

UNIONVILLE HIGH SCHOOL COUNSELING CENTER

**Find all kinds of information to support you
during this time away from the building.**

WE ARE HERE. WE ARE CONNECTED. WE ARE ONLY AN EMAIL AWAY.

COUNSELOR 2019-2020	9th Grade	10th Grade	11th Grade	12th Grade	Counselor's Email
	Class of 2023	Class of 2022	Class of 2021	Class of 2020	
C.Miller	A-C	A-C	A-Ch	A-Dao	cmiller@ucfsd.net
R.Findora	D-Har	D-H	Ci-G	Dap-Har	rfindora@ucfsd.net
A.Piccoli	Has-L	I-Mic	H-L	Has-Le	apiccoli@ucfsd.net
M.Lyles	M-N	Mid-O	M-Mc	Lf-Meg	mlyles@ucfsd.net
L.Elfreth	O-Sm	P-SL	Md-Sha	Meh- Sha	lelfreth@ucfsd.net
C.Spiegel	Sn-Z	Sm-Z	Shb-Z	Shb- Z	cspiegel@ucfsd.net

Counseling Center Support Staff is also available via email to assist you.

- Patricia Einstein - peinstein@ucfsd.net
- Jen Smith- jesmith@ucfsd.net

Your school counselors are also available via ZOOM.
Use these links to schedule a virtual appointment with your school counselor.

- ★ Mrs. Miller— <https://calendly.com/cmiller-26>
- ★ Mr. Findora— <https://calendly.com/rfindora>
- ★ Ms. Piccoli— <https://calendly.com/apiccoli-1>
- ★ Mrs. Lyles— <https://calendly.com/mlyles>
- ★ Mrs. Elfreth— <https://calendly.com/lelfreth>
- ★ Mrs. Spiegel— <http://calendly.com/cspiegel>

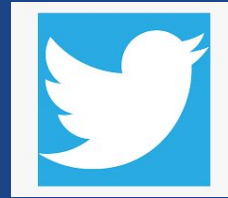
**MAKE SURE TO STAY INFORMED OF ALL THE
LATEST NEWS AND ANNOUNCEMENTS**

CHECK YOUR STUDENT GMAIL REGULARLY!



Unionville Chadds Ford School District
@UCFSD

Unionville High School
@unionvillehighschoolpa



@UHSCounseling
https://twitter.com/UHS_Counseling

Check the UHS Counseling Center website
<https://uhs.ucfsd.org/counseling>

NEED A MENTAL BREAK?

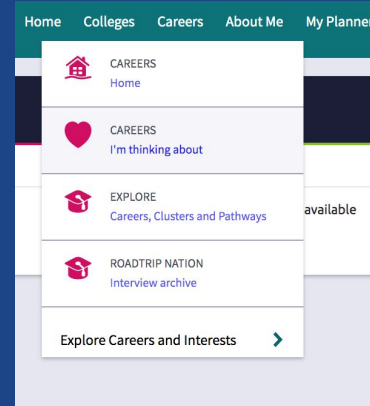
HERE ARE SOME THINGS TO CONSIDER...

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For!
- Go on a virtual trip field and...
 - Tour museums— Google Arts and Culture
 - Experience Disney Rides From Your Couch
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Try a new recipe!
- Disconnect from Social Media...even if it's just for 30 minutes!
- Center Yourself When Things Get Overwhelming By Practicing These Mindfulness Techniques!



INFORMATION & ACTIVITIES FOR STUDENTS

- Look over the career artifact requirements and upload completed artifacts to Naviance. Here is a [link to the Career Artifacts Chart](#) and a [link to the powerpoint from October 16, 2019](#), with information and directions.
- Login to your Naviance account and complete some of the career exploration tools. Select the Careers link in the top right corner to find a variety of tools that will help you discover different career pathways that align with your interests, strengths, and values. Refer to the [Career Planning Resources page on the UHS website](#).
- Review your course requests for the 2020–2021 school year and be prepared to make changes in Powerschool between March 27–April 3.
- 10th graders can schedule a 10th grade conference and meet with your school counselor via ZOOM
- Check out the UHS Counseling Center website and [watch the college planning webinar series](#).
- Review your course requests for the 2020–2021 school year and be prepared to make changes in Powerschool between March 27–April 3.



COLLEGE PLANNING INFORMATION & UPDATES

- **UHS IS NOW OPEN AS A TESTING CENTER FOR THE JUNE 6, 2020 SAT ADMINISTRATION**

Refer to the College Board website for the most up to date information about SAT testing administration. To date, the SATs have been canceled for both the March 28th makeup date and the May test administration. Registered students will receive a refund from the College Board in a few weeks. [Supports for Students Affected by Natural Disasters and Emergencies](#)

- **TAKE A VIRTUAL COLLEGE TOUR OR ATTEND A VIRTUAL ADMISSION SESSION!** While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site. For example, Washington University in St. Louis is hosting a virtual WashU Information Session on April 7th from 7pm–8pm. The session is for students to learn more about the admissions process, academic programs, the campus community, and financial aid and scholarships. There will be time for questions as well ([Virtual WashU Information Session](#)). This is just one example of how colleges are adapting during the closures. College are updating websites daily, so check the college specific website for the most current information.

