

"The cure for boredom is curiosity. There is no cure for curiosity." -**Dorothy Parker**



# School Counselor Bulletin

**November  
2025**

**Quicklinks:**

[Tutoring](#)   [Transcripts](#)   [College Visits](#)   [SAT/ACT](#)   [Pittsburgh Promise Scholarships](#)   [Financial Aid](#)   [College Search](#)   [Community Service](#)   [Jobs](#)  
[Work Permits](#)

**Announcements:**

**CAS Expo for Excellence 11/25**

9th grade CAS students will attend at Duquesne University to explore the CAS program and watch sample LTP presentations

**NACAC National College Fair 1/27/2026**

All 11<sup>th</sup> grade students will be attending the NACAC Fair the morning of 1/27

**SAT test day for all 11<sup>th</sup> grade students is March 18<sup>th</sup>.**


All 11<sup>th</sup> grade students will take the SAT here at CAPA for free, no registration is necessary

**Tutoring:**

*"Skill is only developed by hours and hours of work."* – Usain Bolt

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# HYBRID TUTORING

Opportunity for high school students to achieve academic excellence through one-on-one tutoring with current college students.  
**Virtual & In-Person Appointments Available**

## TIMES

**Mondays**  
2:30-4:30 PM & 6:00-8:00 PM

**Tuesdays**  
2:00-3:30 PM & 4:00-8:00 PM

**Wednesdays**  
2:30-3:30 PM & 5:00-7:00 PM

**Thursdays**  
3:30-7:00 PM

## SUBJECTS

Algebra I, Algebra II, Geometry, Biology, Writing, Calculus, Physics, Chemistry, Pre-Calculus

**SIGN UP AT LEAST 1 WEEK IN ADVANCE TO MEET WITH A TUTOR**

<https://tinyurl.com/3ftda8p7>



**In-Person Drop-In Hours**  
**Location: 19<sup>th</sup> Floor of the Cathedral of Learning**  
Mondays 5-6 PM, Wednesdays 3-4 PM & Thursdays 3-4 PM

### **Pittsburgh Public Schools Tutoring**

<https://www.pghschools.org/academics/academic-programs/tutorcom>

Sarah Heinz House:  
412.237.2377 [www.sarahheinzhouse.org](http://www.sarahheinzhouse.org)  
(10 min. walk from CAPA)

Khan Academy  
[www.khanacademy.org](http://www.khanacademy.org)

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Supplemental School program that offers tutoring, career info, test prep, etc.

Urban League of Pittsburgh

<https://uifpgh.org/>

Bloomfield-Garfield Corporation

<https://bloomfield-garfield.org/>

Gwen's Girl's

<https://gwensgirls.org/programs/academic-support-initiative/>

## **Transcripts**

**Transcripts are your official record of grades here at CAPA.**

**Please allow at least 15 school days for your transcript to be sent.**

**12<sup>th</sup> grade:**

**Students:** To have a transcript sent to the colleges to which you are applying:

**All Transcripts** for colleges must be requested through Naviance, whether applying via the Common app or directly to through the school's application

For Coalition Application schools: <http://www.coalitionforcollegeaccess.org>, just invite Mr. Coyne or Ms. Nedomys to the app.

**Please allow at least 15 school days for your transcript to be sent.**

**9<sup>th</sup>-11<sup>th</sup> grade**

**Students should:** Email or invite Mr. Coyne (A-L) or Ms. Nedomys (M-Z) to submit transcripts for programs/ dual enrollment/ classes, etc. [bcoyne1@pghschools.org](mailto:bcoyne1@pghschools.org) or [aniedomys1@pghschools.org](mailto:aniedomys1@pghschools.org)

## **College Visits**

**Visits are for 11<sup>th</sup> and 12<sup>th</sup> grade only. Students must sign up for visits on Naviance at least 2 days before the visit date. Upcoming Visits (Added Daily, so keep checking Naviance):**

### **College**

IUP -Main Campus visit

The New School

Temple University

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Slippery Rock University of Pennsylvania  
Community College of Allegheny County

## Scholarships

*The links below are some of the more popular scholarship search sites. Students should check their school emails weekly for more opportunities.*



[Naviance](#)  
[www.pittsburghfoundation.org](http://www.pittsburghfoundation.org)  
[www.collegeboard.com](http://www.collegeboard.com)  
[www.fastweb.com](http://www.fastweb.com)  
[www.finaid.org](http://www.finaid.org)  
<http://www.needid.org>  
<https://www.scholarships.com/>  
<https://www.petersons.com/college-search.aspx>

### The Pittsburgh Foundation

The Pittsburgh Foundation is a great place to search for scholarships. A list of all scholarship funds can be found at

[http://www.pittsburghfoundation.org/scholarship\\_search](http://www.pittsburghfoundation.org/scholarship_search)

Details and applications for scholarships may be accessed by searching for a specific fund on the Pittsburgh Foundation's website. Applications and deadlines will be updated near the end of October. Some of the scholarships available are highlighted here:

**William J. Wolf Memorial Scholarship Fund** is for students of the Lutheran denomination residing in the Allegheny County. The award will be up to \$5,000.00 per year for four years.

