

TIMES NEWS
— MEDIA GROUP —

EDUCATION GUIDE

2024



A SPECIAL SUPPLEMENT TO

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RANA MOAWAD
COPLAY, PA



TRAINING THE FUTURE OF MEDICINE AT THE LEHIGH VALLEY'S **FIRST AND ONLY MEDICAL SCHOOL.**

Caring for patients at St. Luke's will be Rana Moawad's loving tribute to her late grandparents. They died prematurely from preventable diseases, in Egypt, due to a lack of affordable health care. A first-generation American born at St. Luke's, Rana and her family were fortunate to receive medical care here, a kindness they've never forgotten. When she graduates from Temple/St. Luke's School of Medicine, Rana vows to carry on the network's mission of providing compassionate care to all regardless of their circumstances. "I chose to come to Temple/St. Luke's so I can give back to the community that cared for my family and me when we were in need."

sluhn.org/SOM



Training the Future of Medicine at St. Luke's University Health Network

Join our network of over 20,000 employees

St. Luke's University Health Network's commitment to education is at the heart of its mission. Each year, doctors, nurses, advanced practitioners and allied health professionals learn and train at St. Luke's – cultivating home-grown medical talent, and helping the region to secure its health and well being.

The Region's Only Four-Year Medical School

Through its partnership with the Lewis Katz School of Medicine at Temple University, St. Luke's educates and trains medical students for all 4 years at its Bethlehem, PA campus, which is distinguished by its intimate learning environment of only 40 students in each class. Students get to know the faculty during their pre-clinical courses and then go on to rotate with many of the same faculty during their third- and fourth-year clerkships.

Students who are interested in a primary care career and who choose to stay with St. Luke's after graduation are eligible to receive a tuition reimbursement of up to \$175,000 – essentially covering their medical school tuition.

Learn more at sluhn.org/SOM

Fast-track Your Nursing Career with St. Luke's Accelerated 20-month Diploma Program

Our 20-month diploma program allows graduates to enter the workforce quickly – and our program is affordable and accessible, with grants, scholarships and loans offered to qualified students to attend nursing school in Bethlehem, PA. Students practice 900 clinical hours across St. Luke's University Health Network's hospital campuses and use our Clinical Resource Learning Center for "hands on" simulation of clinical skills.

Our NCLEX-RN pass rates are consistently high, placing our graduates in demand. MSN and doctorally-prepared faculty, as well as an academic coach and network of student mentors, provide support through your academic journey. A PA State Board of Nursing temporary practice permit allows graduates to practice professional nursing for a maximum of one year until the NCLEX-RN® is taken.

Our Class of 2026SP (Evening/Weekend option) starts September 3, 2024. Deadline for all application items is May 20, 2024.

Learn more at sluhn.org/SON

More than 50 Accredited Residency and Fellowship Programs – the Most in the Area

Graduate Medical Education is the period of training where

medical school graduates acquire the necessary knowledge and skills to enter private practice or health care in their specialty of choice. The number of years in residency depends on the specialty. In each program, the resident, under the supervision of faculty, assumes progressive levels of responsibility for the care of patient. The goal is for residents to be competent and ready to be independent practitioners at the end of their training. St. Luke's offers more than 470 resident/fellow positions in over 50 accredited programs, making St. Luke's the largest major teaching hospital in the area. Teaching staff hold faculty appointments at the Lewis Katz School of Medicine at Temple University and other medical schools. Many of our graduates go on to be employed at St. Luke's and/or pursue subspecialty training in prestigious fellowships and programs throughout the country, including St. Luke's.

Learn more at sluhn.org/GM

Phlebotomy: Your Pathway into the Healthcare Industry

Hospitals and labs will always need individuals with excellent phlebotomy skills, and patients will always need blood tests. A phlebotomist's role in collecting a specimen is critical to enabling a doctor to screen for and diagnose a patient's illness, as well as monitor medications and wellness progress. The St. Luke's School of Phlebotomy is approved by the American Medical Technologists (AMT). Students who have successfully completed the phlebotomy program will be prepared and can sit for an accredited national certification examination through AMT or the National Health Career Association (NHA) to become a Registered Phlebotomy Technician (RPT).

St. Luke's Surgical Technology Program

The Surgical Technologist is an integral member of the surgical team who works under the supervision of the surgeon, anesthesiologist and registered nurse to meet the health care needs of the surgical patient. The Surgical Technology Program emphasizes the scrub role during surgery.

Upon successful completion of the program, the surgical technologist is prepared for entry level positions in a variety of setting to include: hospital operating room departments, obstetrical departments, sterile processing departments, ambulatory surgery centers and private practices. A certificate is awarded to the student on completion of the SLH-STP and each graduate will be prepared to earn credentialing through passing a nationally administered certification exam and ultimately gain employment in the surgical environment.

Learn more at slhn.org/medical-education



You Belong at ESU, Where Scholarship Opportunities Help Students Attend College, Pursue Career Goals

ESU is Where Warriors Belong, and it's where David Akinwande belonged – which helped him land a position at Children's Hospital of Philadelphia after graduating with his nursing degree.

"ESU gave me the opportunity to develop skills, knowledge and confidence to work at one of the country's most prestigious children's hospitals," said Akinwande. A member of ESU's football program and president of the Student-Athlete Advisory Committee, he also helped administer vaccines during the COVID-19 pandemic. Join him at wherewarriorsbelong.com.

Pocono Promise, Transfer Scholarships Among Financial Aid

Offerings

ESU has many resources to provide affordable and accessible opportunities, including the **Pocono Promise**, which is available for PA residents and covers the entire cost of tuition after Pell grant and PA state grants are applied. Institutional grants cover the remaining tuition balance.

There are also **Platinum/Gold/Silver Transfer Scholarships** for students from select regional community colleges, with awards from \$6,000 to \$2,000 annually.

Students applying for scholarships must meet specific requirements, available at ESU.edu/merit or contacting admission@esu.edu.

All ESU students enjoy tuition that's significantly

lower than tuition at large research universities and private colleges in PA, NY and NJ, and in 2022-23, ESU awarded **more than \$2 million in scholarships**.

