

School Counselor UPDATES

Pennsylvania
Department of Education

August 2025

BACK TO SCHOOL!

As you gear up for a new school year, here are some resources to assist you in making this the best year yet!

ASCA offers a myriad of [back to school resources](#), including information regarding the administrative conference, refreshers on the ASCA Student Standards, ASCA Professional Standards, and more!



College Board's annual Fall Counselor Workshops provide timely information and resources to support your work. Register to learn about updates on College Board programs and services:

- Pittsburgh – September 3 – [Pittsburgh Marriott North in Cranberry Township](#)
- Philadelphia – September 30 – [Sheraton Valley Forge King of Prussia](#)

9:00 a.m. – 10:00 a.m. Registration and Networking
10:00 a.m. – 12:00 p.m. Workshop Presentation
Find a virtual workshop at
https://globalmeet.webcasts.com/starthere.jsp?ei=1716572&tp_key=054e0db647&sti=fcwpromocta.

NAMI has created [resources](#) designed to help parents and caregivers, educators, and students ease some of the worry during the back-to-school season. As families and teachers get ready for kids to go back to class, NAMI's resources can help students learn strategies for lifelong mental well-being. From setting boundaries to time management, and social media use to helping friends, these tools support young people—and those who care for them—in having a smooth return to school.



SOCIAL/EMOTIONAL DEVELOPMENT

Lehigh Valley News shares the outcomes of a [successful anti-violence campaign](#) at Raub Middle School in the Allentown School District, funded by a grant from the Pennsylvania Commission on Crime and Delinquency.



K-12 Dive reports on [how to help students start the school year with a focus on growth mindset](#).

Your insight is wanted!

In partnership with the **Garrett Lee Smith Youth Suicide Prevention Grant**, the **PA Parent and Family Alliance** is launching a month-long social media campaign in September for **Suicide Prevention Awareness Month**. The campaign will focus on hope, connection, and prevention, and we would love your input. They are inviting professionals like you to share a brief, powerful message of support along with your favorite resource that families can use. These posts will reach parents, professionals, and allies through social media and will also be featured on a permanent resource page on the website.

Please take a moment to fill out [this quick survey](#) and add your voice. Your insight can help families feel more supported and less alone.



Education Week explores the upsurge in inappropriate kindergarten behavior in their article, ['Crying, Yelling, Shutting Down': There's a Surge in Kindergarten Tantrums. Why?](#)

EdTech Magazine has published an article, [New studies show that girls have disproportionately struggled in certain areas following the pandemic](#). Here's what schools can do.

ACADEMIC DEVELOPMENT

*Many students decide they're not a 'math person' by the end of elementary school, new study shows. **Chalkbeat** [delves into the findings and what this might mean for educators.](#)*

K-12 Dive shares its perspective of the RAND Corp. survey also mentioned in the Chalkbeat article, [Starting early is key to tackling teen boredom in math.](#)

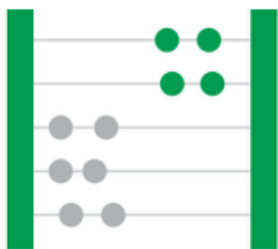
Math anxiety affects roughly [25 percent of students](#), which can prevent them from learning and taking more advanced mathematics courses. This extends to educators, demonstrating that people do not always grow out of the discomfort.

Education Week provides [three strategies to build confidence in students.](#)



Did your sophomores experience a decline in academics last year? **U.S. News & World Report** shares suggestions for [how to bounce back from a sophomore slump.](#)

Virtually all U.S. adults see math as important in their lives, but not all Americans feel confident in their math abilities. **Gallup's** latest report, in partnership with the **Gates Foundation**, explores how [U.S. adults perceive the importance of math, what they wish they had learned in school, and the emotional responses math evokes.](#)



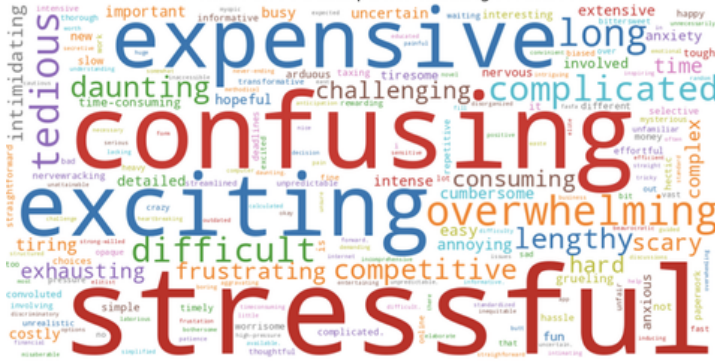
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4 in 10 U.S. adults (43%) wish they had learned more math skills in middle or high school.

Financial math (29%), data science (21%), software (20%) and programming (20%) are the most frequently desired math skills out of a list of 30.

COLLEGE AND CAREER DEVELOPMENT

Fewer than 30% of high school students feel “very prepared” to pursue a postsecondary pathway, whether a traditional four-year college degree, work or other options, [according to a June 10 report](#) from **Jobs for the Future**, **Gallup** and the **Walton Family Foundation**. Even among students interested in a specific pathway, only 46% said they feel “very prepared,” the report found. **HR Dive** [shares more findings from the report](#).



Parents' Three-Word Descriptions of College Admission

College Guidance Network

Experience has shown the critical role of parents in postsecondary planning. Recent surveys reveal, however, just how nuanced and complex this planning process is for parents to navigate. **Forbes** explores this topic.

Check out these **Career Ready** Resources!

Career Ready Allegheny.

Career Ready Carbon Lehigh

NASFAA has released a resource detailing [Federal Student Aid changes](#) from the recently passed federal spending bill.

Universal Technical Institute has introduced SPARK. SPARK makes it easy for school counselors to support students—no digging, no waiting. Get clear answers about financial aid, skilled trades, UTI programs, and classroom opportunities, anytime, from your phone. Instant answers. Real support. No pressure.





Career Girls is founded on the dream that every girl around the world has access to diverse and accomplished women role models to learn from their experiences and discover their own path to empowerment. The website features female role models in a variety of career areas, Career Cluster information, resources for college prep, career and major quizzes. Educator resources include guides and resources, empowerment activities, motivational mini-posters (one is pictured below) and resources to help get started. [Access to the website is no-cost and is ad-free.](#)



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