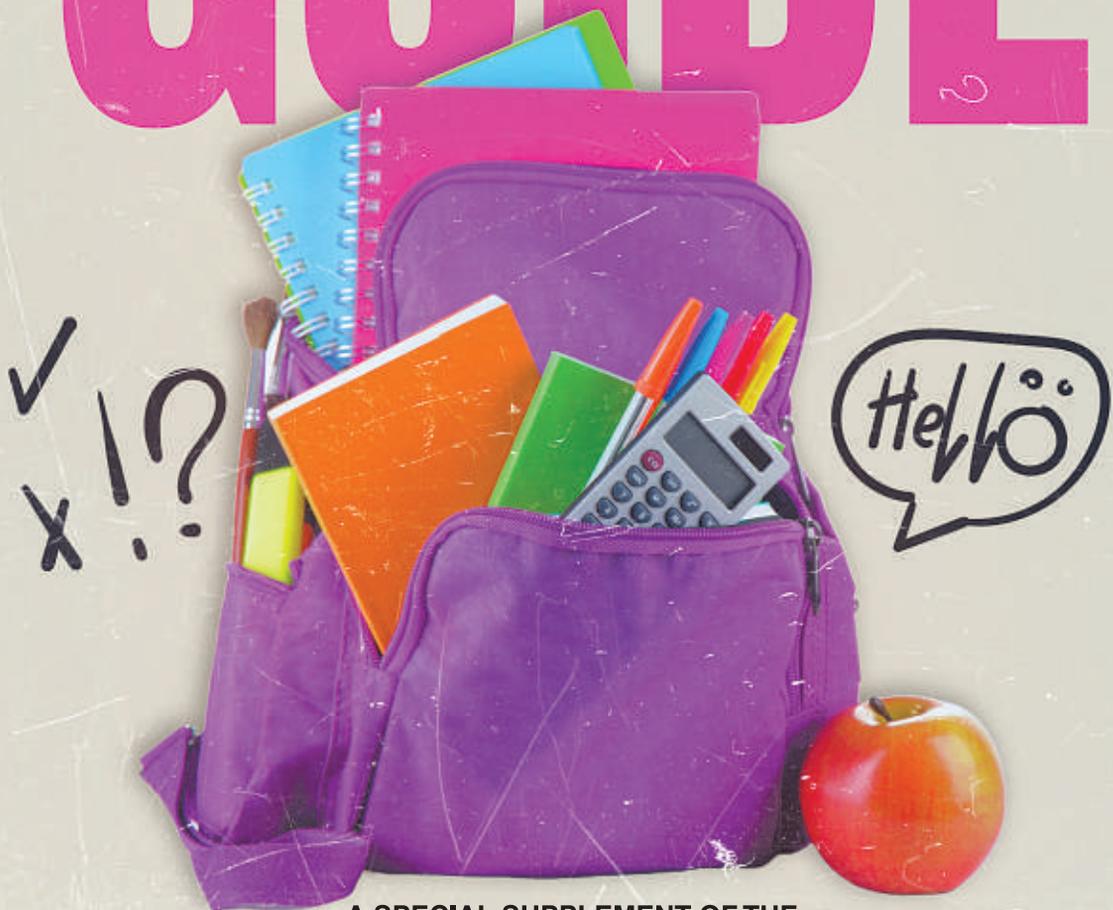


TIMES NEWS
— MEDIA GROUP —



SEPT. 2025

EDUCATION GUIDE



A SPECIAL SUPPLEMENT OF THE

TIMES NEWS | **LEHIGH VALLEY PRESS** **LVP**

DIRECTORY

BETHLEHEM 1ST FEDERAL CREDIT UNION..... 6

DELAWARE VALLEY UNIVERSITY..... 15 & 16

EAST STROUDSBURG UNIVERSITY..... 4

MMI PREPARATORY SCHOOL..... 3

SCHUYLKILL TECHNOLOGY CENTER..... 10

SERVICE ELECTRIC..... 8

WFMZ..... 12



TIMES NEWS
— MEDIA GROUP —

TIMES NEWS
TNONLINE.COM

594 BLAKESLEE BLVD. DR. W., LEHIGHTON, PA 18235
610-377-2051

LEHIGH VALLEY PRESS LVP

LVPNEWS.COM
1633 N. 26TH ST., ALLENTOWN, PA 18104
610-740-0944

Scott Masenheimer - Publisher
Fred Masenheimer - Publisher Emeritus

Ad Composition

Lucinda Anthony, Nicole Albert,
Alison Thakrar, Tanya Pecha

Times News Advertising Sales
Jennifer Benninger - Advertising Director
Darlene Hentosh, Kimberly Howey