ESU Today. Success Tomorrow.

ESU prides itself on placing students first and its commitment to student success, with 50+ majors, 21 master's and two doctoral degree programs.

The University offers state-of-the-art technology to study fields from exercise science, athletic training, nursing and the biological sciences to additive manufacturing and 3D printing, art + design and digital media technologies. Immerse yourself in hospitality, recreation, and tourism management; sport management; busi-

ness management; social work and criminal justice; psychology; and our nationally-accredited teacher certification preparation programs.

ESU's proximity to NYC and Philadelphia provides access to internships, careers and social activities. Minutes from campus are the country's largest water parks, Delaware Water Gap National Recreation Area, Appalachian Trail and other opportunities for recreational fun.

See For Yourself

Visit ESU, meet students and faculty and see why ESU is Where Warriors Belong! Register at ESU.edu/visit.

Upcoming Events

Saturday 4/13 – Open House

Saturday 5/18 – Visit Day



EAST STROUDSBURG UNIVERSITY

WHERE COURAGE FINDS CONFIDENCE

You've already got the courage to take on the world. Join a community that gives you the confidence to take the next step at ESU.

wherewarriorsbelong.com



5 tips for talking to your kids about school safety

(BPT) - As a parent or caregiver, your child's safety is always a priority. Nearly two out of five parents of school-aged children in the U.S. say they fear for their child's safety, according to an EdWeek Research Center Survey. With school security concerns becoming increasingly prevalent, it's crucial to have open and honest conversations with your kids about this sensitive topic. But where do you start?

It's normal to feel overwhelmed or confused about how to address school safety topics with your kids. That's why LenelS2, the global leader in advanced physical security solutions, has developed On The Safe Side, a program to provide caregivers with the tools they need to have these difficult conversations.

Dr. Regine Muradian, clinical psychologist and children's author, helped develop On The Safe Side resources to inform these important discussions. She shares her expert guidance to help any parent or caregiver have a productive, age-appropriate conversations:

1. Understand it's not a one-and-done conversation

Whether through social media, news outlets or overheard conversations, information is readily available, even for young children. Proactively taking time to talk will help avoid the spread of misinformation and can provide your child with a sense of calmness and



security in the event of an emergency. The key is to keep an open dialogue with your children so they always feel they have a safe haven.

2. Get on the same page by getting informed

Understand the school's safety measures and protocol for emergencies yourself. School security challenges are complicated and unique to each school's specific needs. Some LenelS2 capabilities worth asking your school about include immediate lockdown response, visitor management, perimeter and entrance safeguards, and mobile security programs for when administrators are away from their desks.

3. The hardest part of the conversation is always the start

You may have trouble finding the right wording or may feel anxious about broaching conversations around difficult topics. The most ideal time to discuss feelings and assess emotions is after the school conducts a drill. Here are some examples of prompts that you can use:

* What did you learn

during today's security drill? How did it make you feel?

* Do you have any questions about the security drill?

* I am here if you need to talk when you are ready.

4. Strike a balance between being informative, transparent and calm

When you speak to your children about safety protocols and drills, it's important to approach the topic calmly but with a sense of urgency. Go over any steps you learned yourself and ensure this conversation with your children is ongoing. Reiterate that while a school safety plan may require practice, there is a low probability of actually needing to use it.

5. Reassure and empower them to ask questions

To help minimize any fear and anxiety your kids might have, encourage them to ask school personnel and administrators where the school exits are located and any questions they may have about security drills.

It's important to

remind children that the adults at their school - teachers, principals, guidance counselors - are there to protect them and keep them safe. Work with your child to find their "trusted adults" at school so they have someone to turn to if they feel unsafe or want someone to talk to. With this in mind, you will still always be your child's go-to in a time of crisis. Ensure that your child knows how to best reach you or another family member during an emergency.

By addressing their concerns, teaching them essential safety measures and maintaining a supportive environment, you can empower your children to navigate through school with confidence and security.

For additional resources and more information about On The Safe Side, visit LenelS2.com/OnTheSafeSide.

d

**It looks like the perfect d.
The only problem is, it's a p.**

It's dyslexia. A reading disability where some kids confuse their d's with p's, b's and q's. But, with help most of these kids can go on to do well in school.

Call 1-888-GR8-MIND now.

There's no reason to be held back.

coordinated campaign
for learning disabilities

How reading affects children

Early childhood is a critical time for personal development. During this period, many intellectual, physical and emotional changes are taking place in a child's body at a rapid pace. Parents want to give their children the best opportunities for success in life, and encouraging children to read is one of the ways they can help youngsters develop intellectual and emotional maturity.

Data from the Adolescent Brain and Cognitive Development project, an American national cohort study with more than 10,000 participants across different ethnicities and varying socioeconomic statuses, found that reading for pleasure in early childhood was linked with better scores on comprehension cognition assessments and better educational attainment in young adolescence. It also correlated to fewer mental health problems and less time spent on electronic devices.

Reading is a learned activity, and reading early on with a child is a bonding activity between caregiver and child. The Arnold Palmer Hospital for Children says reading has the potential to increase academic achievement by improving vocabulary and learning comprehension. Interactive reading also helps increase mental imagery and language processing.



It's important to note that reading can positively affect the body physically as well. Children may experience less stress by reading, as reading is thought to be even more calming than listening to music or even taking a walk.

In a study published in the journal Psychological Medicine, researchers in the UK and China found that 12 hours of reading a week was the optimal time linked to improved brain structure and good brain health. When researchers examined brain scans from those who had been reading from an early age, the scans showed moderately larger total

brain areas and volumes, including in regions of the brain responsible for roles in critical cognitive functions.

"It's widely accepted that [reading] inspires creativity, increases empathy and reduces stress," says professor Barbara Sahakian from the University of Cambridge.

Reading is a skill that children should begin to enjoy at an early age. Parents can introduce reading to their children by reading to them, and then supporting children's efforts at independent reading.