- NACAC has created a central resource for information about changes in college admission events, deposit dates, and more as a result of the coronavirus outbreak. To date, more than 200 colleges and universities have provided information, enabling NACAC to launch today a robust resource for students and families on behalf of the association and its members. This resource becomes even more useful as more colleges and universities add their information, so continue to look for updates. With this resource, NACAC hopes to make it a little easier for students and families to navigate the admission process during this stressful and confusing time. Here is the link to the resource: nacacnet.org/college-admission-status-coronavirus

AP EXAMS

The College Board has created a page with the most update to date information regarding the SAT Test, AP Exams, and other College Board programs. Please visit the College Board website directly to stay informed with the most recent changes. [College Board Coronavirus Updates](#)

ABOVE ALL ELSE, REMEMBER TO:

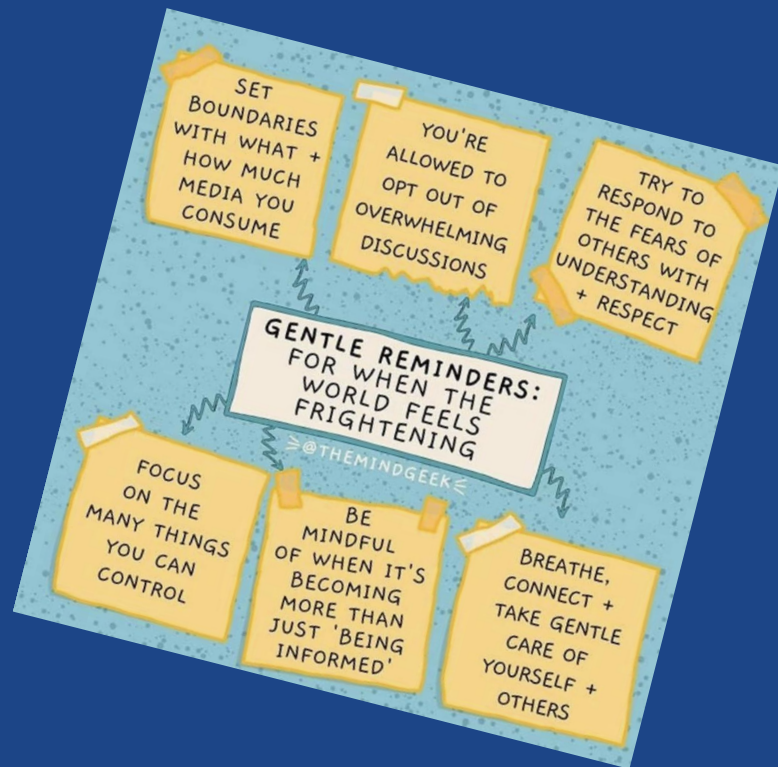
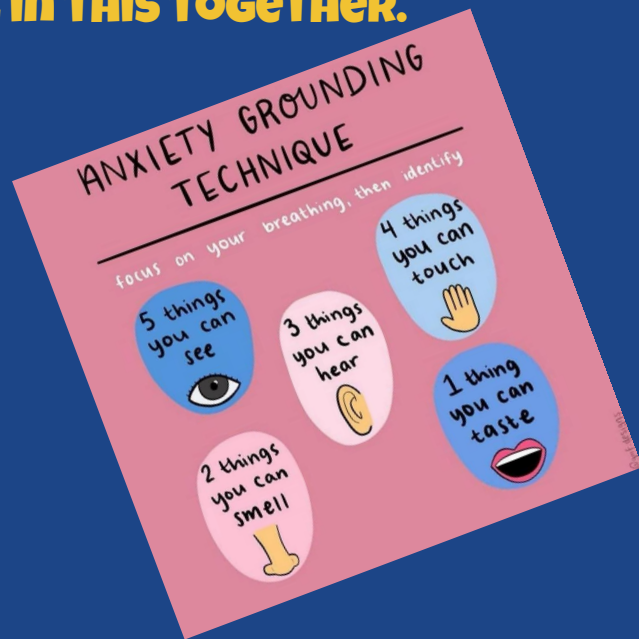
TAKE CARE OF YOURSELF.

TAKE CARE OF YOUR FAMILY.

DO SOMETHING KIND FOR SOMEONE ELSE.

REACH OUT FOR HELP WHEN YOU NEED IT.

WE ARE ALL IN THIS TOGETHER.



IF YOU NEED IMMEDIATE ASSISTANCE:

If you are in need of immediate mental health support in Chester County, please contact Valley Creek Crisis Center available 24 hours/ 7 days a week at 610-280-3270.

If you are in need of immediate mental health support for Delaware County residents, contact Crozer-Chester Medical Center at 610-447-7600. Please do not use email or virtual conference if you need immediate mental health crisis services.

Please do not use email or virtual conference if you need immediate mental health crisis services. For an emergency, call 911 or visit your nearest emergency room.