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2025 EDUCATION GUIDE

SPECIAL SUPPLEMENT TO

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THE REGION'S FIRST & ONLY MEDICAL SCHOOL



Daniel Elmi - Class of 2028 | Nazareth, PA
Moravian Academy
Lafayette College



Temple/St. Luke's student Daniel Elmi has experience as an EMT and medical scribe, volunteers at a nursing home and local emergency shelter, and has even earned his private pilot's license. Now, the Nazareth native, who is close with his family and has strong ties to his local community, is pursuing medicine and following along in the footsteps of his mother, St. Luke's pediatrician Aram Yousefi-Elmi, MD. "Practicing medicine is rewarding because you have the opportunity to make a positive impact on people's lives in some of their worst times," says Elmi. "This is something that I have seen firsthand and greatly appreciate about this career."

sluhn.org/SOM



(Did You Know?) St. Luke's is a member of the Association of American Medical Colleges' prestigious Council of Teaching Hospitals, and our programs are designed to promote long-term mentoring relationships between our students and faculty.

Educational Excellence with a Commitment to Caring

For over a decade, the Lewis Katz School of Medicine at Temple University/St. Luke's University Health Network (Temple/St. Luke's) has offered a distinctive educational opportunity as the Lehigh Valley's first and only four-year medical school campus. With only 40 students in each class, Temple/St. Luke's is distinguished by an intimate, interactive learning environment and a personalized educational experience. St. Luke's has more than 300 faculty members, who students get to know during their pre-clinical courses and then go on to rotate with many of the same faculty during their clerkships.

St. Luke's University Health Network is proud to be one of the nation's Top Teaching hospitals. Here, you'll find cutting-edge medicine and technology in a friendly, collegial setting – and the energy and excitement of an innovative program fully grounded in

outstanding practices that come from decades of experience.

The Admissions Process

Each completed application receives a holistic review, including a variety of objective and subjective factors. When selecting candidates to interview, the academic record, college attended, MCAT scores, recommendations, extracurricular activities, work experience, medically related experience and community activities are all reviewed. The admissions committee does not have a narrow image of who should be admitted, and Temple/St. Luke's seeks a diverse student body and accepts many “non-traditional” students.

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!

Local Students Start Here, Grow Here, Thrive Here

Nazareth. Hellertown. Tamaqua. Easton. Orefield. Zionsville. Lancaster. Bath. Northampton. Allentown. Bethlehem. Many of our students have regional roots and have looked forward to attending medical school right here in the Lehigh Valley – so they can learn to care for the residents of the communities they come from.

Learn more at sluhn.org/SOM



Find Out the St. Luke's School of Nursing Difference

Our reputation for great nursing goes back 140 years. St. Luke's School of Nursing is proud to provide its students with the most current curriculum and technology available while cherishing its history as the nation's oldest, continuously operating nursing school. Since the founding of our diploma-based program, we've gone on to graduate over 5,000 nurses – many of whom have gone on to practice throughout the St. Luke's network.

Our traditional 20-month accelerated diploma program is complemented by a night/weekend option for learners who require more flexibility, and allows graduates to enter the workforce quickly. Our students prac-

tice 900 clinical hours across the St. Luke's 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 throughout your academic journey.

The St. Luke's School of Nursing is also affordable and accessible, with grants, scholarships, and loans offered to qualified students to attend nursing school right here in Bethlehem, PA.

The Admissions Process

You're caring. You're compassionate. You're halfway to being a great

nurse. What are the next steps?

Start by exploring our entry requirements at sluhn.org/son/admissions. Email the admissions office at son.admissions@sluhn.org to verify you are enrolled in or have completed the correct courses.

Learn more at sluhn.org/SON



Complete Your Residency or Fellowship with St. Luke's!

St. Luke's University Health Network sponsors 53 graduate medical education programs that are accredited by Accreditation Council for Graduate Medical Education, American Osteopathic Association, Commission on Dental Accreditation, Council on Podiatric Medical Education, American Society of Health-System Pharmacists, and American Board of Physical Therapy Residency and Fellowship. According to external benchmarks, St. Luke's provides a better

training and learning environment than most other teaching hospitals nationally. Over 95% of resident and fellow graduates pass their board exams on the first take. Approximately 33% of St. Luke's physician vacancies are filled by resident and fellow graduates each year; as our Network continues to expand and grow.

From General Surgery and Orthopedics to Family Medicine and Radiology, St. Luke's educates tomorrow's physicians in a variety of clinical

fields. The investment in these programs is a win-win-win for residents, attending physicians, and the community.



