individual learning style and aspirations, your professors prepare you to meet your specific goals.

Powerhouse Programs; Personalized Education

The Widener education is fueled by great teaching from respected scholars who are personally invested in each student's success. Our classes are small. Our people are connected. Which means instruction and advising is catered to your individual strengths, needs, and goals. Degree paths are nimble, flexible, and responsive to constant changes in the industries our students are preparing to enter. Your education will provide the specific knowledge, skills, insights, and experiences you need to thrive in your career. But you'll enter the job market with broader perspectives gained through wider exploration.

Whatever you study and wherever you're headed, you'll gain the confidence and flexibility to adapt and excel as the world shifts.

MANY PROGRAMS. MANY PATHS.

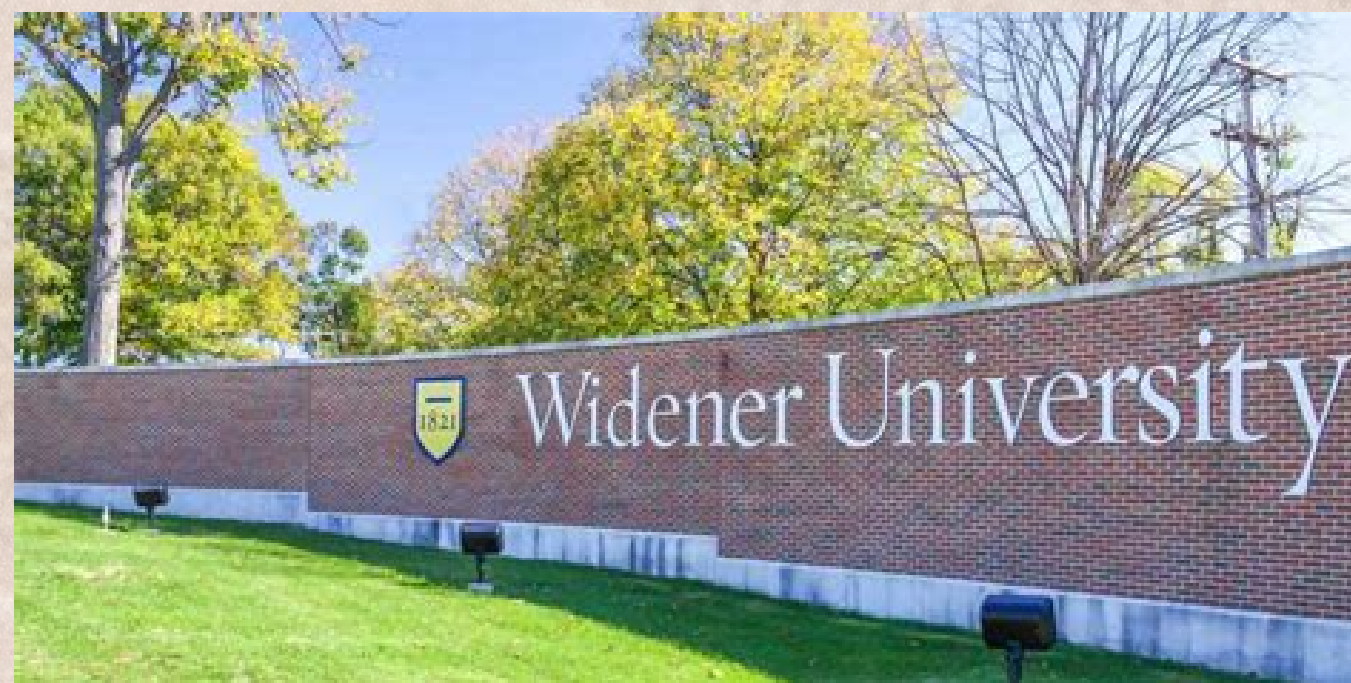
A Personal Approach

They've stood in your shoes, so they know how it feels to be hungry for the next step—eager and ready to do what it takes to get there.

Professors here take the time to really know you, becoming familiar with your interests, aspirations, and specific learning style.

This allows them to guide and support you, and push you toward opportunities and experiences that widen your expectations and expand your sense of possibility.

