



PCH COLLEGE SERIES

Resources for Parkway Central Families



TOPICS TO COVER

- Counseling Team – Your support system!
- Counseling Website
- A+ Scholarship Program
- NCAA/NAIA – College Athletics
- Visual or Performing Arts
- Registering and Preparing for ACT
- College Fairs
- Visiting College Campuses
- Free Community Supports
- SchoolLinks (for students AND parents!)

PCH COUNSELING DEPARTMENT

Four Comprehensive Counselors

- Lelia Flagg (A-E)
- Jenny Lange (F-La)
- Paul Hussmann (Lb-Ro)
- Priscilla Greenwood (Ru-Z)

Post-Secondary Counselor

- Nana Prange

Mental Health Specialist (PCH & PCM)

- Taylor Viehman

Community Mental Health Providers

- Youth in Need

PCH COUNSELING WEBSITE

- PCH → Counseling
 - Staff contacts
 - Class specific information
 - Parent & student workshop presentations
 - Testing information
 - Resources for preparing for college admissions
- [Demo](#)

A+ PROGRAM

- What is the A+ program?
 - Scholarship opportunity for use at any Missouri community college (ie STLCC) or public technical school (ie State Tech)
 - Tuition reimbursement for up to 6 semesters or through completion of associate's degree
- Who should sign up?
 - Everyone
 - Great fit for many students and an “insurance policy” for the rest
 - Full time enrollment during summer is only 2 courses – would be free for A+ students (...works the summer immediately after senior year!)
- How does your student become eligible?
 - Sign up (Participation agreement & tutor training) □ 95% attendance □ no big suspensions □ 2.5 cumulative GPA □ show math proficiency* □ 50 hours of in-district tutoring/mentoring*
 - Sign up as early in high school as possible, but the deadline is Feb 1 of senior year.
 - If the student is eligible for a Pell Grant, then that pays out before any A+ funds

HOW DO THEY GET 50 HOURS?!

- Peer tutoring at Central High (on campus with teacher)
 - Elementary summer school tutoring
 - Elective mentoring courses at PCH (grade, credit and hours!)
 - PE Mentor, Visual Arts Mentor, Culinary Mentor
 - Counselor at Outdoor School (6th Grade Camp)
 - Parkway PATH (Peers Advocating for Total Health)
 - Link Crew Leader
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- Not necessary, but may submit 0-25 hours of community service with a non-profit organization to reduce the number of tutoring/mentoring hours.

A+ PROGRAM WEBSITE

- PCH → Counseling → A+ Program
 - Tutor Training/Participation Agreement
 - Tutor Log Sheet (in handbook)
 - Examples of how to earn hours
- [Demo](#)

COLLEGE ATHLETICS

- NCAA
 - Div 1 or 2 – register with the NCAA eligibility center (\$100) by April of junior year
 - Div 3 – no athletic scholarships, so no eligibility requirements (get into the school!)
 - Communicate with Mrs. Prange – do you know core GPA?
 - “2.3 or take a knee” for Div 1
 - Download the Guide for College-Bound Student-Athletes from the PCH Counseling site
- NAIA
 - Also awards scholarships!
 - Register (\$100) by April of junior year
 - 2.3 GPA or 2.0 & 18



VISUAL AND PERFORMING ARTS

- Portfolios – online, via “Slideroom” or through “Portfolio Days”
- Auditions – live or previously recorded; often require pre-screening audition videos
- Deadlines may vary significantly from regular admissions process
- Supplemental material – even for non-majors

ACT/SAT

- Check admission, scholarship and competitive program requirements and plan a testing schedule accordingly.
- ACT or SAT – colleges do NOT care
- Both tests are offered about every other month
- Some schools “superscore” – advantage of testing more than once
- Parkway pays for all students to take the ACT in spring of junior year
 - all juniors are automatically registered for this official test
 - all freshmen take practice ACT and sophomores take the PreACT
- Fee waivers available for national test dates if families qualify for meal benefits in Parkway

