

MaST Community Charter School

High School Counselors' Corner

December 2019

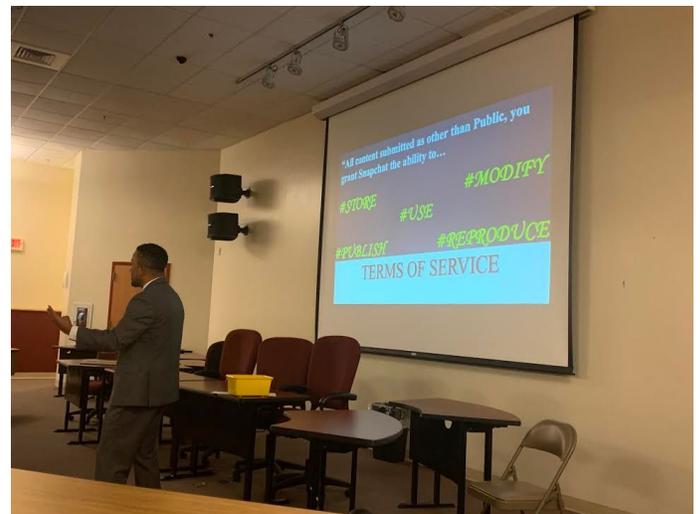


School Counseling Program 2019-2020

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

Did you Miss It? Social Media 101

Anthony Luker, from the Attorney General's office was here on December 3rd to educate parents on the awareness of internet safety. This program provided a foundational education in regards to the dangers of the online community. The discussion included current social media trends across all student demographics; popular social media apps, video and messaging apps, anonymous apps & teen dating apps; terms of use



contracts for social media platforms and what's in the fine print; internet crimes (PA Crimes Code) - cyberbullying, sexting, harassment, identity theft, hacking & many more! Please remember to **PAUSE** before you post, **THINK** before you send, and **RESIST** before you react!

FYI: Our next parent speaker night will be February 6th at 6:30pm in the LGI! We will be visited by WOAR (Women Organized Against Rape) who will give insightful information on bullying, cyberbullying, harrassment, and sexual harrassment prevention.

How to De-stress Over Winter Break



We know that our students and staff have worked very hard all semester long. We hope that you are able to use this time off to relax and enjoy time with your family and friends - you deserve it! Read the following tips below if you need some help on getting in some self-care over winter break!

Walking in winter is more important than ever! Walking in winter matters even more because people tend to get depressed due to lack of light, changes in ions, genetics, and changes in brain chemistry during a season. Try going for a brisk walk, even for just twenty minutes. The mental health benefits of

walking may surprise you!

Good mood food (yum!) - here's a quick guide to eat your way to a better mood:

- ★ **Serotonin:** [Complex high-carb meals](#) like buckwheat, whole or sprouted wheat, quinoa, steel cut oats, barley, lentils, beans, brown rice, squash, pumpkin. **Energy:** Bananas, eggs, asparagus, nuts, salmon, peanut butter, [kale, lemons](#), quinoa. **Sleep + Calmness:** [Leafy vegetables](#), avocados, turkey, oatmeal, salmon or tuna, dark chocolate, eggs, avocados, cashews, and yogurt.

Fewer and fewer of us find ourselves with truly relaxing hobbies. Sometimes we choose hobbies that actually elevate stress. For example, playing video games can be a good way to get your mind off school, but be sure to stop before a difficult part gets you over-stressed. Similarly, baking and cooking can be very calming hobbies! What better time of year than to start baking some cookies?

Bullying and Harassment: What to Say

Talking with your children about these sensitive topics are never easy. Here are some helpful articles that share different ways you can talk with your children about harassment, sexual harassment, bullying, and cyberbullying:

[Talking to Kids About Sexual Harassment](#)

[How to Talk to Kids About Sexual Harassment](#)

[Signs Your Child Is Being Bullied - Tip Sheet](#)

Looking For Extra Help In School?

NHS tutoring is up and running!

If you are in need of some extra help in one or more subjects, have no fear! After school tutoring has begun and will take place every Tuesday and Thursday from 2:30-3:30 in the Media Center Lego Lab. These sessions will be facilitated by a certified staff member as well as our finest National Honor Society student members. Students can be recommended or required to go by their teachers or parents. If you are interested in getting yourself some extra help after school or would like to refer someone, please contact your school counselors or NHS@mastccs.org.



App of the Month



Khan Academy

Khan Academy's app is available on Android and Apple devices. This app will help you to learn more about almost every topic discussed in school, as well as SAT and ACT prep, prep for AP exams, planning for college and career, and so much more! Need help with a Geometry problem? Want assistance in creating your resume? Preparing for the AP Lit exam? Khan Academy does it all! For FREE!

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.

Kutztown Instant Decision Day

Fill out an application, hand the admissions rep your transcript, and find out ON THE SPOT if you're accepted! An email will go out for interested students to sign up.

Kutztown University- December 11



Upcoming College Rep Visits during Flex

December 4- Community College of Philadelphia

December 6- Temple University

University of Pennsylvania Summer Mentorship Program for Current 10th Grade Students



Students in 10th grade are welcome to apply to this summer program at the University of Penn. Students will spend 4 weeks on campus learning about their chosen program (dental, engineering, law, medicine, or nursing). Students will earn a stipend for completing the program! Apply here- www.vpul.upenn.edu/eap/smp!

West Point Admissions Info Session

West Point Admissions will be hosting a session for any high school students who may be interested in applying. They will be at the Independence Seaport Museum (211 S. Columbus Blvd) on December 13 at 6:30pm. If you plan to attend, you can RSVP here-

<https://einvitations.afit.edu/inv/anim.cfm?i=479248&k=06664B0B7F5F>

University of Pittsburgh Health Career Scholars Academy

10th and 11th Graders Welcome to Apply

A former Governor's School (highly respected state programs). Program is held at the University of Pittsburgh from June 28- July 25. Total cost is under \$3000 and includes tuition, room, board, and social activities. Students will learn about health care careers and will have a completed reflective portfolio and research project at the end. Go to www.hcsa.pitt.edu to apply.

Lehigh University Iacocca Global Entrepreneurship Intensive

10th and 11th Graders Welcome to Apply

Learn how to think like an entrepreneur and recognize problems as opportunities. Expand leadership potential and expand your network. Program cost is \$4250 which includes program fees, room, board, and field trips. Scholarships and discounts are available. Program will be held at Lehigh University from June 28-July 25. Go to global.lehigh.edu/iacocca-institute/high-school to apply by February 19.

PA School for Excellence in Agricultural Sciences

HS Juniors can apply; Entire program, including stay at Penn State University Park is FREE if you earn a scholarship

Four-week program where students live on Penn State's campus and learn about Penn State and Agricultural Sciences through classes, labs, workshops, and field trips. Full scholarships are available. Program is held from July 5- July 31. Go to agsci.psu.edu/school-for-excellence to apply.

Featured Scholarships

Dwayne Graves Online Entrepreneur Spirit Scholarship

- For high school students interested in entrepreneurship
- Submit a video on YouTube by December 15
- <https://www.dwaynegravesonline.com/scholarship/>

National WWII Museum Essay Contest

- Must be a middle or high school student
- Submit an essay by December 27
- <https://www.nationalww2museum.org/students-teachers/school-programs/essay-contest>

Imagine America Scholarship

- For students going into local trade schools
- Ongoing application process
- <https://www.imagine-america.org/students/scholarships-education/>

Contact Us!

High School Counselor

Carli Lubisky, M.S.

clubisky@mastccs.org

College & Career Counselor

Katie MacConnell, M.S.

kmacconnell@mastccs.org