




Student & Counselor Q&A Meeting

Impacts of Coronavirus on life and
what can you be doing

Mrs. Machamer & Mrs. Wyles-Herbert



Are you **OK**? What things have you been doing to take care of yourself?

Let's roundtable. Tell me how you are doing.

Please use the resources included and posted to the HAHS Counselor

Webpage: <https://www.hasdhawks.org/Page/7059>

We are updating daily with information as it becomes available.

SAT/ACT, AP, College Search, Mental Health resources, etc.

Please stay active in the best way you can. Get outside, enjoy mother nature, keep connected with friends, stay connected with teachers!

Calming Corner.... Coming soon!

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES





ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe**



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Does this “count”?

<https://sites.google.com/hak12.org/hasd/learning-activities/high-school>

- Students are encouraged to participate and continue learning
- Be prepared for next school year
- What are the *benefits* of participating? What are the *consequences* to ‘checking out?’
- **MAY 15 - All marking period 3 work is due**
 - Were you failing?

What are YOUR barriers?

- Feeling overwhelmed? Too many teachers/assignments
- Online, is difficult to learn
- I am taking care of the family (*parents are essential workers*)
- I am afraid to fail
- It is not required

Post-Secondary Planning: Career & College Exploration

Tons of Resources!

Career Cruising

Username - email Password - hasd+ID #

PA Career Zone

Today's Military

Road Trip Nation

Khan Academy - SAT Practice

Planning for College and More!

Fall

- Register (10th and/or 11th grade) and take the PSAT offered once a year in October to utilize the tools offered by the Collegeboard to practice for the SAT. Register in the guidance office in early October.
- Continue to explore careers and areas of interest. Use resources like the Hamburg Counseling Office Webpage, www.careercruising.com, www.educationplanner.org, and www.pacareerzone.org
- Work hard in your classes and study. Colleges will make their acceptance decisions primarily on academic standards. Your grades started counting in 9th grade!
- Get involved with Hamburg HS and in the community. Listen to morning announcements for opportunities with Non-Profit Organizations to complete 30-hour minimum of community service.
- *Consider all post-secondary plans and talk with your family about learning a trade or attending the BCTC. Even if you are college-bound, does not mean you can't do both while in high school!*©

Spring

- Consider a summer job or job shadow experience in your field of interest. Get a real-life experience and learn more about various workplace environments. If you know someone who works, you know a contact to shadow.
- Visit www.collegeboard.org (also known as www.sat.org) and use the BigFuture™ tool to complete the College Match Maker and identify schools that meet your criteria.
- Other great sites for narrowing down colleges include: www.petersons.com, www.unigo.com, nces.ed.gov/collegenavigator and <http://www.collegeresults.org/> Use these websites, but also if you have the opportunity to visit a campus this year, go for it!
- Have a general conversation with your family about *if college is right for you*. Never rule out Trade Programs, Apprenticeship Programs, Military, or Community College all as viable options with great earning potential.
- Student athletes- if you plan to continue your sport in college, follow NCAA guidelines. Only PS and honors core courses qualify.
- Discuss also how you will finance your education. College tuition increases each year with little to no change in scholarship or grant offering.



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Proactive College search. Now is the time!

Everyone and everything is virtual!

<https://www.strivescan.com/virtual/>

All past sessions have been recorded! Check them out. [Here are a few:](#)

- College is More than Just Lectured Classes-How We Get You Career Ready
- Choosing A College That Fits
- Selecting a College Major that Works for You
- The PASSHE System: PA at a Glance (PA State Schools)

Education after high school is a critical part of a successful future.

According to the Georgetown University Center for Education and the Workforce:

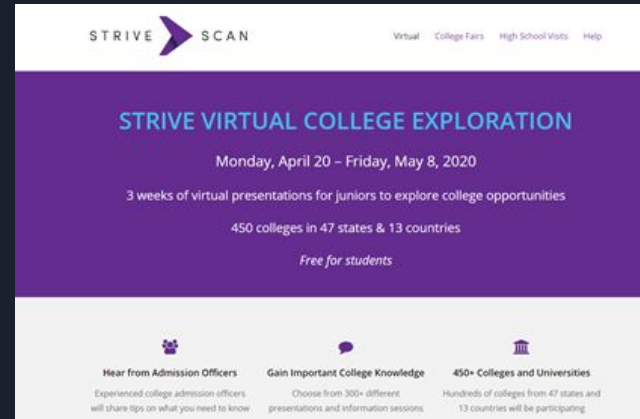
MORE THAN 99%

of the jobs created during the most recent economic recovery were filled by workers with some education beyond high school.



65% OF THE JOBS

of the future will require more than a high school diploma.



The screenshot shows the STRIVE SCAN website interface. At the top, the logo "STRIVE SCAN" is on the left, and navigation links "Virtual", "College Fairs", "High School Visits", and "Help" are on the right. The main content area has a purple background with the text "STRIVE VIRTUAL COLLEGE EXPLORATION" in white. Below this, it states "Monday, April 20 – Friday, May 8, 2020", "3 weeks of virtual presentations for juniors to explore college opportunities", and "450 colleges in 47 states & 13 countries". A note says "Free for students". At the bottom, there are three columns of information: "Hear from Admission Officers" (with a person icon), "Gain Important College Knowledge" (with a speech bubble icon), and "450+ Colleges and Universities" (with a building icon). Each column includes a brief description of the benefit.



How to view a college without visiting?

Question 1: How supported and satisfied are freshmen?

Question 2: How many students make it to graduation?

Question 3: How likely am I to have close interactions with professors?

Question 4: How many other students are in the major(s) I am interested in?

Question 5: How diverse is the student body?

Question 6: How much will it cost to attend this college?

Question 7: What is the average salary of graduates?