

10TH GRADE INFORMATION & OPPORTUNITIES

“Your life is your story. Write well. Edit often.”

— Susan Statham (Author, Artist)

THINGS TO KEEP IN MIND

- Graduation Project & Getting Involved
- Taking care of yourself
- Studying (Cornell Notes, Learning styles)
- College Readiness (Rigorous classes, PSATs, cumulative GPA, TRIO)
- Looking ahead (resumes, drivers education, first jobs, Career Link)

GRADUATION PROJECT & GETTING INVOLVED

[Berwick High School Guidance webpage](#)

[Graduation Project Packet](#)

30 hours of community service/job shadow & the career/college research project/PowerPoint.

You can begin accumulating hours the summer after 8th grade



[Current Volunteer Opportunities for YOU!](#)

These are updated-check this page AND listen to or read the announcements. They are also sent to your email.

[Resume Templates: Build yours today!](#) Resumes show the world who you are (on a piece of paper)

You will need a resume to secure *letters of recommendation for college, for employment, in order to apply for scholarships.*

TAKING CARE OF YOURSELF

Mental and Emotional Health "Toolbox"

- Select worksheets-Adolescents-Topic you need help with
- Most self-help can be accessed for FREE here.

* Ms. Z's go-to mindfulness app:

- [Insight Timer \(mindfulness site and app\)](#)