Schuylkill Technology Center Offers Adult Education Close to Home

Frackville, PA- February 21, 2024

Schuylkill Technology Center (STC) is expanding the list of available adult programs. STC currently offers adult programs in: CDL, Heavy Equipment Operation, Practical Nursing, Automotive Technology, Welding, Electro-Mechanical Technology, Medical Assisting, and planning to add Massage Therapy and HVAC in the near future. "The availability of reasonably priced, short-term programs offered close to home is very convenient for many students. Interested students should contact Breeon Schultz at (570) 874-1412 for more information or visit www.stcenters.org (click on Adult Programs).

Adult Education Programs

- ⇒ Automotive Technology
- ⇒ Commercial Driver (CDL)
- ⇒ Electro-Mechanical Technology
- ⇒ Heavy Equipment Operator
- ⇒ HVAC - coming soon
- ⇒ Massage Therapy - coming soon
- ⇒ Medical Assisting
- ⇒ Welding
- ⇒ Practical Nursing

Call now for more information! Financial Aid for those who qualify!



Schuylkill Technology Center

www.stcenters.org

570-874-1412



MMI Prep gives students a rigorous education steeped in STEM and tradition

FREELAND, Pa. — Parents and their children choose MMI Preparatory School for many reasons.

They value the hands-on learning experience, the dedication to a safe environment and small class sizes. MMI doesn't only offer a rigorous education for students entering sixth grade through 11th grade, they offer a vibrant community.

MMI fiercely and strategically defends these values, and its commitment has helped to weather many storms over the last 143 years.

MMI prepares middle school and high school students for college by providing a solid liberal arts foundation which enables students to gain mastery of 21st century skills. This well-rounded approach to education has proven to be successful for their students as they head off to build careers and start families.

MMI offers students a well-rounded experience that includes an eight-to-one student-to-faculty ratio, providing personal attention, excellent instruction, high academic standards and inclusivity. Students come from throughout Northeast Pennsylvania, including Lehigh and Jim Thorpe, and communities throughout Carbon, Luzerne, Schuylkill and Columbia counties, and the Poconos.

MMI students develop critical thinking skills from teachers and peers who consistently challenge them to reach their full potential. Perhaps more importantly, MMI emphasizes learning methods other than simple memorization. Their college preparatory curriculum offers a mix of traditional education with advanced instruction and electives, preparing students for college and leadership in their communities.

The value of an MMI education is measured in many ways. For example, nearly 100% of MMI graduates attain college acceptance. The class of 2022 earned eight million in scholarships and other monies to continue their college education.

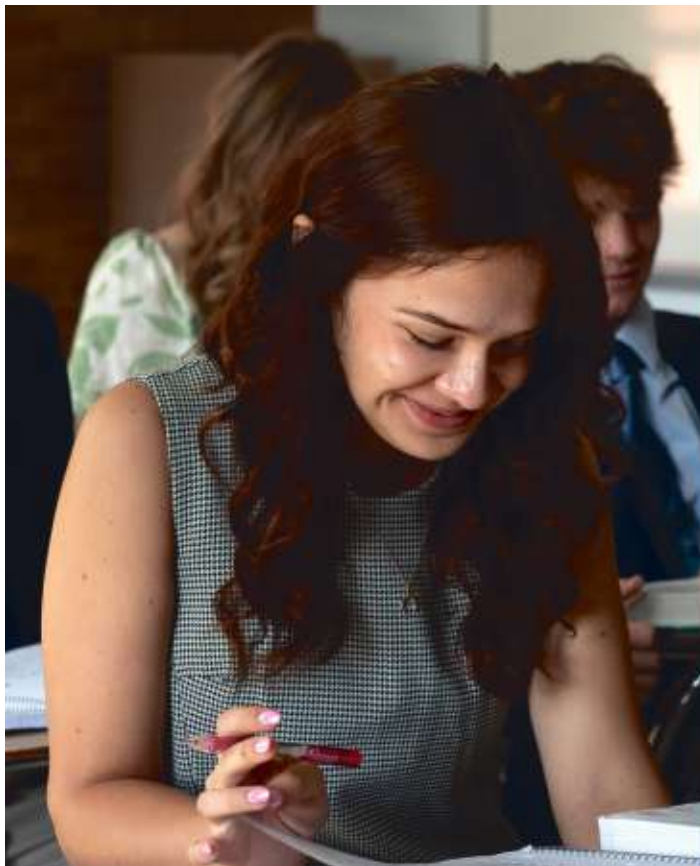
MMI students participate in exciting clubs and extracurricular activities, allowing them to learn and have fun while developing their character and strengthening their leadership skills. Activities include: Pennsylvania Junior Academy of Science, MATHCOUNTS, Mock Trial, Robotics and Future Business Leaders of America, among others.

Students can also contribute to the student literary magazine, participate in Poetry Out Loud and compete in art contests.

Athletics continue to play an integral role in the school community to support students' physical, moral and emotional development. MMI offers boys', girls' and co-ed teams in a variety of sports, including basketball, baseball, softball, soccer, cross country, tennis, golf and volleyball.

Through it all, MMI's dedicated faculty and staff are there to help students figure out their long-term goals and chart a course to reach them.

For more information about MMI Preparatory School, visit www.mmiprep.org or call 570-636-1108.



SAVE THE DATE:

Exploration Day

April 6, 2024

Register Today to Reserve Your Spot!

📍 www.mmiprep.org ☎ 570-636-1108

Signs of potential learning disorders

Many things can affect a student's academic performance. The atmosphere in a classroom, life outside of school and interest in the material are just some of the variables that can affect how well students perform. But another variable that's sometimes hard to identify also affects the performance of millions of students each year.

The Learning Disabilities Association of America estimates that around one in five children in the United States have learning and attention issues. Based on a 2017 report from The National Center for Learning Disabilities, the estimate from LDAA equates to more than 11 million students with learning and attention issues. Those issues are not always easy to spot, but parents can learn to look for signs that suggest their children may have a learning disorder.

The LDAA notes that learning disorders may manifest differently based on a child's age. The following rundown of age-based symptoms, courtesy of the LDAA, can help parents who suspect their child may have a learning disorder.