They'll have your back from day one, and every day thereafter.



The Inside Track

We've built our academic programs to be centers of excellence and influence—fueled by distinguished faculty, high-impact research, and innovative degree paths that are shaping and informing their fields.

At every step, professors guide your progress, providing individualized instruction and continual feedback. They'll help you prepare, not just for the future, but for the specific future you imagine for yourself.

With deep industry ties, our professors serve as professional mentors, providing insider perspectives that prepare you for the job market—and place you above the competition. Their connections help provide you with professional development opportunities (from internships to research to co-ops) that serve as launch pads when you graduate.

You'll leave Widener with the knowledge, skills, experiences, and network you need to ace the interview, get the job, and quickly rise in your profession.

You'll be ready and confident. And on the inside track.



One University Place
Chester PA 19013

1-888-WIDENER

<https://www.widener.edu/>



COUNSELOR NEWS

BALANCING HIGH SCHOOL GPA, ACADEMIC RIGOR CONT FROM PAGE 1

Balancing High School GPA, Academic Rigor, By [Tiffany Sorensen](#), January 10, 2022 USNews & World Report, Reprinted

Aim High, Act Early

It might happen that you start an advanced class and soon realize that it is going to be too much for you. This is normal and can be quickly fixed, provided the deadline to withdraw has not passed.

Most importantly, be honest with yourself from day one. If your gut tells you that a course is not the right fit for you, take the hint before it is too late, such as before you end up with a low grade on your transcript that cannot be erased.

Read: [What Students Should Know About the GPA Scale.](#)

Courses typically get harder as they progress, not easier, so if you are struggling from the start, switch out promptly. Remember: The transition is always smoother when you go from an advanced to a regular-track course, as opposed to the other way around. Therefore, aim high initially and act early if things go wrong.

However, don't forget to consult with your school counselor before finalizing your course schedule. He or she has inside information about your school's courses, in addition to knowing your abilities as a student. Therefore, always carefully weigh your counselor's advice.

Select Courses That Align With Your Career Goals

High school is an ideal time to begin experimenting with courses that match your professional goals. For instance, if you aspire to become a veterinarian, you should absolutely take an animal behavior course in high school. Those who wish to pursue a career in the arts should enroll in pottery, drawing and painting, theater and other similarly themed classes.

On the other hand, if you wait until college to explore your interests, you may end up paying much more than you need to in tuition and graduate later than you would like.

Admissions officers like to see that you are aggressively pursuing the path that you'll lay out in your application essays. If your essays claim that you want to become a doctor, for example, then having advanced science classes on your transcript goes a long way toward proving that you're serious about that pursuit. Conversely, completely avoiding AP and honors science might undermine your essay claims.

As soon as possible, add electives to your schedule that allow you to discover if a career path could suit you, although they may not seem so closely related at first glance. For instance, even if your plan is to major in mechanical engineering, you could still benefit from the skills you would acquire taking IB computer science.

Step Outside Your Comfort Zone

While it is beneficial to select courses that align with your passions, you should not limit yourself to just those. Liberal arts colleges, especially, like to see that applicants are well-rounded in terms of their studies.

Read: [What a Liberal Arts College Is and What Students Should Know.](#)

As such, ensure that your high school transcript both speaks to your long-term goals and demonstrates that you have earned a comprehensive high school education.



COUNSELOR NEWS

BALANCING HIGH SCHOOL GPA, ACADEMIC RIGOR, BY TIFFANY SORENSEN, JANUARY 10, 2022 USNEWS & WORLD REPORT, REPRINTED

Additional Tips

Plan early. Since desirable courses tend to fill up quickly, be proactive about enrolling in your preferred classes. Speak with your school counselor well in advance and keep your calendar marked for critical appointments and deadlines.

Consider your motivation. Avoid enrolling in courses for the wrong reasons, such as because your close friends are taking it. Instead, choose courses for some of the reasons mentioned above. Among other things, they would make your application more competitive and allow you to figure out your interests.

10 Steps to Choosing the Right College

UDHS Counseling Department

Contact Information



[Click here](#)



Room 255, Open 9:25- 3:00pm