MINDFULNESS EXPLAINED IN 3 MINUTES

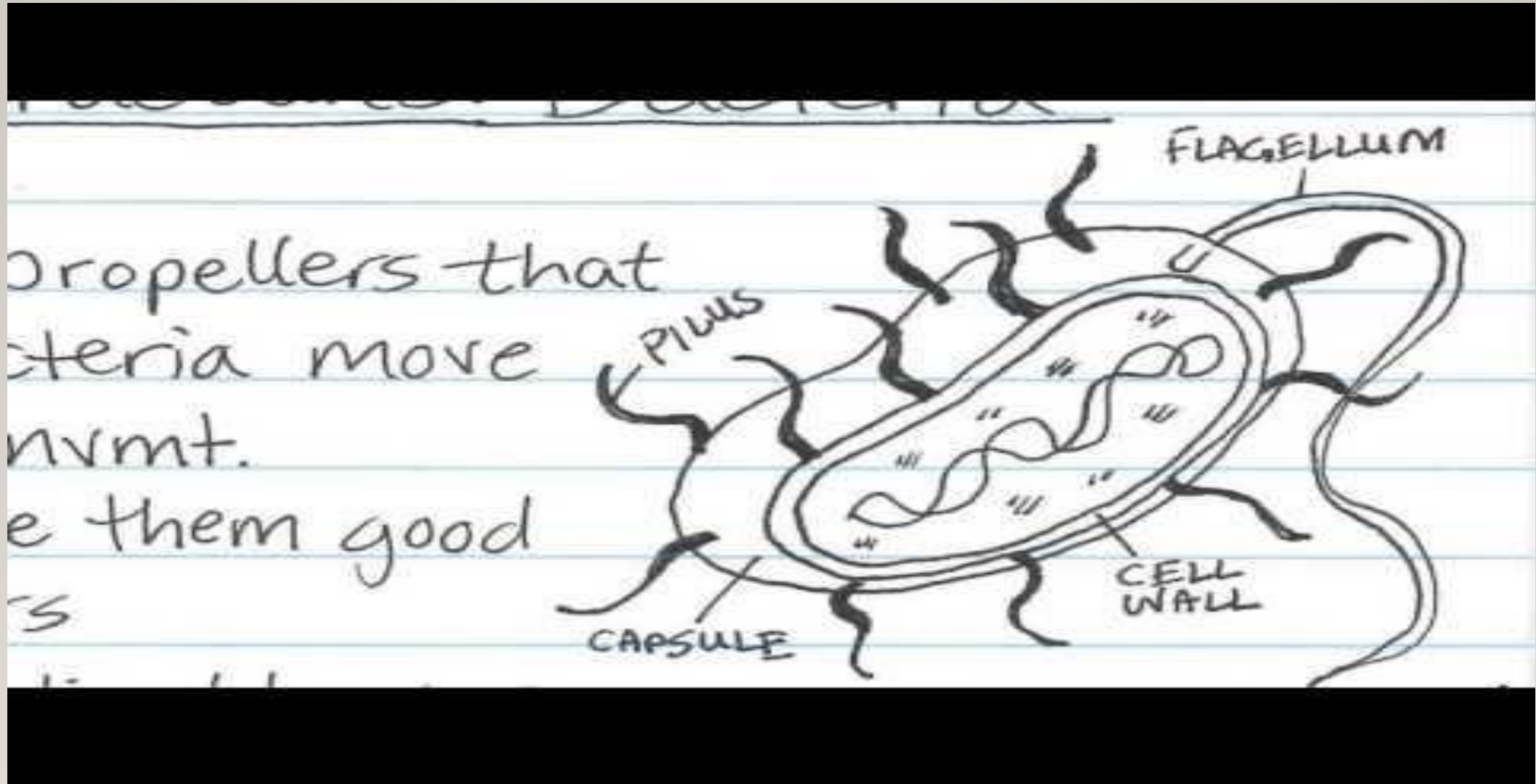


In the z

PRESENT



CORNELL STYLE OF NOTETAKING



STUDYING

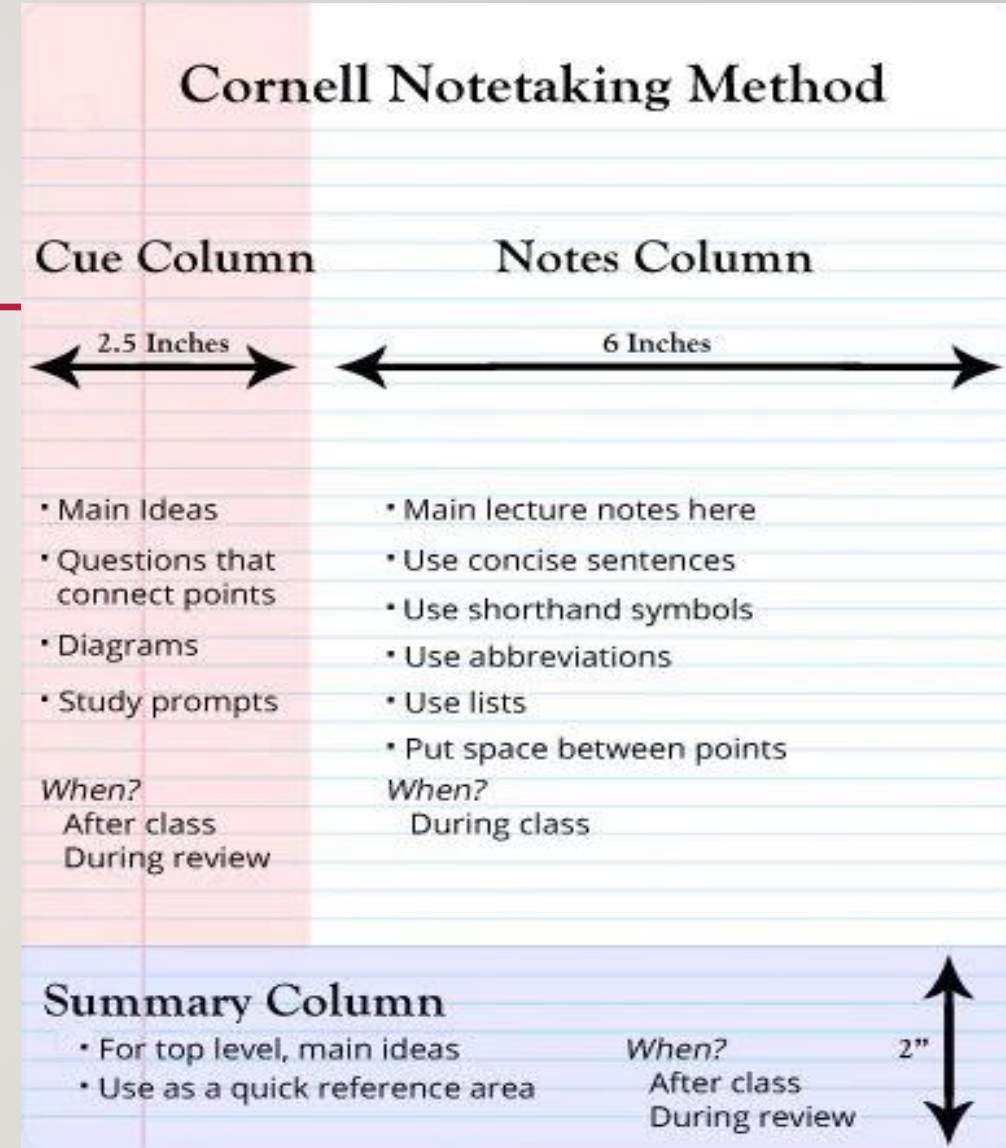
YOU MAY HAVE NOTICED THAT 10TH GRADE REQUIRES YOU TO STUDY MORE OR DIFFERENTLY.... LET'S CHAT!

