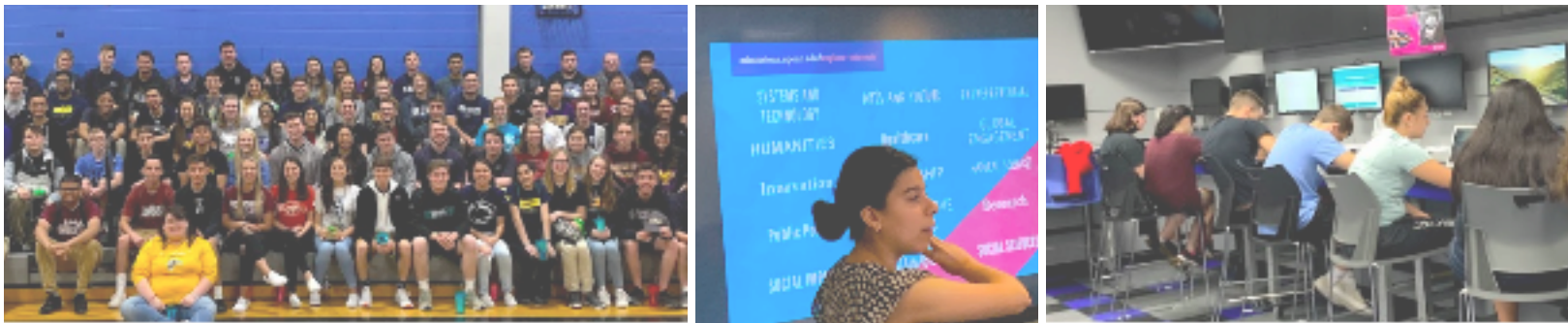


MaST Community Charter School

High School Counselors' Corner

October 2019



School Counseling Program 2019-2020

September	Vaping & Nicotine	February	Social Media and Internet Safety
October	Mental Health	March	Drugs & Alcohol
November	Conflict Resolution	April	Autism Awareness
December	Bullying, Harassment, Sexual Harassment	May	Healthy Relationships
January	Study Skills/Goals	June	Volunteer and Community



Mental Health Awareness Presentations for Students AND Parents!

High school students had their 1st presentation of the year on vaping education and awareness given by Anthony Luker, from the District Attorney's Office, and it was a great success! In addition, the School Counseling Program will have 4 parent speaker nights this year on the topics of mental health, social media/internet safety, alcohol awareness, and healthy relationships. Students will be given these presentations as well as a variety of others throughout the year.

Be sure to check out Just Talk About, a mental health awareness presentation for parents, given by Mind Your Mind on October 29th at 6:00pm in the LGI! The student presentation will take place on October 30th. This interactive presentation is an introduction to mental health, which is designed to train both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis. Just Talk About It will educate adolescents and the adults who support them to look beyond stigma and notice warning signs in themselves and their peers.

Participants will discuss ways to assist others to cultivate positive coping skills and the ability to ask for help. The primary goal of the awareness process is to increase the knowledge about anxiety, depression, and suicide while increasing the number of times a student self-reports and engages in help-seeking behavior.



October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying™ in observing National Bullying Prevention Month. Our goal is to encourage schools, communities and organizations to work together to stop bullying and cyberbullying.

Every Friday throughout October, MaST will be participating in a **#BlueUp** to stand up against bullying and cyberbullying. In addition to spirit wear, students can support bullying prevention by wearing blue in hopes that this message is heard throughout our community!

Red Ribbon Week 2019

October 21-25 will be a week-long dress down at MaST. Cost will be \$4 for the week and all money collected will go towards the MaST Social Action Fund to assist our students in need.

Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States . The MaST SADD Club will be educating students throughout the week about the dangers of drugs and alcohol. This year's slogan is, **"Send A Message. Stay Drug Free."** A flyer with the daily dress-down themes will be out soon!



Need Tutoring?

Email NHS@mastccs.org to schedule a time and place for peer tutoring!

College & Career News

The FAFSA is Now Open!

Seniors are now able to apply for financial aid for college through the FAFSA and PHEAA! A copy of the financial aid night's presentation has been emailed to all seniors. This presentation has a lot of helpful information. There's also copies of the handouts from that evening in the counseling office.

Do you need help? Save the date for FAFSA Completion Night! November 6 at 6pm!

Important Upcoming Test Dates:

PSAT- all 9th, 10th, and 11th graders are expected to take the test on October 16. They will be dismissed at the completion of the test at around 11:00am. Seniors are encouraged to complete 4 hours of community service or a job shadow in place of reporting to school that day. Forms were given to all seniors on September 30. They should bring them back, with the location of their planned service, by October 15. There are a number of service opportunities available at all MaST Schools. Students were told to contact Mrs. MacConnell or Mr. Gellert to reserve their place.



ASVAB- this test is for any student in 10th, 11th, or 12th grade who may be interested in joining the military after graduation. The release of these scores are solely up to the student, so taking the test does not mean they are committing to anything. The test is scheduled for October 17. Students interested in taking the test need to email Mrs. MacConnell to reserve their spot.

AP Exams- Due to changes in the ordering of Advanced Placement tests, we have asked that all students taking an AP exam or exams this year pay a deposit of \$50 per test by October 4. If you have not yet paid the deposit, please get that to Mrs. MacConnell ASAP!

Upcoming College Rep Visits during Flex

October 1- Drexel University

October 8- Holy Family University

October 9- Lehigh University

October 10- Kutztown University

October 11- University of Scranton

October 18- Nova Southeastern University

October 21- Chestnut Hill College

October 22- Indiana University of PA

October 23- Bryn Mawr College

October 24- DeSales University

October 28- Haverford College

October 29- Alvernia University

October 30- University of the Sciences

October 31- Widener University

Featured Scholarships

Comcast NBC Universal Leaders and Achievers Scholarship

- Seniors who have demonstrated service to the community
- Plan to enroll in a 2 or 4-year college for the 2020-2021 school year
- Have minimum 3.0 GPA
- Demonstrate financial need
- <https://learnmore.scholarsapply.org/leadersandachievers/>

Coca-Cola Scholars Foundation

- H.S. Senior
- Plan to enroll in college post graduation
- Cokeurl.com/Apply2019

Tobacco-Free Life Academic Scholarship

- Students aged 14 or older
- Submit an essay to encourage smokers to break their addiction
- <https://tobaccofreelife.org/scholarship/>

Finishing Trades Institute Open House

To celebrate National Apprenticeship Week, the Finishing Trades Institute will be hosting an open house on November 12 from 10am-2pm. Learn about apprenticeship “Earn and Learn” opportunities that lead to family sustaining careers in the Drywall Finishing, Glazing and Glass working, Commercial Painting, Bridge Painting or Wall Covering Industries. FTI is located at 2190 Hornig Rd. Phila, 19116.

Naviance Resume

Did you know that you can create a resume in Naviance? Log into Naviance at <https://student.naviance.com/mstcc> and use your Google login. Click on “About Me” then “My Stuff.” Naviance will walk you through every section of a resume and create a great looking document.

Contact Us!

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