For more information on education at St. Luke's, visit sluhn.org.

Blocking out distractions in the classroom

An ability to focus in the classroom can go a long way toward helping students achieve their academic goals. But distractions lurk in every corner, making it easier than ever to succumb to a lack of focus.

Maintaining focus in the classroom can be difficult in the digital age, but students can try various strategies to block out distractions once class begins.

• Disconnect your devices.

A 2020 report from the nonprofit association Educause found that the majority of students report connecting two or more devices to campus Wi-Fi each day. Devices often serve as useful tools that augment classroom lessons, but they also can distract students. Students can turn off notifications on their phones and tablets before class begins so that familiar ping does not sound during lectures and lessons. In addition, unless



devices are necessary during a class, students can store them in places where they won't be tempted to check for messages or other alerts when they should be learning. Storing devices in a separate pocket in a backpack or even in a locker outside the classroom can remove the temptation to log on during class.

• Prepare for class in advance.

Organizing before class can help students stay focused when a teacher is lecturing, explaining

classroom material or engaging students in a discussion. Students who can't readily access their notes, books or assignments may be forced to spend valuable class time looking for such materials, thus distracting them from the lesson.

• Bring questions to class.

Students who jot down questions about a subject prior to class are more likely to be engaged once class begins. Students can ask their questions during the lesson and

listen intently to hear if their teacher or professor is answering their questions during their lecture. Either way, bringing questions to class and going over them before class begins can help students narrow their focus to the subject at hand, reducing the likelihood that they'll succumb to distractions.

• Sit in the front of class.

Students who are having trouble focusing can try sitting in the front of class. Sitting in the front ensures students can hear their teachers or professors, and sitting so close might subconsciously compel students to perk up so they're not caught wandering.

Devices and other distractions can easily compromise students' focus in the classroom. But various strategies can help students focus so they can perform better academically.



One move closer to success

Kutztown University students are success stories in the making. They are part of a caring campus community that feels like home, and KU offers all the opportunities and resources of a public university.

KU understands the financial commitment of higher education and is dedicated to helping students and families achieve their goals. About 80% of Kutztown students receive financial aid in the form of scholarships, grants, loans or student employment.

Whether KU students want to play a sport, take a day trip, shop downtown or join a club, they can find ways to connect and grow.

Students learn the skills to excel in the workforce, attend graduate school and achieve success. They are making an impact at companies like Air Products, Lego, Adidas, the Mayo Clinic and many others in the Lehigh Valley and beyond.

The journey of personal growth starts at KU. When students graduate, they're capable of accomplishing any goals they set for themselves. At Kutztown University, it's good to be golden.

There's still time to apply. Visit www.kutztown.edu/apply.

ONE MOVE CLOSER TO CHANGING THE WORLD

more than

> 130 <

degree programs

12

traditional, suite & apartment style halls

200

clubs & organizations

23

NCAA Division II varsity sports

80% of students

receive some type of financial aid

At KU, golden opportunities are yours to create.

The many benefits of arts education

Why does art matter? This is a question that has given philosophers and artists food for thought for centuries. It's also been a leading question in many school districts when budget cuts have forced school administrators to put various curricula on the chopping block. Very often arts programs are the first to be cut.

From their earliest years, many children communicate and learn through artistic expression. Songs help them learn words and repetition to develop speech and reading skills. Drawing, painting and crafting helps to solidify motor skills. Though 88 percent of Americans consider the arts part of a well-rounded education, an American for the Arts public opinion survey found that the percentage of students receiving arts education has shrunk dramatically over the last few decades.

Houston's Arts Access Initiative, in conjunction with Houston Education Research Consortiums, found a substantial increase in arts educational experiences had remarkable effects on students' academic, social and emotional outcomes. Students who participated in arts education experienced a 3.6 percent reduction in disciplinary infractions, an improvement of 13 percent of a standard deviation in standardized writing scores, and an increase of 8 percent of a standard deviation in students' compassion for others. Compassion translated into wanting to help people who were treated badly and being more conscious of how other people feel.

The Nation's Report Card, the largest ongoing assessment of what students in the United



States know and can do, shows that American students continue to score lower than many of their peers in Europe and Asia. Seeking to improve performance in reading and math may be as simple as including arts education. Researchers from the Johns Hopkins University School of Education say that instruction becomes more effective when educators integrate creative activities. Encouraging creativity and imagination across all disciplines can help shine light on new concepts and help students discover connections and innovative ideas.