Cornell method of note taking



[Learning Styles Inventory](#)

Knowing HOW you learn will help you to study more efficiently. Take this quiz to find out your learning style.



COLLEGE READINESS PRESENTATION

Guest Presenter: John Kula

TRIO Upward Bound at Bloomsburg University

[TRIO Upward Bound Website](#)

- A FREE Program for Eligible High School Students Considering College.
- ***It's not just a summer camp. It's not just an after-school program. It's a holistic college preparatory program for income eligible high school students who will be the first in their families to earn a bachelor's degree.***
- Upward Bound (UB) is a **federally-funded TRIO college access program** designed to provide eligible high school students with the skills and motivation necessary to succeed in high school and attend college, ultimately leading to their successful completion of a two- or four-year degree (associates or bachelor's). The program is active year-round and hosts a six-week long Summer Academy on campus each summer which provides students with a simulation of what college life is like as they live in a residence hall with a roommate, eat meals in the campus dining hall, and take enriching academic and elective classes taught by high school teachers in actual college classrooms.
- Funded entirely by a grant from the United States Department of Education, Bloomsburg University's Upward Bound program, which is one of around 960 UB programs nationwide, has been continuously funded at Bloomsburg University since 1978 and serves eligible students in **grades 9-12** at **eight local target high schools** (Berwick, Mahanoy, Milton, Mount Carmel, North Schuylkill, Pottsville, Shamokin, and Shikellamy) located in Columbia, Northumberland, and Schuylkill counties of Pennsylvania.
- Services are provided **free of charge** for eligible students. *Students who participate in Upward Bound are under no obligation whatsoever to attend Bloomsburg University.*

CAREER READINESS PRESENTATION

Guest Presenter: Mark Hauck

PA Career Link

[Career Link: Student & Youth Worker website](#)

Summer between 10th and 11th grade:

Camp STEEM @ BHS

2 week camp

Monday-Thursday

Tours of Businesses, personal career exploration based on your interests, STEIPEND \$\$\$

11th grade:

Monthly check-in's with Work Force Specialist (Mark Hauck), creating resumes, learning to fill out applications, opportunity for paid work experiences in and area of interest, close to home during the summer...(and much more!)

12th grade:

Continued check-ins with Mark and opportunities for paid work experiences.



BERWICK HIGH SCHOOL GUIDANCE OFFICE

Visit our website: <https://www.berwicksd.org/domain/135>

Your Counselor for THIS year is:

Ms. Zluchowski, School Counselor

10th grade

11th & 12th career, military, trade school, OJT

azluchowski@berwicksd.org

Mrs. Curry, Guidance Secretary

570-759-6400 ext. 3103

ccurry@berwicksd.org

Ms. Melito, School Counselor

11th & 12th college counselor

hmelito@berwicksd.org

Mrs. Hestor, School Counselor

9th grade & Cyber

jhestor@berwicksd.org

Mrs. Smith, Prevention Specialist

msmith@berwicksd.org