

# Montour High School Counseling Department

## September E-Newsletter

Welcome to this year's first edition of the Montour High School Counseling Department E-Newsletter! As we get back into the swing of another school year, it is important that we keep you up to speed on the resources and services available to you. Throughout the school year, we will be utilizing this monthly e-newsletter to alert and inform each of you about important dates as well as grade specific activities occurring at the high school.

### COUNSELOR CONFIGURATION FOR 2019-2020 SCHOOL YEAR:

**Mrs. Danielle Langdon** – Student's last name A-Go 412-490-6500, X1620

[langdondm@montourschools.com](mailto:langdondm@montourschools.com)

**Mrs. Barbara Magill**– Students last name Gr-Pe

412-490-6500, X1601

[magillb@montourschools.com](mailto:magillb@montourschools.com)

**Mrs. Christina Quigley (Kolbert)** – Student's last name Pf-Z

412-490-6500, X1602

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**Mrs. Tammy Ulizzi** – School Counselor Secretary and Attendance Secretary

412-490-6500, X1611

[ulizzit@montourschools.com](mailto:ulizzit@montourschools.com)

### GRADE LEVEL CLASSROOM LESSONS

Each nine weeks the counselors will visit your child's social studies classrooms for instructional grade level lessons. The first nine week's lessons will include the following topics:

**Grade 9:** Adjusting to High School and Keys to Success, Graduation Requirements, Career Development via Naviance, Student Assistance Program overview (SAP), PSAT, Future Ready Career Explorations

**Grade 10:** Graduation Requirements, PSAT, Career Development via Naviance, Student Assistance Program overview (SAP), Future Ready Career Explorations

**Grade 11:** PSAT, National College Fair, Career Development via Naviance, Student Assistance Program overview (SAP), Future Ready Career Explorations

**Grade 12:** College Application process, Transcript request procedures via Naviance, Post-Secondary Fair/Financial Aid Night, Student Assistance Program overview (SAP), Future Ready Career Explorations.

### INDIVIDUAL STUDENT PLANNING (ISP)

Counselors will begin the Individual Student Planning (ISP) process with each student. The ISP component consists of school counselors engaging in one-on-one meetings with all students in an effort to assist with the development of personal goals and the establishment of future plans. If you have any questions or concerns, please contact your child's counselor. We look forward to working with you this year!

## **FUTURE READY CAREER EXPLORATIONS**

The Pennsylvania Department of Education affords students the opportunity to participate in Industry-Based Learning Experiences within the College and Career Readiness Benchmark of the Future Ready PA Index. Students at Montour High school will be required to fulfill Future Ready Career Explorations per grade level:

**Grade 9:** Students will be required to schedule and participate in a minimum of one interview with a professional in a career of interest. Students will be required to complete and turn in the Career Exploration Verification Form, and upload the Career Exploration Interview Reflection Form to Naviance.

**Grade 10:** Students will be required to schedule and complete a minimum of one, three hour Career Exploration off campus within any career of interest. Students will be required to complete and turn in the Career Exploration Verification Form, and upload the Career Exploration Interview Reflection Form to Naviance.

**Grade 11:** Students will be required to schedule and complete a minimum of two, three hour Career Explorations off campus within a different area of career interest or one, six hour Career Exploration. Students will be required to complete and turn in the Career Exploration Verification Form and upload the Career Exploration Interview Reflection Form to Naviance.

**Grade 12:** Students will be required to schedule and complete a minimum of two, three hour Career Exploration off campus within a different area of career interest, or one, six hour Career Exploration. Students will be required to complete and turn in the Career Exploration Verification Form and upload the Career Exploration Interview Reflection Form to Naviance.

Please contact your child's school counselor with any questions or for assistance.

## **OPEN HOUSE AND POST SECONDARY FAIR**

This year during Open House on **Wednesday, September 25** the counseling department will be hosting a Post Secondary fair in the cafeteria. We have over 30 post-secondary institutions and employers attending. Please stop by and learn more about continuing education and employment opportunities.

## **PRELIMINARY SAT/NATIONAL MERIT SCHOLARSHIP QUALIFYING TEST (PSAT/NMSQT)**

The PSAT/NMSQT is a practice test for any freshman, Sophomore, or junior college bound student and is also a qualifying assessment for National Merit Scholarships for junior students. **The PSAT/NMSQT will be offered during the morning of October 16, 2019.** Registration deadline is **Monday, September 16.**

## **PLT SESSIONS**

The counseling department offers post-secondary visits during PLT and lunches. Check flex time manager and sign up for opportunities that you would like to attend. Some upcoming visits are listed below:

- **Ohio Valley Hospital Dining Services- September 11: Lunches A, B, C**
- **Bella Capelli Beauty Academy- September 20: Lunches A, B, C**

## **SOCIAL MEDIA:**

Follow the Montour High School Counseling Department on **Facebook:** Montour High School Counselors @spartanschoolcounselors and **Twitter:** MHS Counselors @mhscounselors3

**Please contact your child's counselor with any questions/concerns.**

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