Lehigh Valley Press Advertising Sales
Terry Plinke - Advertising Director
Sharon Policelli

5 tips for a successful return to school

Are you ready to go back to school in the hopes of landing the career or promotion of your dreams? Whether you've spent the past few years in the workforce or caring for your family, this decision brings exciting challenges. Follow these practical tips to ensure you succeed without burning out.

1. Assess your workload. Review your course outlines to understand the requirements. This will help you mentally prepare and evenly distribute your efforts throughout the semester.

2. Set aside study blocks. Organize your time effectively to balance your studies with work and family responsibilities. Plan regular study sessions and inform your family to minimize distractions during these times.

3. Divide your tasks into stages. Break down your homework or exam prep into smaller tasks. This approach will make it easier to manage your time. Plus, you'll gain a sense of accomplishment every time you complete a task.



4. Take frequent breaks. Allowing yourself time to unwind will help you maintain focus and avoid burnout. Incorporate short breaks into your schedule, like taking a walk or calling a friend, to maximize your efficiency.

5. Ask for support when you need it. If you run into difficulties, don't hesitate to seek help. Use the resources available at your school, such as discussion forums, to connect with fellow students who share your experiences.

Set yourself up for a successful return to school and achieve your career goals with these easy-to-implement strategies. Have a fantastic school year!

You Belong at ESU, Where Scholarship Opportunities Help Students Attend College, Pursue Career Goals

ESU is Where Warriors Belong, and it's where David Akinwande belonged – which helped him land a position at Children's Hospital of Philadelphia after graduating with his nursing degree.

“ESU gave me the opportunity to develop skills, knowledge and confidence to work at one of the country’s most prestigious children’s hospitals,” said Akinwande. A member of ESU’s football program, president of the Student-Athlete Advisory Committee, and the recipient of several scholarships, he’s sure to be a Warrior for life. Join him at wherewarriorsbelong.com.

Merit-Based and Transfer Scholarships Among Financial Aid Offerings

ESU has many resources to provide affordable and accessible opportunities. Financial aid offerings include merit-based scholarships for qualifying students, whether they just completed high school or are transferring from a two-year or four-year college. All ESU students enjoy tuition that’s significantly lower than tuition at large research universities and private colleges in PA, NY and NJ. In 2024-25, ESU awarded more than \$2 million in scholarships, which is paired with our already affordable tuition. For more info on merit scholarships, visit ESU.edu/merit or contact admission@esu.edu.

ESU Today. Success Tomorrow.

ESU prides itself on placing students first and its commitment to

student success, with a slate of 50+ majors, 21 master’s and two doctoral degree programs.

The University offers state-of-the-art technology to study fields from exercise science, athletic training, nursing and the biological sciences to additive manufacturing and 3D printing, art + design and digital media technologies. Immerse yourself in hospitality, recreation, and tourism management; sport management; business management; social work and criminal justice; psychology, and our nationally-accredited teacher certification programs.

ESU’s proximity to New York City and Philadelphia provides access to internships, careers and social activities. Minutes from campus are the country’s largest water parks, Delaware Water Gap National Recreation Area, Appalachian Trail and other opportunities for recreational fun.

See For Yourself

Visit ESU, meet students and faculty, and see why ESU is Where Warriors Belong! Register at esu.edu/visit.

Upcoming Events

- * Weekday Campus Tours – Monday through Friday at 11 a.m. and 2 p.m.
- * Open House – three Saturdays this fall! October 18, November 1 and November 15.