Preschool

- Pronunciation problems
- Difficulty finding the right word
- Difficulty rhyming words
- Trouble learning numbers, the alphabet, the days of the week, colors, and shapes
- Difficulty concentrating
- Trouble interacting with peers
- Difficulty following directions or learning routines
- Difficulty controlling pencils, crayons or scissors

Kindergarten through Fourth Grade

- Trouble learning the connection between letters and sounds
- Confusion with basic words, such as "run," "eat" and "want"
- Consistent reading and



spelling errors including letter reversals (b/d), inversions (m/w), transpositions (felt/left), and substitutions (house/home)

- Difficulty learning basic math concepts
- Trouble learning about time
- Difficulty learning new skills
- Trouble remembering facts

Grades Five through Eight

- Difficulty with reading comprehension or math skills
- Trouble with letter sequences (soiled for solid, left for felt)
- Difficulty with prefixes, suffixes, root words, and other spelling strategies
- Trouble organizing their bedroom, notebook, papers, and desk
- Difficulty keeping up with papers or assignments
- Trouble with handwriting
- Difficulty with time management
- Trouble understanding oral discussions and expressing thoughts out loud

High School and Beyond

- Spelling the same word differently in a single document
- Difficulty taking on a reading or writing task

- Difficulty with open-ended questions on tests
- Struggling with memory skills
- Difficulty adapting skills from one setting to another
- Struggling with a slow work pace
- Difficulty grasping abstract concepts
- Difficulty focusing on details
- Frequently misreading information

Johns Hopkins Medicine notes that experts do not know how to prevent learning disorders in children.

However, various treatments, including individual classes, speech therapy and family therapy, can ease

symptoms and help children fulfill their academic potential.



Flexible Options at Lehigh Carbon Community College

Choose from more than 90 degree and certificate programs.

Program Choices

LCCC offers two-year associate degrees, certificates, diplomas and workforce training. The college also has transfer agreements with 63 colleges and universities in Pennsylvania and nationwide.

Classes are offered in person, online and remote, with campuses in Schnecksville, Allentown, Tamaqua and the Lehigh Valley International Airport (flight training).

Affordable

The college administers federal and state financial aid, including grants that do not have to be repaid, loans, student employment programs and scholarships for academic achievement or financial need.

Internships and Career Development

The Career Development Center helps you meet your professional goals through career exploration, experiential learning opportunities and job preparation assistance. Internship opportunities allow you to combine classroom study with on-the-job experience.

Exciting Options

Develop leadership skills in student government or clubs and organizations. The Honors Scholars Program provides full tuition and fees for students who want a challenging academic experience and plan to pursue a bachelor's degree.



Admissions@LCCC.edu 610-799-1575 www.LCCC.edu



Success on your terms.

**It's affordable.
It's flexible.**

**Lehigh Carbon Community College
is your opportunity to succeed.**

Be exceptional.



**Lehigh Carbon
COMMUNITY COLLEGE**



SPRING OPEN HOUSE
Wed., April 10, 5-7 p.m.

Register: www.LCCC.edu/openhouse

SUMMER classes start May 20 and July 8
Registration now open

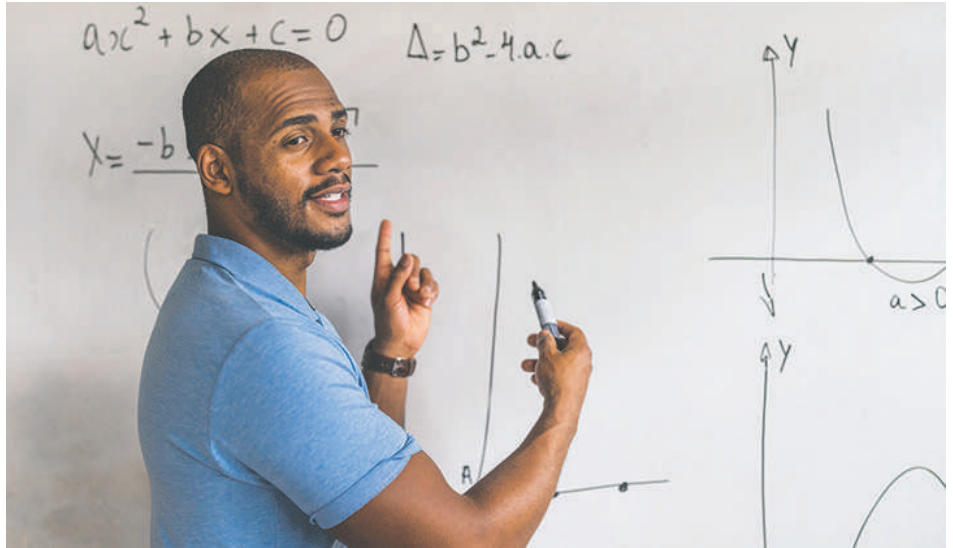
FALL classes start Aug. 26
Registration opens March 18

How families can show their appreciation for teachers

Great teachers go above and beyond for their students. Students benefit from those efforts in the classroom, but many adults also can name one, two or even more educators whose lessons and enthusiasm for learning has benefitted them long after the final bell rang on their academic careers.

The efforts of teachers who go the extra mile for their students are worthy of recognition and appreciation. Families who want to express their gratitude to teachers can do so in any number of ways.

· Write a note. A personal note from a student or parents or both can warm the hearts of teachers. Personal letters



may not be as common as they once were, but they remain a thoughtful way to express gratitude and appreciation to people who have had a positive

impact on a person's life. That makes a personal, handwritten note an ideal and meaningful way for families to show their appreciation for a teacher.

· Pitch in at school when the opportunity presents itself. Teachers seek a helping hand at various points in a given See **FAMILIES** on Page 22

Strong Roots In Education

Bethlehem 1st Federal Credit Union has strong roots in the educational community. Established in 1935, we began serving the Bethlehem Area School District employees. We have grown to include major institutions like Lehigh University and Moravian University. Today, we not only serve employees of many local schools, but also have several Student Groups.

Learning about financial well being is key in today's world. We are doing our part by providing young people with the opportunity to begin managing finances with our Student Care Package Account.

