

MaST Community Charter School

High School Counselors' Corner

March 2020



COLLEGE &
CAREER FAIR



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

Mark Your Calendars for These Upcoming Events!

March 4th, 6:30PM	March 25th, 8:00AM	March 31st, 6:30PM	April 1st, 6:30PM	April 2nd, 9:00AM
College Info Night	SAT School Day	College & Career Fair	Don't Stall, Just Call (Parents)	Don't Stall, Just Call (Students)

Don't Miss the Final Parent Speaker Night!



On Wednesday, April 1st at 6:30PM, Mary Ciammetti, the founder of *Don't Stall, Just Call*, will share her personal story of the dangers of binge drinking.

Mary Ciammetti discusses & teaches her audience to identify signs of alcohol poisoning and recognize the importance of calling for emergency help. Mary also highlights the physical effects of alcohol on the body, reviews local medical amnesty laws, addresses overall wellness and encourages students, teens, young adults and parents to change the culture of binge drinking that exists.

This organization has spoken to over 22,000 high school and college students across the region and has been seen on *Good Day Philadelphia*. [You can RSVP HERE for this event!](#)

Talking with Teens: Drugs and Alcohol

1. **Ensure teens know what is expected at home & school:** No matter the age of students, school is a DRUG-FREE ZONE. It's important for your teens to know the consequences at both places if they decide to experiment.
2. **Praise/reward teens for positive decisions:** If your child tells you that they decided against peer pressure, tell them you are proud of him/her and why!
3. **Show interest in their daily lives:** Do you know who your child hangs out with at school? Do you know who they are snapchatting? Who do they sit with at lunch?
4. **Teach them the negative effects drugs/alcohol have on physical appearance:** Kids know that drugs are bad for them, but do they know why? How will it affect their futures?
5. **Don't rely on schools to prevent drug use:** We can't do our job without YOU!
6. **Use detailed, realistic messages when talking about drugs/alcohol:** Our kids know when we are being ourselves, especially high schoolers. Kids respect us more when we talk to them with respect. For example, use news reports as starters for drug-related conversations.
7. **Challenge them to be positive leaders:** We want our children to be positive role models, but that starts with us. Let's show them the importance of setting a good example!



There's An App For That?



aiMei is a mood-tracking app that also improves your emotional intelligence with surveys and games. Emotional Intelligence (EI) is the ability to recognize and understand people's emotions, and to use emotional information to guide thinking and behavior. aiMei helps you with the four components of EI: self awareness, social awareness, self management, and relationship management. Try this FREE app on any iPhone or Android device!

Looking For Extra Help In School?

After school tutoring takes place every **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

MaST March Madness is Underway!



College Info. Night: Wednesday, March 4th

All underclassmen and their guardians are encouraged to attend! Presenters will be speaking on topics such as: career planning, financial aid, college admissions and more!

All students who attend the College Info Night AND the College Fair can dress down every Monday in April!

SAT School Day

All juniors are encouraged to take the SAT on Wednesday, March 25 at MaST! This is a great opportunity for students to take the test in a familiar place for less cost than the typical registration. Please return the registration form and payment to Mrs. MacConnell by March 13.



Junior College Workshops Have Started!

The junior class has begun the path to college and career! All juniors are participating in an introduction to the college admission process. Throughout March, students will continue to explore different career options through Naviance, start to build their resumes, learn what it takes to write a strong college essay, and inquire about the Common Application!

Each member of the junior class was given a Handbook for College and Career Planning!

Upcoming Local College Fairs

[Main Line Regional College Fair](#)

March 23

MaST College Fair

March 31



ASVAB Test for Students Interested in the Military

The next ASVAB at MaST is scheduled for April 3 at 12pm! Contact Mrs. MacConnell if interested in taking the test!

Apprenticeship Programs

Empire Beauty School

- Training Day for interested students on March 10 from 10am-1pm
- Lunch is provided!
- Call 215-637-3700 for more information

GSK- Biochemist Associate

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

Philadelphia Watershed Stewardship Program

The Philadelphia Watershed Stewardship program is an initiative to empower high school students to become stewards of their environment and to support them as they become the change-makers, ecologists, scientists, urban planners, and leaders of tomorrow. Participants in the program are educated in natural history and urban ecology and serve as advocates for the health of our watersheds.

Accepted students will be trained as a steward of the creek, earn money, gain real-world experience, and engage with environmental and civic leaders in the area. Get the packet to enroll here- <https://www.landhealthinstitute.org/enroll>

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!

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

Scholarships for Students with Diabetes

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

Be the Boss Scholarship

- For female students interested in starting her own business
- Apply by March 15 to win \$2000
- Apply here- <https://www.goskills.com/scholarship>

Varsity Tutors

- Ongoing essay contests for \$1000
- <https://www.varsitytutors.com/college-scholarship>

Contact Us!

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