

COUNSELING NEWSLETTER

MARKING PERIOD 1

High School Happenings

PSAT/SAT Testing

All juniors took the PSAT test in October. Students should receive notification of their scores in early December. The school-day SAT test will be offered at JSASH in March 2026!

Student Meetings

All counselors are currently working through their student lists to meet one-on-one with students to discuss goals, future plans, and next steps!

Upcoming Events

Report Cards, November 7th

FAFSA Help Night for seniors,
November 10th, 6-8pm

Parent-Teacher Conferences,
November 24-25

Instant Decision Days

This fall we held Instant Decision Days for seniors interested in Penn College, Commonwealth University, and Lycoming College. We had over 50 seniors get accepted to these local institutions! Congratulations!

Did you know?

School Counselors used to be called "Guidance Counselors". In 2003, the American School Counselor Association (ASCA) officially changed the name to "School Counselors".

Guidance is a service and school counselors are the people who provide that service!

Counselor Contact

Mallory Myers
(9th grade counselor)
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9th grade Suicide Prevention Lessons

Next month, Mrs. Myers will meet with 9th graders for suicide prevention lessons focused on awareness, coping skills, and how to seek help for themselves or others. These lessons aim to promote mental health, empathy, and connection among students.

If you or someone you know needs support, please contact the **988 Suicide & Crisis Lifeline** or our local crisis support at **1-877-724-7142**.

Help is available 24/7.



2025 Career Fair

Jersey Shore Area Senior High School students participated in a Career Fair on Friday, October 31st! Our school hosted local employers from all career pathways, including West Co., Geisinger, UPMC, the Game Commission, local colleges and universities, military branches, and so many others! It was a great day!

Attendance is Important!

Research shows that missing just 2 days of school a month negatively impacts a student's academic performance.

Also, being punctual to school is an important tool to learn lifelong skills of responsibility and reliability.

Counselor Contact

Holly Walker
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After School Program

Our after school program is up and running! Any student who needs extra help with their classes or just wants time at school to complete homework & study is welcome to come to the program. It is held in the high school library on Tuesdays and Wednesdays from 3:15-4:15. There are often teachers from each core subject area at the after school program to help provide assistance to students! With the marking period change, the after school program will start up again beginning on November 11th.

2ND SEMESTER SCHEDULES

STUDENTS SHOULD BE CHECKING THEIR SECOND SEMESTER SCHEDULES AND REACHING OUT TO THEIR COUNSELOR NOW WITH ANY QUESTIONS, CONCERNS, OR REQUESTS FOR CHANGES.

STRESS MANAGEMENT TIPS

- Plan your day
- Try deep breathing
- Get enough sleep
- Unplug from social media
- Eat healthy meals
- Talk to a trusted adult

Parent Survey

How Can Our School Counselors Support You and Your Teen?

[Parent Survey Link](#)

Counselor Contact

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