Knowledge and experience has allowed Bethlehem 1st Federal Credit Union to become a trusted and respected financial institution to almost 5000 members in the Lehigh Valley.

Check our website at www.beth1st.org to see if you are eligible for all that Bethlehem 1st has to offer.

SMART FINANCIAL CHOICES START HERE

Bethlehem 1st FCU proudly serves local educational institutions including 7 student groups. Students attending these schools are eligible for membership:

- Bethlehem Catholic High School
- Freedom High School
- Liberty High School
- Lehigh Valley Academy
- Bethlehem Area Vo-Tech
- Lehigh Valley Charter High School for the Arts
- Moravian University

Be sure to check out our Student Care Package – it's the best student account around.

Bethlehem 1st
Federal Credit Union

2317 Easton Avenue | Bethlehem, PA | 610.691.0041
Visit us at www.beth1st.org

Study tips for high school students

High school is an important period in students' academic careers. High school curriculum tends to be more demanding than pre-secondary education. In addition, at this point in their academic careers, high school students may begin to ponder their future endeavors, including higher education. High school curriculum aims to prepare students for their future, which is why coursework tends to be more specialized, challenging and complex.

It's not uncommon for students to experience some difficulty as they adjust to the demands of high school curriculum. With that in mind, high school students can consider these study tips as they confront the rigors of academia.

- **Schedule study time.** An analysis from the U.S. Census Bureau found that children are engaging in more extracurricular activities than they



did decades ago. Though research has found that participation in extracurricular activities among adolescents are associated with a range of positive outcomes, including higher academic performance, it's important that students make time for academics in their daily schedules. Much like sports practices or dra-

ma club rehearsals are scheduled, study time can be included in students' daily schedules. Students can block off a set amount of time on their schedules each day for studying and commit to it just like they would for extracurricular practices or rehearsals.

- **Designate a study space.** During the COVID-19 pandemic, ad-

ministrators at the University of Michigan created a web-based space reservation system to help students secure spaces to study in the face of social distancing limitations. Those efforts underscore the value of designated study spaces, and high school students and

See **TIPS** on Page 21



What's happening near you?

Explore local events at ttonline.com/events

How to land a job after graduation

The road to graduation can be long and winding. Graduation often is an exciting time in a person's life. However, it also may spark some anxiety as newly minted grads prepare to look for jobs and begin their careers.

An unpredictable economic climate coupled with the rising cost of education can make soon-to-be graduates curious about what awaits them after graduation. According to the market data reporting firm Gitnux, 86 percent of college graduates can expect to find jobs within six months of graduation.

While the economy can affect how quickly new grads begin their careers, it's not the only variable that affects where grads go after tossing their caps in the air. Students on the cusp of graduation can employ various strategies to increase their chances of finding a job.

- Start while in school. It's never too early to think about the hiring process and what can be done to improve your profile as a candidate. Maintain a grade point average that will impress employers, suggests Indeed. Also, part-time jobs and internships in your field will help you gain valuable experience and determine if working in a particular field is a good fit.

- Select an off-peak time to search for a job. Many people start searching and applying for jobs at the same time, typically after graduation ceremonies in December and May. That floods the market with applicants. Increase the chances your résumé is read by staggering when you apply for jobs and sending out inquiries before you graduate.

- Streamline your résumé. Many companies receive thousands of applications per position, so it is essential to cater your résumé to the specific job to which you are applying. Include key words that match those in the job listing and will attract the attention of hiring managers. If you do not yet have experience, replace that section on the résumé with your accomplishments or special projects you have worked on.

- Network as much as possible. Many job openings are learned about through personal relationships. Employers may not advertise widely and hope that word of mouth will bring applicants to their doors, or through recommendations from other employees. Reach out to academic advisors, former professors and colleagues in your academic department. Be sure



to maintain these networking relationships.


- Consider growth-stage companies. The University of Missouri Career Center says growth-stage companies tend to hire entry level professionals who do not necessarily have a lot of experience. These are fast-growing companies looking to expand their operations and build company culture.

- Utilize networking social media apps. Indeed and LinkedIn enable people to network and make it easy to apply for jobs directly through their sites or apps. There's even the option to passively apply for jobs by having a résumé uploaded where companies can search and find you if your skills are a match.

Finding a job after graduation is a priority for graduates anxious to begin their careers. Various strategies can help new grads find work sooner rather than later.

Congratulations to the Graduates!






Valley Christian PRESCHOOL

489 Valley Road
(Near Heisler's Dairy Bar)
Tamaqua
570-668-1561

A Christian Preschool for 3 and 4 year old children
Located in the beautiful Leawestown Valley



WELCOME TO MARIAN CATHOLIC HIGH SCHOOL!

At Marian Catholic, our students strive for success in and out of the classroom. Through academic achievements, community service and their dedication to faith, our scholars use the knowledge acquired and nurtured during their time at Marian Catholic as the foundation for their future accomplishments.

- **3,000+ service hours** dedicated annually by our student body dedicated to their school and local communities during the academic year.
- **\$9,600,000*** in financial awards were offered to our Class of 2023 graduates as a direct result of their academic achievement, dedication to extracurricular involvement, and their service-oriented lifestyles.
- **90%** of our 2023 graduates chose to continue their academic careers at two- or four-year colleges and universities.

Our family-centered environment provides a united focus for success, a safe school in an ever changing world – with in-person or online learning options – that gives our students the ability to strive for excellence in every area of interest.

LEARN MORE AT WWW.MARIANCATHOLICHS.ORG    

Marian Catholic High School, 166 Marian Ave. Tamaqua, PA 18252 | 570.467.3335



*Does not reflect amounts unreported to the Guidance Office and is not comprised of additional types of aid such as: PHEAA, Pell Grants, SEOG, Work Study, or loans.

