



wpalearning.fcasd.edu
Fox Chapel Area High School
June 17 - 21, 2019
9:00 a.m. – 1:00 p.m.

FIRST STEP

Freshmen **I**nvestigation to **R**ational Planning, **S**ocial Communication & **T**hinking Critically
for **S**econdary Education **T**ransition, **E**mpowerment, & **P**reparedness

Prepares rising FCAHS freshmen to be successful through a five-day interactive and intensive summer program that focuses on leadership, communication skills, thinking strategies, and academic preparation.

Leadership and Communication:

- Capitalize on personal strengths
- Identifying and highlighting personal leadership qualities
- Recognizing problems and making modifications to find positive solutions
- Communicating effectively
- Utilizing listening skills

Thinking Strategies:

- Organizational strategies
- Time management
- Problem solving
- Goal setting

Academic Preparations:

- Reading comprehension
- Analytical writing
- Note-taking
- Study habits
- Test-taking

High School Student Ambassadors & Keynote Presenters

- Continual dialogue and mentorship from FCAHS Student Ambassadors
- Professional presenters sharing insight and direction to rising FCAHS freshmen

Extensive Campus Experiences

- Building tours and resource familiarization throughout program week.

Application, forms, and fees must be received by: *June 7, 2019*

FIRST STEP program contact:
Lesley_Cowles@fcasd.edu or 412-967-2400 ext. 1750



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FIRST STEP Applicant Information:

Name: _____

Address: _____

City, State, Zip: _____

Telephone: (____) _____ Cell Phone: (____) _____

Student Email Address: _____

Parent Email Address: _____

Mother/Guardian Name: _____

Father/Guardian Name: _____

List Student's Medical and/or Special Needs: _____

Students should bring a packed lunch daily, unless stated otherwise. _____ (initial here)

Bus Transportation Needed? NO _____ YES _____ Bus Number: _____

- *Pick-up times will be set and communicated by ABC Transportation the week before program.*
- **Bus 1:** *Leaves FCAHS via Fox Chapel Rd., Hillcrest Rd., Delafield Rd (all stops), Aspinwall 4th & 2nd streets, bottom of Oak Hill Manor, Blawnox (all stops), Bottom of Montrose Hills, River Rd., Gulf Lab Rd., Rural Ridge (all stops), and Rich Hill Rd. (all stops).*
- **Bus 2:** *Leaves FCAHS via Field Club Rd. and Squaw Run, Buckingham Rd., Hunt Rd. (all stops), Kittanning Pike to Kerr, Pleasant Valley, Sharpsburg N. Canal to 13th, 15th, and Main, Parkview, Dorseyville (all stops), Indianola.*
- **Bus 3:** *Leaves FCAHS via Powers Run Rd., Fox Chapel Rd. (all stops), Old Mill Rd., Old Mill to Fairview Rd., Fox Chapel and Highview, Rawlins Run to Dorseyville, down Harts Run, Middle Rd. (all stops), Alpine Village, Rt. 910 to Cedar Run, Rt. 910 to Myers Lane, Rt. 910 to WE Ctr. (turnaround), Rt. 910 at Blue Run.*

Registration Fee: \$50.00

- *Payable to FCAHS in check or money order.*
- *Financial assistance available on an individual basis.*

Mail Completed Application, Release Forms, and \$50.00 Registration Fee to:

FIRST STEP, Empower 2019
c/o Lesley Cowles
Fox Chapel Area High School
611 Field Club Road
Pittsburgh, PA 15238

FIRST STEP program contact:

Lesley_Cowles@fcasd.edu or 412-967-2400 ext. 1750



STUDENT PARTICIPANT – PHOTOGRAPH / MEDIA RELEASE

*Throughout the duration of **FIRST STEP**, Empower2019, you may be recorded, interviewed and/or photographed by representatives from newspapers, television stations and radio stations, as well as district communications office personnel or their designees and these items may be publicly displayed. Students, their work, and/or photographs may also appear in print media and/or electronically on places such as Web sites and through broadcasts. This form must be completed and submitted with application. Please contact us with any questions or concerns regarding this matter.*

I, _____ (print name), hereby grant to the Western Pennsylvania Learning Academy permission to display and share electronically via the Internet and/or in other displays and/or in the news media, photographs and/or video of me taken in conjunction with my participation in all activities/events associated with Empower2019.

By signing this release, I understand and consent that photographs and/or video of me may be electronically displayed by the Fox Chapel Area School District, the Western Pennsylvania Learning Academy or by the news media. I also understand that the display of photographs/video of me on the Internet and/or in news media and/or in other displays will allow the photographs/video to be viewed by the general public.

By signing this form, I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby.

Student’s Signature: _____ Date: _____

If this release is obtained from a student under the age of eighteen (18), then the signature of that student’s parent or legal guardian is also required.

Parent’s Signature: _____ Date: _____

The signatures below verify that all of the information that I have submitted is true and accurate. The signatures below indicate agreement to participate in Empower2019 activities including recreational, field, laboratory, and academic activities, and to provide permission to use any photographs, video and course materials for future use by the Western Pennsylvania Learning Academy. Students will be responsible for transportation to and from the academy.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

The Fox Chapel Area School District does not discriminate on the basis of race, creed, color, sex, nationality, ethnic origin, age, or disability in the administration of its policies, hiring practices, employment practices, and admission to its programs, services, or activities, in access to them, in treatment of individuals with disabilities, or in any aspect of its operations. Additional information pertaining to civil rights, school district policies, and grievance procedures can be obtained by contacting David McCommons, Ed.D., at Fox Chapel Area School District, 611 Field Club Road, Pittsburgh, PA 15238; (412) 967-2456 between 8:00 a.m. and 4:00 p.m. Monday through Friday.

**FIRST STEP program contact:
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Freshmen **I**nteraction to **R**ational Planning, **S**ocial Communication & **T**hinking Critically for
Secondary Education **T**ransition, **E**mpowerment, & **P**reparedness

Freshmen Transition Summer Program

FIRST STEP is a specifically-designed FCAHS Freshmen Transition Summer Program created, refined and implemented by Fox Chapel Area High School faculty and administration. The summer program's goals are to:

- a) develop abilities to gain personal achievement with specifically-designed instruction that fosters and promotes academic learning, thinking, leadership, goal setting strategies and skill set acquisition.
- b) empower freshmen students to be successful from their first to last day of high school.

Embedded overarching experiences:

- Familiarization with the high school
- Academic skill-set acquisition
- Thinking strategies to address high-rigor curricula
- Self-confidence, assertiveness, and leadership
- Recognizing individual potential and developing skills to manage future goals, achievements, set-backs and successes
- Realistic goal setting for high school and future aspirations

Dates: June 17 - 21, 9:00 a.m. - 1:00 p.m.

Transportation: 3 main-line bus routes

Registration fee: \$50.00

Registration deadline: **June 7, 2019**

Mail Completed Application, Release Forms, and \$50.00 Registration Fee to:

FIRST STEP, Empower 2019
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