To bolster support of arts in the classroom, parents and educators can point out the following benefits of arts education.

• **Increases creativity:**

The arts let students express themselves in different ways and offer outlets for all types of skills.

• **Improves academic performance:**

A report by Americans for the Arts indicates young people who regularly participate in the arts are four times more likely to be recognized for academic achievement than non-participants.

• **Develops motor skills:**

Arts helps foster motor skills, which are essential for writing letters and words, playing musical instruments, using paintbrushes, and much more.

• **Helps one appreciate numeracy:**

Art involves patterns and problem solving. Learning these skills translates into many different disciplines, including mathematics.

• **May accelerate brain development:**

Bright Horizons, a U.S.-based child care provider, reports learning to play an

instrument has been found to improve mathematical learning, boost memory and lead to improved academic scores.

The benefits of arts in the classroom cannot be ignored. The arts encourage students to utilize many skills that translate to various subjects.



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
- 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.

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What parents can do to save more for college

Raising a child is no small task. Though it's no surprise that parenting requires a substantial investment of time and energy, the financial cost of raising a child might raise more than a few eyebrows. According to the SmartAsset™ 2024 Study, the median annual cost to raise a child in the United States in 2024 is \$22,850, and that figure is considerably higher in many states.

Commitment and discipline are vital to getting across the financial finish line when raising a child, and that includes finding a way to finance a college education. Data from the College Board, a nonprofit that studies trends in the cost of a college education, indicates the cost of tuition and fees varies widely depending on the type of institution. Tuition and fees at an in-state four-year public school cost a little more than \$11,000 during the 2023-24 school year, while it was nearly four times as much (\$41,540) at a private nonprofit four-year institution.

Financing a child's college education can seem like a daunting task. However, an array of strategies can help parents save more for college.

• Take advantage of a 529 plan.

A 529 education savings plan is an increasingly popular



way to save for college. The Education Savings Programs at Bank of America reports that 529 plan assets increased from \$88.5 billion in 2008 to more than \$446 billion in 2023. A 529 plan is a tax-advantaged investment program administered by a state. When funds withdrawn from the plan are used for qualified expenses, such as tuition costs, then the earnings are free from federal income tax obligations. There are distinctions between 529 prepaid tuition programs and 529 savings programs,

so parents are urged to discuss those differences with a financial advisor so they can choose the best plan for their situation.

• Redirect extra income to a college savings plan.

Parents may have "extra" sources of income that can be used to fund college savings. Annual bonuses, money distributed through state-sponsored property tax relief programs and even money freed up when kids graduate from daycare and into elementary school

can be redirected into college savings plans. Redirected daycare expenses may be particularly savvy, as parents know the cost of daycare is considerable. In fact, a recent report from Child Care Aware of America indicated the cost to place two children in child care exceeded annual typical mortgage payments in 45 states. Once kids are out of daycare, parents can redirect some or all the money they had been spending on child care into college savings plans.

• Don't go it alone.

A 2023 survey from the College Savings Foundation found that 45 percent of parents would request that family and friends contribute to a child's 529 plan in lieu of the standard gifts given to children for their birthday, special events like graduation or during the holiday season. This practical yet less traditional approach can pad college savings plans by a considerable amount over the years, and close relatives might be more than happy to help parents fund a better education for their youngsters.

College is a costly investment, but parents can look to a handful of strategies to help defray tuition costs.

The many benefits of bilingualism

Bilingualism is more common than ever before. According to Ecole Bilingue de Berkeley (EB), today more of the world's population is bilingual or multilingual than monolingual. Anyone can benefit from speaking multiple languages, and people of all ages, and children in particular, may find that learning more than one language is a particularly useful skill.

Effects on the brain

There are cognitive and neurological benefits to bilingualism, according to a 2012 study published in the journal *Cerebrum*. The brain of someone who is bilingual or multilingual more efficiently processes information and, as one ages, it may be possible to more effectively stave off cognitive decline. The same study indicates that bilingualism has been associated with better memory, visual-spatial skills and



even creativity.

Academic advantage

Studies have shown that children who are bilingual can outperform children who only speak one language in a number of subject areas, indicates Unuhi, a bilingual literacy platform. This can further a child's educational development, literacy and other skills that can have positive effects outside of the classroom.