**Irene S. and Harry Louik College Scholarship** is for students who demonstrate special aptitude, ability, or achievement in performing arts, live in Allegheny County and demonstrate financial need.

**The Comptaro, Elden, Lewis and Sparks Fund Scholarship** is for students who plan to attend an accredited career/technical school.

**Anna N. Dosen Serbian Educational Fund Scholarship** is for students who will be pursuing a degree in Engineering and Health Sciences, maintain a 2.0 GPA

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and plan to attend a 2- or 4-year college.

**Louise Salinger Academy of Fashion Fund** is for students who would like to pursue a career in fashion design, have at least a 2.0 GPA and demonstrate financial need. You will need to submit 2 letters of reference and an essay.

**Oliver L. Johnson and William A. Lester Families Fund** is for students who demonstrate financial need who plan to attend a 2- or 4- year college or tech school. Preference will be given to students born in Ghana, Liberia, Nigeria, Senegal-Gambia, Zaire, Kenya or Cameroon, or African American students. You will need to complete an application, maintain a GPA of 2.50 and submit an essay.

**Melville Alexander Eberhardt Memorial Fund** provides scholarship assistance to worthy and deserving high school graduates who are residents of Pennsylvania. Students must attend high school at/in: any public, private or preparatory school in W PA, have a GPA of at least 3.00, demonstrate financial need and be planning to attend 2- or 4-year accredited college or university.

#### **Ron Brown Scholar Program**

Provides academic scholarships for young African Americans of outstanding promise. Upon acceptance, scholars are awarded \$40,000 (\$10,000/year) to be used at the college or university of their choice. For more information, visit <http://www.ronbrown.org/Home.aspx>

#### **Quest Bridge**

Quest Bridge is a powerful platform bridging the nation's brightest, under-served youth and leading institutions of higher education and further opportunities. [www.questbridge.org](http://www.questbridge.org)



#### **Jack Cooke Kent Scholarships**

The Jack Kent Cooke Foundation's scholarship programs are designed to encourage and support outstanding students who work hard and have financial need. Our scholarships provide financial assistance and academic support to high school, undergraduate, and graduate students. In addition to the monetary award, students join a thriving network of nearly 2,500 Cooke Scholars.

<https://www.jkcf.org/our-scholarships/>

#### **AXA Equitable Scholarships**

Achievement and community scholarships.

<https://us.axa.com/axa-foundation/AXA-achievement-scholarship.html>

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## The Prudential Spirit of community awards program (NASSP)

All students who have participated in community service activities over the past year. Deadline November 8, 2019 <http://spirit.prudential.com> or [www.nassp.org/spirit](http://www.nassp.org/spirit)

**Jewish Scholarship Service (Formerly: Central Scholarship and Loan Referral Service CSLRS)**

The Jewish Scholarship Service is a non-profit scholarship agency providing needs-based grants to local students residing in Allegheny County for at least two years. Any Jewish high school senior with a demonstrated financial need is eligible to apply. When a student applies for aid, the CSRLS committee matches the student with the funding source most likely to consider the application. Some funding sources require high academic achievement; ALL require students to demonstrate financial need. The online application will be made available in late November at <http://www.centralscholarship.org>. The deadline for applications is in February.

## Scholastic Art & Writing Awards

Grades 7-12 [www.artandwriting.org](http://www.artandwriting.org)

## NCWIT Award for Aspirations in Computing

Recognizes women in high school for Computer related achievements.  
<https://www.aspirations.org>

## Horatio Alger Scholarship

53 scholarships available. Minimum GPA of 2.0, financial need.  
<https://scholars.horatioalger.org/scholarships/>

## Jackie Robinson Foundation College Scholarship

Selects highly motivated student's with financial need to receive up to \$28,000 in college aid over four years. Must be a graduating senior. Minimum SAT score of 1000 combined on math and critical reading sections or composite ACT score of 21. Apply at [www.jackierobinson.org](http://www.jackierobinson.org)



## Blackwood Music Scholarship

scholarships ranging from \$2,000 to \$5,000 are available for students pursuing a career in instrumental music performance. Applications at [www.blackwoodmusic.org](http://www.blackwoodmusic.org)

## Burger King Scholars Program

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For High School Seniors of a Burger King employee are eligible to receive up to \$50,000 in scholarship awards. Applications deadline: December 15, 2019.  
Apply online: [www.bkmclamorefoundation.org/WhatWeDo/ScholarsProgram](http://www.bkmclamorefoundation.org/WhatWeDo/ScholarsProgram)

### **Young Arts Foundation**

Grades 10-12 Actors, Dancers, Designers, Filmmakers, Musicians, Photographers, Singers, Visual Artists, Writers. Awards up to \$10,000, Master classes, Scholarships. [www.youngarts.org](http://www.youngarts.org) October 13 deadline

### **Boston University trustee scholarship**

4 year full-tuition  
scholarship. <http://www.bu.edu/admissions/apply/tuition-aid-scholarships/scholarships/>

### **Danforth Scholars Program**

(Washington University in St Louis) students who exhibited a capacity for service and leadership as well as academic excellence. Deadline for nominations November 15, 2019.