ESU EAST STROUDSBURG UNIVERSITY

WHERE COURAGE FINDS CONFIDENCE

You've already got the courage to take on the world. Join a community that gives you the confidence to take the next step at ESU.

wherewarriorsbelong.com

E A S T S T R O U D S B U R G P A

10 Tips to get your children interested in reading

Reading is crucial for academic success, but it's also a great way to help kids develop their imagination and creativity.

Here are 10 ways to make reading more enjoyable.

1. Let them choose what to read and help them find books that speak to their interests.

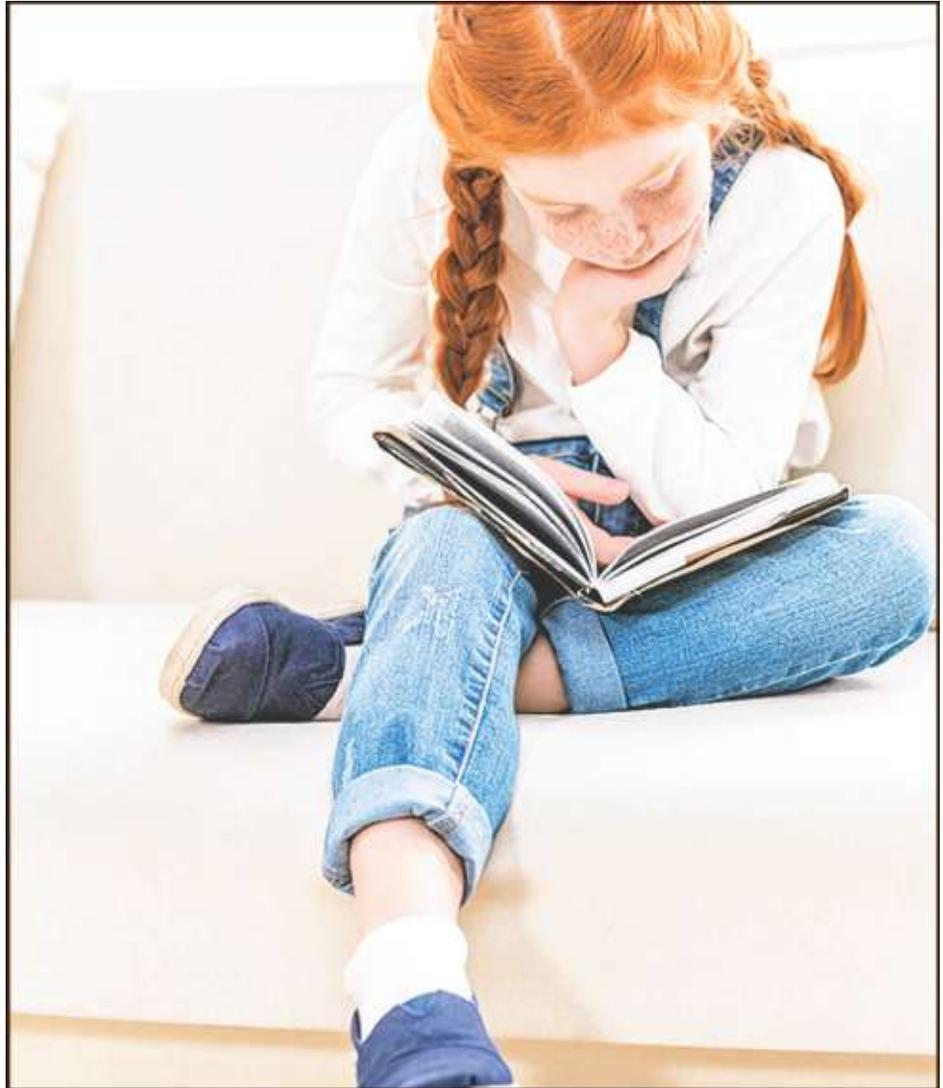
2. Make reading more fun. Change your voice when reading stories out loud, or have your child read every other page. When they're older, share a nice moment by sitting alongside each other as you each read your own book.

3. Engage them. Ask them what they liked, answer their questions about what they read and explain difficult words. Showing interest in the books your kids enjoy will motivate them to keep reading.