Join us! INFO SESSION

**MONDAY
MARCH 11
4-6PM
NO RSVP REQUIRED**

- Now Enrolling for the 2024-2025 School Year!
- Dual Enrollment
- Aquinas Learning Support Programs
- Financial Aid & Scholarships
- \$2,000 Transfer Grants*



APPLY TODAY! WWW.MARIANCATHOLICHS.ORG/ADMISSIONS

166 Marian Ave. Tamaqua, PA 18252 | 570.467.3335 | www.mariancatholichs.org 

* For incoming 10th and 11th Graders Only

Tips to set up an ideal home study space

Study skills are integral to academic success. Such abilities help students learn more efficiently and effectively, which can lead to better grades on assignments and tests. Developing strong study habits can prepare students for future success in life, as dedication to studying can be mirrored in habits related to job performance.

The desire to study is one component of being involved in the task. However, setting up an environment conducive to studying is another part of this important equation. Students looking to study longer and better may want to re-evaluate study environments at home. Here are some ways to implement positive changes.

- Isolate from interruptions. The first step to setting up a study location is to pick a spot away from the hustle and bustle of the household. While a separate room or

home office can be helpful, an out-of-the way nook or similar spot can be just as effective. By dedicating a study spot, you can train your brain to recognize this is a study area and you may immediately become more focused.

- Keep only pertinent materials nearby. It may be tempting to check your phone or watch videos or television if those devices are close to the study area. Make it stark and outfitted with only what's necessary for the study session.

- Focus on good lighting. To avoid eye strain and avoid difficulty focusing, make sure the study area has adequate lighting. Lighting behind you will help illuminate the pages of textbooks and additional reading materials. Avoid using computers in dimly lit rooms, as that may aggravate eye strain.

- Aim for ergonomics and comfort. You'll want to be comfortable while studying, but not so much



that you're falling asleep. Choose a chair that is supportive and keeps you seated in a neutral position.

- Store supplies nearby. Having to constantly get up and grab supplies increases the risk of distractions adversely affecting your study time. A zippered pouch or a tote bag that contains all of your study materials can be kept within reach.

- Keep a clock in view. A clock should not deter you from studying. Setting deadlines and time constraints on study time

can encourage focus. Break down study sessions into chunks of time that are manageable to you.

- Utilize noise effectively. Some people need absolute quiet to study. Others appreciate some white noise or music to sharpen their focus. Identify what works for you and incorporate that into your study area. A fan or a running air purifier can produce enough white noise to drown out distractions.

Establishing a study area at home can help students improve their academic performance.

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Tips to help students choose a college major

Millions of students attend college after high school. The Education Data Initiative says there were 18,939,568 people enrolled in colleges in the United States in 2023.

At some point in their pursuit of post-secondary education, students will need to choose a major. Choosing a major can be challenging for students who have various interests and/or did well in multiple subjects in high school. The good news is that once a major is chosen, it isn't set in stone. Many students change their majors as they are exposed to different coursework in college. Here are a few ideas for choosing a major.

- Don't be pressured by family. Some students simply choose "the family business" route and select the same school and major as one or both of their parents. Make this a well-informed choice that considers various aspects and not just what Mom or Dad do for a living.

- Select a subject you enjoy. You do not want to be slugging through the next four or more years of school studying topics that bore you. Avoid potential burnout by choosing a major that interests you and offers a future.

- Research a related industry. Investigate which jobs have higher rates of openings and compare other factors like earning potential. While the goal is not simply to select the major that will lead to a job with the highest earning potential, you should consider majors that will lead to jobs that are stable and offer growth potential. The U.S. Bureau of Labor Statistics is a good start for data. It currently lists wind turbine service technicians and nurse practitioners as the fastest-growing occupations.

- Determine how rigorous coursework will be. Some majors feature more rigorous coursework than others. If you know that marathon study sessions and lots of research or writing projects are going to lead to extensive stress, it is probably best to consider another course of study. Indiana University Bloomington determined the most difficult majors based on the av-

erage time students spent per week preparing included architecture, chemical engineering and aeronautical engineering. Public relations, communications and criminal justice were among the less demanding majors, though it's important to note that excelling in any course of study requires hard work and commitment.

- Check in with your academic advisor. Academic advisors can guide you by offering career assessment quizzes and going over your grades. Such assessments may reveal skills that align well with certain fields of study.

- Delay the decision. If you truly do not know what you want to study, enroll in school undeclared. This will give you a chance to explore some general education "core" classes and feel out a school before making a larger commitment. Typically colleges will require a declaration of major by the end of sophomore year to allow enough time for completing that major's required courses.

When choosing a major, students should weigh various factors to find a course of study that suits their interests and career goals.

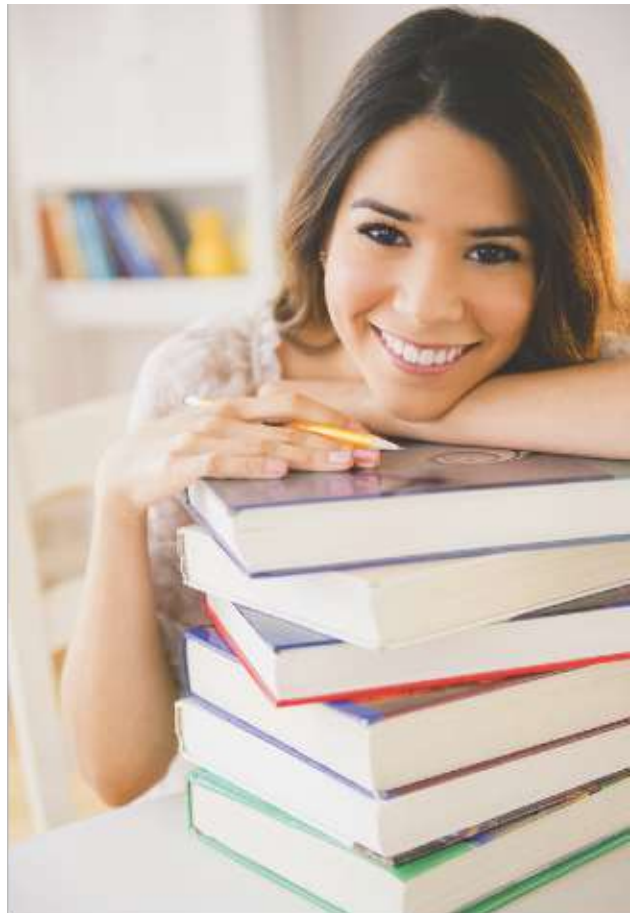
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Parental involvement is a key factor in students' performance

Success in school can carry over to successful experiences later in life. That underscores the benefits of developing skills in the classroom. Students learn in their own way, and at times there may need to overcome various obstacles.