### **Duquesne University Leading Teacher Program**

50% Tuition and Fee Scholarship. All accepted students receive the scholarship if enrolled. [www.duq.edu](http://www.duq.edu)

### **The Ohio State Alumni Club of Pittsburgh**

would like to inform you of an excellent opportunity for any student interested in attending Ohio State. We will be awarding multiple \$2000 scholarships to deserving students. <https://pittsburghbuckeyes.alumni.osu.edu/scholarships-4/>

## **SAT/ACT**

Although many colleges have moved to test optional admissions, not all have, and many schools still use SAT/ACT scores to award Scholarships. You are encouraged to take the test at least once, typically in the Spring of 11<sup>th</sup> grade (All 11<sup>th</sup> grade students take the SAT on March 18 for Free at CAPA)



Upcoming SAT Test Dates:  
[www.collegeboard.org](http://www.collegeboard.org)

SAT Test Date*	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration**
Oct 4	Sept 19	Sept 23
Nov 8	Oct 24	Oct 28
Dec 6	Nov 21	Nov 25

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<b>March 18</b>	<b>11<sup>th</sup> grade taking SAT for</b>	<b>free at CAPA. No registration needed</b>
<b>May 2</b>	April 17	April 21
<b>June 6</b>	May 22	May 26

ACT:

## 2026 National Test Dates Schedule

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline
September 6, 2025	August 1	August 19
October 18, 2025	September 12	September 30
December 13, 2025	November 7	November 24
February 14, 2026	January 9	January 23
April 11, 2026	March 6	March 24
June 13, 2026	May 8	May 29
July 11, 2026*	June 5	June 24

[www.act.org](http://www.act.org)

\*\*\*\*Fee waivers for SAT or Act are available through Mr. Coyne or Ms. Niedomys. You're eligible for fee waivers if you say "yes" to any of the following:

- Your annual family income falls within the Income Eligibility Guidelines set by the USDA Food and Nutrition Service.
- You're enrolled in a federal, state, or local program that aids students from low-income families (e.g., Federal TRIO programs such as Upward Bound).
- Your family receives public assistance.
- You live in federally subsidized public housing or a foster home, or are homeless.
- You are a ward of the state or an orphan.

**Financial Aid**    The Free Application for Federal Student Aid (FAFSA):

<https://studentaid.gov/>

You can start applying for FAFSA October 1 of your 12th grade year. Students and parents are required to complete their own separate FSA ID. It is recommended to complete the ID registration before applying for the FAFSA

State Aid: [www.pheaa.org](http://www.pheaa.org)

Although deadlines for the FAFSA/PHEAA are June 1 /May 1, each college has their own deadline for financial aid. You must check each school you apply to make sure you make their deadline.

[Financial Aid Links](#)

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- Use your scholarship at an accredited college, university, or trade and technical school in Pennsylvania.

[www.pittsburghpromise.org](http://www.pittsburghpromise.org)

## **Jobs**

### **Work Permits**

<https://www.pghschools.org/student-supports/work-permits/home>

### **Job Search**

[www.snagajob.com](http://www.snagajob.com)

## **Volunteer/Community Service**

<https://www.pittsburghcares.org/>

<https://www.idealists.org/en/volunteer>

Food security and community services

- **Greater Pittsburgh Community Food Bank:** Sort and repackage food, assist with distributions, and help with farm programs or The Market.
- **412 Food Rescue:** Help rescue and redistribute food.
- **North Hills Community Outreach (NHCO):** Support various programs and services.
- **YMCA of Greater Pittsburgh:** Assist with events like the YMCA Turkey Trot, various healthy kids initiatives, and other community events.

Environmental and animal welfare

- **Pittsburgh Parks Conservancy:** Participate in park maintenance like tree planting, invasive vine removal, and gardening during Stewardship Days, or become an ambassador.

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- **Western Pennsylvania Conservancy**: Help with tree planting, river cleanup, and nature preserve maintenance.
- **Hope Haven Farm Sanctuary**: Assist with farm chores, animal transport, and event-related tasks.
- **Animal Friends**: Volunteer with rescued animals.
- **Ricki's Rescue**: Help with cat feeding and playtime.

#### Education and mentorship

- **Literacy Pittsburgh**: Tutor adults and families in reading and other essential skills.
- **Amachi Pittsburgh**: Mentor children and teens (ages 6-18).
- **Big Brothers Big Sisters of Greater Pittsburgh**: Become a mentor to a child through community-based, site-based, or mentor2.0 programs.

#### Health and social services

- **Ronald McDonald House**: Help families with children receiving medical treatment.
- **Foster Love Project**: Support children in foster care and their families.
- **Heartland Hospice**: Visit patients in nursing homes.
- **Allegheny County Emergency Management Agency**: Assist with emergency preparedness and response through the CERT program.

#### Arts and culture

- **Three Rivers Arts Festival**: Support various aspects of this iconic event through the YMCA partnership.

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