

PCSD College Readiness and Workforce Education Newsletter



December 2024

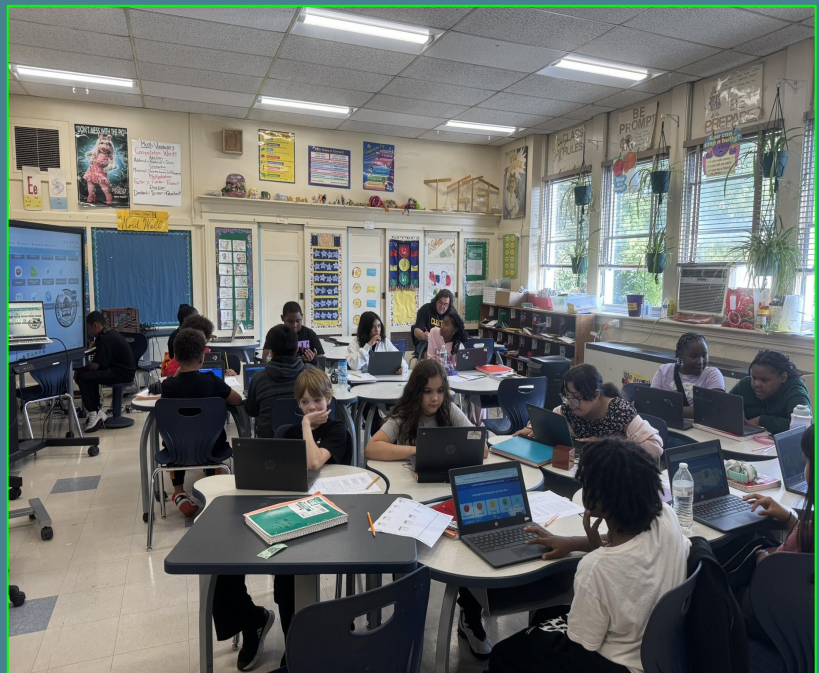
Elementary- College and Career Awareness and Exposure



Seniors from the Poughkeepsie High School's football team read to first graders at Clinton Elementary! After the read aloud, students had a chance to ask questions about the high school and playing on different sports teams.

Students in 5th grade at Clinton took their Pathful Jr. career surveys!

The survey helps them determine their interests, which promotes students to begin thinking about a future career.



Middle School-College and Career Exploration and Planning

Self-Awareness Is Essential For Career Success

Self-awareness is the ability to see ourselves clearly, to understand who we are, how others see us and how we fit into the world. by Tasha Eurich, psychologist -TED talk.

Self-awareness has many benefits that contribute to career success such as:

Increases Empathy:

Self-awareness is one of the foundations of empathy

Improves communication skills:

When you are aware of your communication style, it is easier to tailor it to specific audiences.

Assists in Stress Management:

By practicing self-awareness, you start to notice emotions and behaviors that become clues to your overall health.

Increases self-control:

Focusing on self-awareness also helps people practice patience.

Time Management:

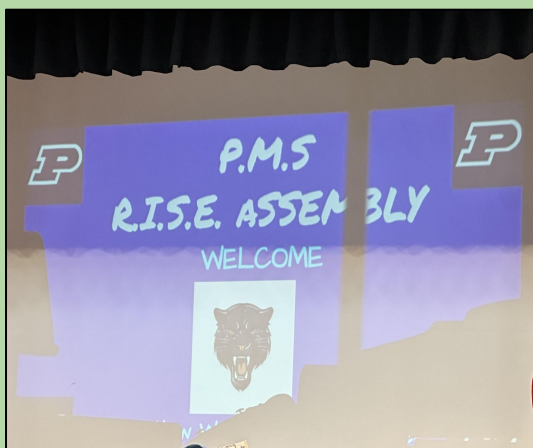
One of the keys to time management is self-awareness. For example, do you know when your peak performance hours are?

Caroline Castrillon, Forbes 2023

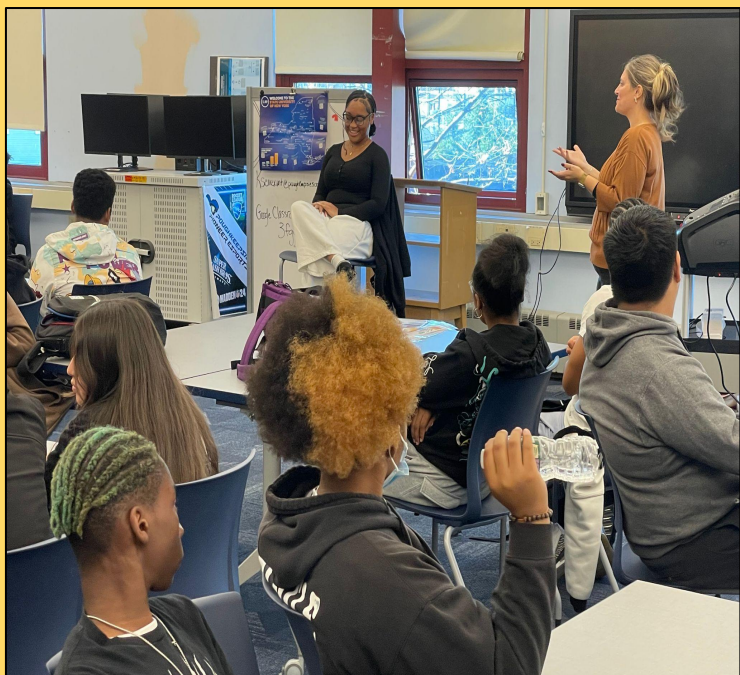
The Poughkeepsie Middle School students practice Self Awareness through their PBIS initiative- R.I.S.E.

PBIS R.I.S.E PLEDGE

- “At Poughkeepsie Middle School, we RISE together!
- I pledge to **Respect** myself, my classmates, and our unique cultures and stories.
- I will **Involve** myself in learning, lifting up others as we grow together.
- I promise to **Show** responsibility in my actions and choices,
- And to **Ensure** Safety, creating a space where everyone feels valued.
- Together, we RISE to build a community of strength, unity, and pride!”



High School: College and Career Exploration, Planning and Development



Monday 11/25- An alumni Question & Answer session took place at 10AM in the PHS Library.

Gabby Anderson, Class of '24 came by to speak with our seniors about her journey. She answered questions about her experience applying and attending college. We had over 30 students come listen to her story and ask questions.

Mercy University Campus Tour- On 12/12 a small group of PHS students visited Mercy University Campus. We had an admissions presentation, a tour of the campus, checked out the athletic complex and had lunch on campus. Students benefit from campus tour and visits by asking questions and touring the campus community, which helps students make important decisions about what college to choose when the time comes.



SENIOR WEDNESDAYS

Senior Wednesdays are in full swing! Each week seniors come to the library as a drop in center to work on college applications, scholarships, career exploration and more.

FAFSA Workshops have started. FAFSA Completion Workshops are held in the PHS Library from 5:00 PM to 7:00 PM on the following dates: 12/18, 2/19, 3/26, 4/30, 5/28