Economic advantages

As bilingual children grow and become young adults, speaking a second

language can pay dividends in the workforce. Ours is a global society, and knowing a second or third language can make a person a more attractive hire over another who only knows one language. More companies, especially those with international offices, consider bilingualism a high priority.

Higher adaptability

As their brains constantly switch from one language to the other, bilinguals learn to manage conflict more readily, thus making them more

adaptable. This means that people who speak multiple languages may be less affected by environmental changes, and could be more open-minded to new experiences, says EB.

Strong cultural ties

Children who are bilingual may have grown up in households where their first languages are those of their families' native countries and the second come from having to assimilate into society. Bilingual children often have strong ties with their families, cultures and communities. The National Academy of Sciences has reported that babies raised in bilingual households show better self-control and are able to use their second language to create strong relationships.

Being a bilingual child and adult has many benefits. And adults should know it's never too late to learn a second language.

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
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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 drama 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, administrators 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 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 assignments.

• 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 versa. 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.



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; business 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 Open House – April 5, April 26, May 17

Transfer Tours – March 25, April 29

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wherewarriorsbelong.com

The threat of anxiety and depression among college students



The moment young people arrive on college campuses and begin their lives as college students marks a significant milestone. College provides many young people with their first taste of independence, and that newfound freedom can sometimes feel overwhelming, especially when it's coupled with academic challenges that are much more rigorous than they were in high school.

According to data from the National Alliance on Mental Illness, 80 percent of college students feel overwhelmed by their responsibilities as a student. NAMI data also indicates that 50 percent of college students rate their mental health as below average or poor. Anxiety and depression are two mental health issues that affect many college students as they try to juggle the various demands associated with being students. Anyone who suspects they or a student they know is experiencing either of these issues should reach out to a mental health professional immediately.

Depression

Depression among college students may have been exacerbated during the COVID-19 pandemic. A 2020 survey conducted by the Healthy Minds Network in collaboration with the American College Health Association found that the rate of depression among college students has increased since the onset of the pandemic. Though students typically have readily available access to mental health professionals on campus, that access has been compromised during the pandemic as students, counselors and educators learn and work remotely.

College mental health counselors were available via video conferencing during the pandemic, but students may not be aware of that, while others might be uncomfortable discussing their mental health in dorm rooms or apartments they share with fellow students. Symptoms of depression include feelings of sadness or hopelessness, loss of motivation, sleeplessness, trouble concentrating, changes in appetite and body weight, and loss of interest in social activities.

Anxiety

A 2017 report from Penn State University's Center for Collegiate Mental Health found that anxiety is one of the two most common reasons college students seek mental health services (the other is depression). In fact, the Anxiety and Depression Association of America reports that 13 percent of college students have been diagnosed with a mental health condition linked to anxiety. Anxiety among college students can be triggered by social and/or academic pressures. Being in constant fear, experiencing frequent headaches, exhibiting shortness of breath, difficulty concentrating, constant feelings of stress or irritability, irregular heartbeat, and muscle pain or tension are some symptoms associated with anxiety.

Help is available to students dealing with depression or anxiety. Mental health professionals on campus can be invaluable resources as students try to overcome issues that can affect their quality of life while on campus.

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.



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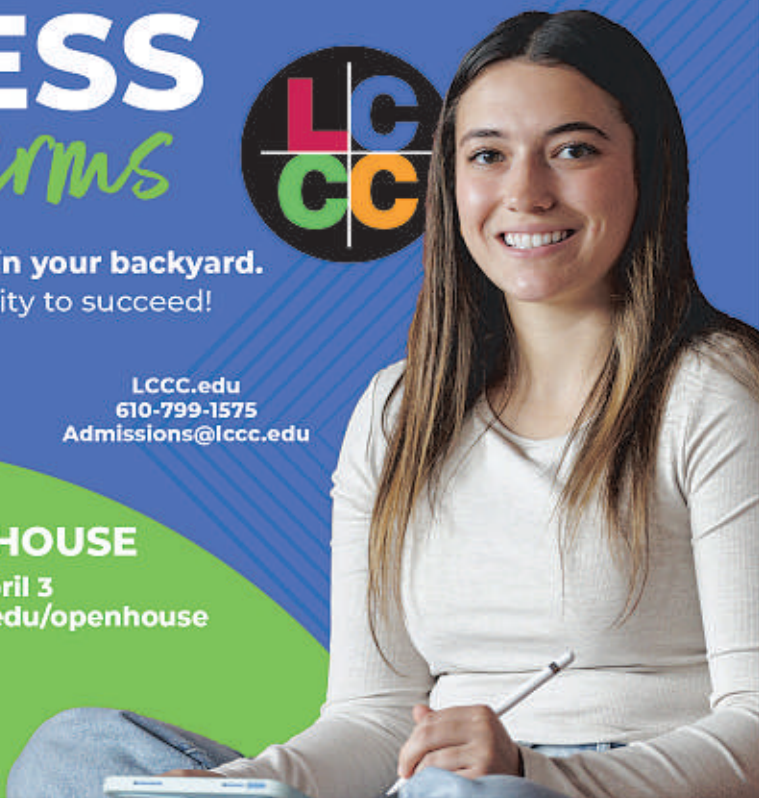
SPRING OPEN HOUSE