The job of education does not fully fall on educators and administrators. Education begins at home. Research has found that kids benefit significantly when parents and other caregivers are strongly involved in a child's education. A 2020 study published in the *Journal of Prevention and Intervention in the Community* found that parental involvement in a child's education is associated with improved academic performance. Specifically, children whose parents are more involved in their education have higher levels of academic performance than children whose parents were not as involved.

A 2005 study from researchers at the Johns Hopkins University Center of School, Family and Community Partnerships showed that school practices that encourage families to support their students' math learning at home led to higher percentages of students scoring at or above proficiency on standardized math tests. Additional research indicates the benefits also extend to other subjects and areas of learning, including



language comprehension and expressive language skills.

With so much to gain from parental involvement in students' education, parents can embrace these strategies to get more involved.

- Develop a partnership with the teacher. Open communication with the teacher(s) can help parents stay up-to-date on what is going on in the classroom and learn early on where a student may need extra support. Then parents can offer extra guidance if it is feasible, or look into an experienced tutor.

- Be firm but supportive. Too much academic pressure may cause a child to pull back or even test boundaries, and that can lead to students falling behind in school. Parents must find the right level of involvement and guide their kids without sounding like good grades

are "make or break" the relationship.

- Attend school functions. Parents can go to open houses, back-to-school nights, conferences, and other events held at school to show support and interest in their children's education. Involved parents also build school-based networks this way, which can be called upon if their student needs additional support in the future.

- Establish a schedule at home. Students can benefit from a schedule, with regular bedtime, homework time and opportunities to relax. Knowing what to expect and when to expect it can take some of the stress out of learning and studying, according to Nemours health.

Parents working in concert with schools and their children can lead to better academic outcomes.



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How to plan a fulfilling gap year

Many high school students tend to enjoy a few months of summer vacation after they graduate, and then embark on new adventures at college or trade school. Graduating college seniors follow a similar path of joining the workforce or beginning post-graduate work after earning their degrees. But such paths are not the only ones available to students. Some students may want to consider a gap year.

A gap year is a break from academia to pursue other interests or even experiential learning, according to Forbes. It's more than just a time to relax, and can prove especially helpful to self-development and discovery. If time and budget allows, taking a gap year can be a worthwhile and productive endeavor. Here are a few ideas and benefits relating to gap years.

· **Hone skills:** Some see a gap year as a chance to goof off or lounge around. Instead, this break provides an opportunity to sample the workforce and gain experience. Individuals

can seek opportunities that will be relevant to the careers they intend to pursue in the future. A future certified public accountant, for example, may want to spend tax season working with an accounting firm to learn the ropes.

· **Learn a language:** Students may think a gap year is the perfect opportunity to become more proficient in a foreign language or two. Bilingualism can be a key advantage in one's job search and future career. Traveling to a country where a studied language is spoken and learning it while immersed in the culture can be a particularly effective means to acquiring language skills.

· **Engage in a passion project:** There are many projects that may be put on hold because of lack of time or resources while in school. A gap year can be the ideal time to write more or explore an innovative new business idea.

· **Perform service work:** A gap year can be an



opportunity to engage in social change or to help a cause. Certain people may want to travel to underprivileged areas on humanitarian missions or teach English to students overseas. These are experiences that will promote personal growth and help boost a résumé when it comes time to find a job.

· **Improve academic performance:** A study by Colorado College's Gap Year Research Consortium reported that those who participate in gap years exceeded their predicted GPAs by roughly 0.15 points. A gap year may

help a person become a better student.

· **Land an internship:** Some companies may want to extend internship offerings beyond the standard semester. Many professionals land their jobs through networking, so taking time away from school to participate in a lengthy internship can make for a smoother entry into that company should one want to work with them in the future.

Taking a gap year may not be the traditional route for students, but the benefits of time away from formal learning can be profound.

It's the little studio that could...

Creative Learning Lab is a small studio in Wescosville offering a multitude of programs for toddlers through adults. After seven years in business, they continue to grow and fulfill the creative demands of the community. Creative Learning Lab offers after-school art classes in Illustration, Mixed Media, and Ceramics, in addition to its expansive choices of private musical lessons in voice, piano, guitar, drums, strings, brass, and woodwinds. Their instructors are some of the most experienced artists and musicians in the area.

They continue to expand by adding multiple daytime programs for Toddlers and Preschoolers, including Toddler Art Class, Music and Movement, Toddler Open-Play. In the Fall of 2024, they plan on launching their innovative Music and Art Immersion Program which is anticipated to be an alternative to the traditional preschool programs in the area, focusing on the philosophy of the whole brain child.

For adults, Creative Learning Lab invites a certified Bob Ross Instructor into their space to run his Bob Ross Painting Events every month. They continue to expand and include monthly Paint and Sips and specialty events like Parent's Night Out where kids are cared for and entertained while the adults head over to Hamilton Crossings for a quiet night out.

Finally, with summer around the corner, Creative Learning Lab has numerous summer camps to engage your child this summer, such as their Rock 'n' Roll Camp, Bob Ross for Kids, Illustration or Music and Art Camp, just to name a few. Visit their website at www.DiscoverCLL.com to find out more about this hidden gem of a business or call 610-351-9933.

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How to help students master college entrance exams

The college admissions process is multifaceted and stretches out over a year or more. High school students who plan to continue their education at four-year schools typically go through the admissions process at various schools before deciding where the next step on their academic journeys will take them.

Testing is part of the college admissions process. Parents and guardians who want to give young people the best chance of being admitted to their preferred school can help students prepare accordingly. In the United States, performance on the SAT and/or the ACT has traditionally been a key consideration for college admissions departments. The college information resource CollegeVine says standardized test scores are not required in the admissions process for public Canadian universities, although some private ones will accept SAT scores. According to the Princeton Review, the SAT is created and administered by the College Board. The test consists of Math and Evidence-based Reading and Writing. Each section is scored on a 200-to-800-point scale, (a score of 1600 indicates mastery of the exam). The ACT



is a similar test that also helps measure college readiness. The ACT consists of four sections: English, Reading, Math, and Science. There's also an optional 40-minute Writing Test that some colleges may require. The maximum composite score for the ACT is 36.