REGISTERING FOR ACT/SAT

ACT

- Register at www.act.org
 - \$65-94 depending on sections requested
 - FRL = 4 waivers
- Saturday testing opportunities in:
 - September
 - October
 - December
 - February
 - April
 - June
 - July
- Deadlines to register or apply for accommodations typically 6 weeks prior

SAT

- Register at www.collegeboard.org
 - \$68
 - FRL = 2 waivers
- Saturday testing opportunities in:
 - August
 - October
 - November
 - December
 - March
 - May
 - June
- Deadlines to register or apply for accommodations typically 6 weeks prior

TEST PREP

- ACT Academy
- Varsity Tutors
- Khan Academy (SAT)
- Kaplan PSAT
- Sample Test Booklets - free and available in Counseling
- Fee-based tutors/courses
- [Demo](#)

ANNUAL COLLEGE FAIRS

- **Parkway College Fair**

- Monday, September 9
- 6:00-7:30 p.m.
- Queeny Park

- **HBCU College Fair**

- Saturday, October 5
- 11am-2pm
- Harris Stowe State University

- **NACAC National College Fair**

- Sunday, October 27
- 1:00-4:00 p.m.
- SLU – Simon Recreation Center

- **Spring Regional College Fair
Schedule**

- Saturday, April 12
- 1:00-3:00 p.m.
- Maryville University

[FAIR REGISTRATION](#)

PREPARING FOR A FAIR

1. Register for the event and come with your QR code for scanning.
2. Map out who you'd like to see! Some lines are longer than others...
3. Develop your list of questions you can't easily find answers to on their website.
4. Be adventurous. Don't just talk to the well-known schools.
5. While it is absolutely acceptable and even expected for parents to ask questions, the student should introduce themselves and always try to ask the first question.
6. Take notes – it's easy to forget who said what after meeting with several dozen representatives 😊

VISITING COLLEGE CAMPUSES

- Be intentional
- Explore a variety of different types of campuses
- Try to visit when school is in session
 - Helpful if you can get to see the community and meet with professors/students
- Register through the office of admissions
 - Junior Visits Days
 - Admitted Student Days
 - Individual tours
- Students may also sign up to meet with college representatives when they schedule visits to PCH!

MENTORS 4 COLLEGE

- **FREE** program to help Parkway families on their college journey
- Volunteers assist with:
 - navigating the overwhelming journey to college
 - identifying best college fit
 - selecting colleges to which you want to apply
 - preparing your applications and essays
- Not replacing, but supporting PCH Counselors
- Offer a variety of workshops for students (ie essay writing and interviewing)
- **Explore the program and sign up for a mentor at Mentors4College.org**

Futures in Action (FIA)

- **Peggy Hull, Program Administrator**
- Program designed to support students underrepresented on college campuses (students of color, families with financial barriers, and first-generation college students)
- Sessions typically scheduled during Ac Lab throughout the school year; often offers virtual sessions in the evenings
- If interested, reach out to Mrs. Prange or comprehensive counselor to be sure you get connected with this **FREE** resource

UMSL BRIDGE PROGRAMS

- Provides academic programming and career development services to college-bound high school students in the St. Louis community.
- **FREE**
- **Bridge Program Summer Academy**
 - mid-June to mid-July for students currently in grades 9 through 10 and offers academic enrichment courses in mathematics, science, written and oral communication, career research, personal and professional development and activities that support college planning.
 - Requires 2.5 GPA and completion of Algebra
 - Application in spring
- <http://www.umsi.edu/precollegiate/>

SchooLinks

- College searches
- Historical acceptance data
- Scholarships
- College reps visiting PCH

- Career searches
- Interest & personality inventories
- Resume builder

SchooLinks

- PCH Home page □ Counseling □ SchooLinks

Demo



THANK YOU!