

MaST Community Charter School

High School Counselors' Corner

February 2020



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



Don't Miss the Next Parent Speaker Night!

On Wednesday, February 6th at 6:30PM in the LGI, we will have a representative from WOAR (Women Organized Against Rape). Join us for a discussion surrounding healthy relationships!

Topics of discussion will include active bystander engagement, bullying/harassment/ sexual harassment prevention, consent education, flirting vs hurting, sexual violence prevention, social media and internet, safety, and understanding boundaries.

Social Media: Think About THIS Before You Post

1. **Remember the Golden Rule.** Would you say it in real life? Most times the answer is no. If you wouldn't want it said about you - don't post about someone else.
2. **Don't Brag.** Are you trying to get people envious of your life? If so, it's not worth it, so don't post it.
3. **Avoid TMI!** "I have a rash!" People don't need to know every little detail about you - sometimes it's just too much information.
4. **Think About the Reader.** Will my "followers" or "readers" find this nice or kind? If the answer is no, the post is definitely NOT a good idea!
5. **Keep Relationship Details to Yourself.** We're really happy that you have found love! However, a moment still has meaning if you don't post it on Instagram.
6. **Don't Be Cryptic.** For example, "Dude, no one understands." If something is bothering you, let that person know in a nice, respectful way. If you need help, let someone know that you trust in private. There's people here to help you.
7. **Quit Complaining.** Take a step back - are all of your posts negative? Challenge yourself to post positive, meaningful things on social media.
8. **Curate Your Photos.** Would grandma be okay with you posting that? What you post stays forever. Please do not post anything that could harm your future. You will thank yourself later!
9. **Privacy is More than Just a Policy.** Don't let your InstaFaceTweets be all over the streets. Making sure that all of your sites are private is SUPER important!
10. **Post Smart.** Spread the love.

Before You Post **THINK**



- T** - is it True?
- H** - is it Helpful?
- I** - is it Inspiring?
- N** - is it Necessary?
- K** - is it Kind?

Helpful Articles For Parents on Internet Safety

[Apps to Watch Out For](#)

[The Ultimate Guide to Smart Devices](#)

[Teens & Phones: What 2019 Research Reveals](#)

[10 Must-Listen Podcasts for Teens](#)

National No Name-Calling Week

Shout out to our GSA for putting together No Name-Calling Week January 20-24!

Students nominated teachers to take part with them by wearing student-made necklaces to spread awareness! Their goal is for students and staff to make a conscious effort on not being negative to ourselves or to others. Great job!

Panther PRIDE!

Mr. Gellert and the counseling department held our Quarter 2 Panther Pride Assemblies! Whether it was a technology award, class leader, top PSAT score, or a shout out from a friend - we are proud!

Quarter 2 Panther Pride winners are: Dimitrious Chatzikalfas, Joe Connor, Jacob Dodd, and Nikol Shulyakovskiy!



Looking For Extra Help In School?

Not so proud of your grades during the first half of the year? Want to just get some homework out of the way? If you are in need of some extra help in one or more subjects, have no fear! We can help you get ahead of semester 2!



After school tutoring takes place every **Tuesday and Thursday from 2:30-3:30 in the Media Center Lego Lab**. These sessions are 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.

College & Career News



Class of 2021: Junior College Workshops Starting This Month

Juniors will soon be starting a series of college workshops given by their school counselors to kick off the road to college and post-high school plans! These workshops will include an overview of the college application process. The six series workshop will include **introduction to college admissions, SAT vs ACT, exploring careers & college majors, resume building, how to write a strong college essay, and an overview of the Common Application.**

Workshops will be starting at the end of February and will be happening during flex in student homerooms!

Upcoming Local College Fairs

[Main Line Regional College Fair](#) March 23

MaST College Fair March 31

Apprenticeship Programs

GSK- Biochemist Associate

- For high school graduates. Will work (and get paid) at a GSK lab and attend Montgomery County Community College for free!
- <https://us.gsk.com/en-us/careers/apprentices-students-and-graduates/apprenticeships/our-programs/biochemist-associate/>

GSK- Biopharmaceutical Associate

- For high school graduates. Will work (and get paid) at a GSK lab and attend Montgomery County Community College for free!

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- <https://us.gsk.com/en-us/careers/apprentices-students-and-graduates/apprenticeships/our-programs/biopharmaceutical-associate/>

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!

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.

Lehigh University Summer Academy

The summer academy is a three-week pre-college residential program for students in 6th-11th grades. It is designed to help students achieve their full potential by engaging in course work, performing service learning projects, leadership development opportunities, and field trips. There is financial assistance available. Go to summeracademy.lehigh.edu for more information and to apply!

Featured Scholarships

Richard and Elizabeth Dean Scholarship

- Offers scholarships in the amount of \$5000 for up to four years.
- Must have an initial GPA of 4.0
- Deadline is 2/15/20
- <https://dar.academicworks.com/opportunities/89>

Scholarships for Students with Diabetes

- Check them out here-
<https://www.thediabetescouncil.com/diabetes-scholarships-everything-you-need-to-know/>

Minecraft Scholarship

- Write an essay on your opinion on how Minecraft can be a positive influence on education and career development.
- Must have a 3.0 GPA and be enrolled in high school.
- Deadline is 7/31/20
- <https://apexminecrafthosting.com/minecraft-scholarship/>

Selectblinds.com Scholarship

- \$1000 award based on an essay
- Deadline 7/15/20
- <https://www.selectblinds.com/Scholarship.html>

Contact Us!

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