Most schools do not favor one test over the other, so it's possible students will take just one exam. However, college-bound students are increasingly taking both the SAT and ACT and only submitting the higher score to schools. This is important for families and students to recognize. Generally, students can study concurrently for both tests, and the following are some additional strategies to prepare for college admissions testing.

- Enroll in a test prep course. Students may benefit from taking test prep courses either in sophomore year of high school or early in their junior year. These courses familiarize students with the testing format and enable them to take practice exams. They also offer tips for getting through the test within the allotted time. Knowing "how" to take the test is often just as important as knowing the material on the test.

- Focus on vocabulary. Families can work together to expand students' vocabularies. Everyone can learn new words and use them on a daily basis.

- Prioritize rest and a healthy lifestyle. This can be a stressful time in students' lives. Parents and other caregivers can recognize this and reinforce healthy

living habits that will help teens get the rest they need to stay both physically and mentally well. Try not to put extra pressure on students during this critical time. Avoid emphasizing a need to get the best test scores possible, which can lead to additional stress, burnout and resentment.

- Realize many schools are test-optional. Students who simply are not excellent test-takers may take comfort in knowing that a growing number of schools have become test-optional. Families can determine if students want to be "one-and-done" on standardized testing, or take the test a few times to improve their scores.

Families can work together to make preparing for standardized testing more successful.

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TIPS

CONTINUED FROM PAGE 12

their families can create such areas in their homes. A quiet, distraction-free space can facilitate learning and help students excel in the classroom.

Take notes and summarize while studying. High school courses are more complex and it's easy to get lost in that


depth when studying subjects like English or history that feature a lot of reading. Students adjusting to this may find it hard to remember important details when they're reading more in a typical study session than they're accustomed to. Taking lots of notes and summarizing text while reading, such as at the end of each chapter, can help students recall the key points of reading as-

signments.

Organize study groups. A weekly study group can help students gain a greater understanding of coursework and their own perspectives. Different perspectives can help students see materials through a new lens. One student may hit a snag on a particular point, and another may illuminate the issue and make it easier to understand, and vice ver-

sa. Sharing perspectives with other students also can help students sharpen their own ideas as they seek to explain themselves during conversations with classmates.

High school curriculum is more rigorous than pre-secondary courses of study. Some simple study tips can help high school students adjust to this more demanding academic environment.



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school year. A teacher might ask for volunteers to assist with holiday parties or special school events or even request help coming up with extra school supplies or items needed for a particular project. In fact, a recent survey from the Association of American Educators found that public school teachers

spend an average of \$673 per year of their own money on school supplies. Parents can express their appreciation for teachers by responding with enthusiasm to requests for supplies. When responding, parents can ask teachers if there's anything else they can do to help and offer to volunteer their services during class parties.

Organize a class gift. A gift from the class around the holiday season and/or at the end of the

year can let teachers know their efforts have not gone unnoticed. By pooling their resources, parents can give teachers an especially nice gift. A night out at a local restaurant or tickets to a show can make for a well-deserved excursion for educators who often work long past the school day to help students learn.

Contact higher-ups at the school. An email or phone with a school principal or another higher-up in the local

school system is another way for parents to ensure the efforts of a teacher are recognized. Let the higher-ups know when a teacher has made a positive impact on a child and how much their efforts are appreciated.


Many teachers go to great lengths to support their students. Families can recognize those efforts in a host of meaningful ways that will let educators know how much they're appreciated.

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THE NEWS

Variables to consider when deciding where to apply for college

Students' college decisions are among the most significant choices they will make over the course of their lifetimes. Many students lay the foundations for rewarding careers during college, and the friendships formed during university years often last a lifetime.

Students cannot utilize a magic formula to ensure they choose the right college or university. However, on-campus visits and discussions with current and former students can provide invaluable insight into what life is like at a given college or university. In addition, students and their families can consider a host of variables as they try to decide where to apply for college.

Cost: The high cost of college is well documented, but prices vary significantly. According to the Trends in College Pricing 2023 report from the College Board, the average cost of tuition and fees at a public, four-year, in-state school was \$11,260 in the 2022-23 school year. The average cost of tuition and fees and a private, nonprofit, four-year school during that same academic year was \$41,540. That's a price difference of more than \$30,000 annually. Many students borrow money to finance their college educations, and high schoolers must consider the amount of debt they're



willing to take on when making this pivotal life decision.

Campus life: The atmosphere on and around campus is another variable to consider when deciding where to apply to college. College is the first taste of independence many young people experience. Though students are often excited by that prospect, it's important to recognize that the atmosphere on campus will go a long way toward determining how enjoyable life at a given college or university may be. For example, students who are looking forward to living on campus may not find that transition as enjoyable if a school has more commuter students than resident students. In addition, some students may prefer an insulated college environment, while others may be looking for opportunities to engage in city life that goes beyond campus activities. Students can identify what

they want out of campus life and then choose schools based on how closely their environments align with those priorities.

Curriculum: Curriculum merits ample consideration, even among students who are uncertain about what they want to study. For those who know what they want to study, arrange to speak with department faculty and current students when visiting the campus to identify if a given program aligns with your academic interests. Curriculums are designed differently at each university, so programs under the same major can

be vastly different from one school to the next. Students who are not sure what they want to study can look for colleges and universities that offer a wide range of majors, minors and concentrations.

Reputation: A school's reputation is another factor that merits consideration. Reputation is a somewhat fluid variable, and it's not always the best barometer to use when assessing a college or university. However, if a school has an especially strong reputation among businesses and professionals in the field a student hopes to enter, then this can be a crucial variable when deciding where to apply.

These are just a handful of the variables students and their families can consider as they try to decide where young men and women will end up during the next phase of their academic journeys.

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