5-7 p.m., Thursday, April 3

Register: www.LCCC.edu/openhouse

Summer classes start May 19 and July 7.
Registration now open.

Fall classes start Aug. 25.
Registration opens March 10.



The Perfect Part Time Job is Waiting For You!

Looking for something fun, interactive and rewarding? Your search is over! Student Transportation of America has the perfect part time job for you – school bus driving. Driving school bus comes with several unique benefits. The daily schedule leaves drivers free time midday to do chores, shop, doctors' appointments and more! It is also the perfect 'retirement' job. Giving you purpose and a social life without working an 8 hour day.

Don't have your CDL? No problem. Paid training is available for those who want to become professional school bus drivers for STA, including preparation for the written CDL exam, road evaluations, classroom and additional behind-the-wheel instruction. The preparedness of our school bus drivers, and the way in which we comply with regulations, is vital to the safety of the students we transport. It is our goal to hire and train people who are committed to maintaining STA's reputation as an industry leader. School bus drivers receive special training in safety and security, undergo regular drug and alcohol testing, and receive regular driving record checks. In addition, personal security and school bus traffic laws designed to protect students are strictly enforced at all times.

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A college education is an investment in one's future. But the costs associated with attending a college or university can vary greatly, particularly based on the type of institution, so it benefits students to shop around. According to a study by CreditKarma, conducted with data from the National Center for Education Statistics, the average annual cost of tuition and fees at a four-

year private notfor-profit college in the United States is \$33,230, whereas a four-year public college averages \$10,557. Public colleges, also referred to as "state schools," can vary in price even further depending on the residency tatus of students.

Students who reside in the state in which the college is located can expect to pay that \$10,557 rate. However, out-ofstate

undergraduates at public colleges and universities will have an average cost of \$24,847 for the same school.

According to a 2021 College Board report, outof-state students can expect to pay anywhere from double to three times the in-state sticker price. It can behoove students to establish residency where they plan to attend college or to apply to state schools where

they live. To qualify for the lower price, in-state prospective students must meet various residency requirements, which vary by school and generally involve living in the state for a certain period of time prior to enrolling. Documentation such as a driver's license, vehicle registration or proof of permanent primary residence are often needed.

High school students are undoubtedly familiar with the belief that extracurricular activities can help separate applicants when seeking admissions to competitive colleges and universities. But research has long indicated that extracurriculars are more than mere résumé-padding activities. A

2019 study published in The Excellence in Education Journal found that students who participated in extracurricular activities earned a significantly higher grade point average than those who did not engage in such activities. The value of that participation has been evident for decades,

as the National Center for Education Statistics notes that a 1992 study found that more than 30 percent of students who participated in extracurricular activities had a GPA of 3.0 or higher, while just under 11 percent of non-participants performed that well academically. The potential impact

that extracurriculars can have on students' academic performance underscores just how valuable such activities can be and how much students should consider getting more involved at school as their academic careers unfold.

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Students & EDUCATION



MMI Prep Offers Students a Rigorous Education and Countless Opportunities for Their Future

(FREELAND, PA) — MMI has been around for 145 years and not by luck. Its focus on hands-on learning experiences, its dedication to a safe environment, small class sizes, and its vibrant community of faculty, families, alumni, and students have proven to show results over the course of the school's history.

MMI fiercely and strategically defends its commitment to education, character growth, and rich extracurricular opportunities with a dedication that has helped it weather many storms over its 145-year history. MMI prepares middle school and high school students for college by providing a solid liberal arts foundation that enables students to gain a mastery of modern-day skills. This well-rounded approach to education has proven to be successful for their students as they build their lives after graduation.

The school offers its students a comprehensive 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. 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. Most recently, MMI introduced a partnership with Lackawanna College that allows

11th and 12th-grade students to earn college credits while still enrolled at MMI. This new initiative saves students money on college credits, allows them to experience college classes, and gives them the option to earn an associate's degree before they graduate high school.

The value of an MMI education is measured in many ways. For example, nearly 100% of MMI graduates attain college acceptance. The class of 2024 earned more than \$12.5 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, 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.





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STM stands on the pillars of Academics, Leadership, Service and Character, all anchored by Faith. We are proud to be a community school that on average has a 14:1 student to teacher ratio in our classrooms. Our students demonstrate strong character traits of honesty, integrity, empathy and respect. We demonstrate the STM Difference by the programs and opportunities that we imbed in our entire curriculum to give our students the unique experience of learning outside of the classroom. We have over \$300,000 in scholarship funds for our students each year! We are blessed to have a strong track record of success that allows St. Thomas More to continue our legacy as a premier school in the community.



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How students can prepare for standardized tests

Standardized tests remain a significant part of the academic experience for millions of students at all grade levels. Though many colleges and universities no longer require the SAT or ACT for admission, experts note that many of those schools still value such tests and how applicants who choose to take them perform.

Students who want to take standardized tests can take various steps to ensure they do their best and make the decision to take the tests work to their advantage.

• Prepare as if you're taking the test early.

It's never too early for high school students to begin thinking about college. Students who plan to take standardized tests like the SAT and ACT are often urged to do so in their junior year of high school. Such a timeline affords students ample time to retest if they feel they can improve their scores. Though sophomore year might seem early to start preparing for the SAT and ACT, it's the perfect time to do so for students who plan to take the test in the first half of their junior year. This gives them ample time to find a tutor or test preparation program so they can perform their best.

• Utilize preparation services.

Standardized tests carry a lot of weight, even at schools that no longer require them, so professional test preparation services can be a good investment.



Parents can work with their children to find a tutor or preparation program in advance of their scheduled testing date. Some programs are lengthier and more intensive than others, but families can identify which type of program can most benefit the student. Some students may just need a post-summer refresher, while others may benefit from a more intensive program.

• Look for free programs and resources.

A student's school may offer a free test preparation program as testing season draws closer. In addition, books on preparing for tests may be available for free at your local library. In the latter example, parents and students should confirm that any preparation guidebooks are up-to-date. Testing has changed significantly over the years, so students won't want to be looking

over prep materials that no longer reflect modern tests.

• Take practice tests.

Practice tests can be invaluable. Such tests can indicate where students are strong and any areas they should seek to improve. Students who have a tutor or are enrolled in a test prep program can go over their practice test results with their tutor or instructor to identify areas for improvement and strategies to perform better when the tests count.

• Time your practice tests.

Standardized tests like the SAT and ACT are timed. Students can prepare for that by taking timed practice tests. The more acclimated students become to testing situations, the better they're likely to perform.

Standardized tests can put pressure on students. One of the ways students can alleviate that pressure is to prepare for tests in advance so they're as comfortable as possible on the day of the test.

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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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IUP has all the amenities you'll find at big universities, from **100 majors to 19 varsity athletics teams that compete nationally to faculty who are experts in their fields.** These advantages help you build an academic experience that will prepare you for a career that could take you anywhere in the world.

We believe that you should dream big. But we also value personalized attention. **IUP has more than 9,000 students** from all over the globe, and every one of them is an integral part of a tight-knit community. With small class sizes and personalized attention from professors, IUP fosters an environment in which students thrive. You're not just a number; you're an individual with dreams and ambitions, and at IUP, those dreams are nurtured.

The university's commitment to providing one-on-one attention extends beyond the classroom. Whether you're exploring leadership opportunities, engaging in groundbreaking research with professors, or immersing yourself in a vibrant and diverse student population, **IUP ensures that every student has the chance to shine.** It's a place where roadblocks are replaced with open doors.

At IUP, students and their needs are put center stage. We offer support services that will help you with any challenge you might face, and we celebrate your successes because you are family. **From the day you arrive, you'll be assigned a navigator,** a full-time staff member whose sole job is to guide you through your IUP experience and get you the support you need so you can shine. You'll also have the backing of a faculty advisor, a teacher who is not just an expert in your academic field, but who is also knowledgeable about how best to prepare you for what's to come after you graduate.

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So, if you're seeking a university experience that combines the best of both worlds—a big heart with a small, supportive community—look no further than IUP. It's a launchpad for your dreams and a home where you'll find the support and opportunities to make your dreams a reality.



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