4. Set up an inviting reading nook at home.

5. Make reading a part of your child's daily routine. Aside from reading at bedtime, you can also slip notes into their lunchbox and get them to help you read road signs, your grocery list and even your mail.

6. Make time for regular reading in your own routine. Your children will likely want to imitate you. Share your enthusiasm for what you're reading and demonstrate how fun it can be.



7. Make them read aloud. Be patient and congratulate them when they do well.

8. Listen to audio books. Hearing the words as they follow along in their book facilitates learning.

9. Diversify their reading materials. In addition to books, get them comics, illustrated novels and magazines.

10. Visit a library. Many offer activities for children and they're typically staffed with people who want to share their passion for reading.

GET LOCAL

Subscribe today, and get more connected to the community around you!

Local News

Local Events

Local Dining

Local Shopping

TIMES NEWS

— MEDIA GROUP —

In Print, Online & Mobile

subscribe • support • advertise

800-596-6397

www.tnonline.com

Back to School Safety Reminders

With the excitement of returning to school, it's easy to overlook safety measures. Here are some safety tips to keep in mind as your child transitions into the new school year:

STREET SAFETY

With increased traffic around schools, remind your child to use crosswalks, look both ways before crossing the street and avoid distractions like phones or gadgets. Also, ensure your child wears bright or reflective clothing to make them more visible to drivers.

SAFE TRANSPORTATION

If your child is old enough to walk or bike to school, plan a

safe route that avoids busy streets and intersections. If your child takes the bus to school, ensure

that they know the bus number and remind them to wait at a safe distance from the curb.

EMERGENCY PREPAREDNESS

Review emergency procedures with your child, including evacuation routes and what to do in case of a fire or lockdown. Additionally, remind your child about the importance of stranger danger and to never accept rides or gifts from strangers.

CYBER SECURITY

As digital learning becomes more prev-



alent, teaching your child about online safety is essential. Explain the importance of keeping personal information private and avoiding sharing it with strangers. Also, discuss the risks of cyberbullying and tell your

child to report any incidents to a teacher or trusted adult.

These safety tips can help ensure a smooth and secure transition back to school.

SMART FINANCIAL CHOICES START HERE

Bethlehem 1st FCU proudly serves local educational institutions including 7 student groups. Students attending these schools are eligible for membership:

- Bethlehem Catholic High School
- Freedom High School
- Liberty High School
- Lehigh Valley Academy
- Bethlehem Area Vo-Tech
- Lehigh Valley Charter High School for the Arts
- Moravian University

Be sure to check out our Student Care Package – it's the best student account around.



Bethlehem 1st
Federal Credit Union

2317 Easton Avenue | Bethlehem, PA | 610.691.0041
Visit us at www.beth1st.org

Strong Roots In Education

Bethlehem 1st Federal Credit Union has strong roots in the educational community. Established in 1935, we began serving the Bethlehem Area School District employees. We have grown to include major institutions like Lehigh University and Moravian University. Today, we not only serve employees of many local schools, but also have several Student Groups.

Learning about financial well being is key in today's world. We are doing our part by providing young people with the opportunity to begin managing finances with our Student Care Package Account.

Knowledge and experience has allowed Bethlehem 1st Federal Credit Union to become a trusted and respected financial institution to almost 5000 members in the Lehigh Valley.

Check our website at www.beth1st.org to see if you are eligible for all that Bethlehem 1st has to offer.

4 tips to help your child memorize concepts by heart

In school, your child will have to memorize a variety of concepts by heart, including multiplication tables, historical dates and vocabulary lists. Here are four tips to help your child make easy work of memorization.

1. Create an environment that's conducive to learning

Eliminate distractions and avoid temptation by turning off noisy devices and tidying up your child's study space. This will help optimize their concentration so they can achieve good results.

2. Start with comprehension

Understanding the underlying ideas is critical for memorization in school and at home. When it comes time to memorize a concept — in science, for example — first ask your child to explain what they understand in their own words. If they don't seem to understand the basics, encourage them

to ask their teacher or a classmate for help.

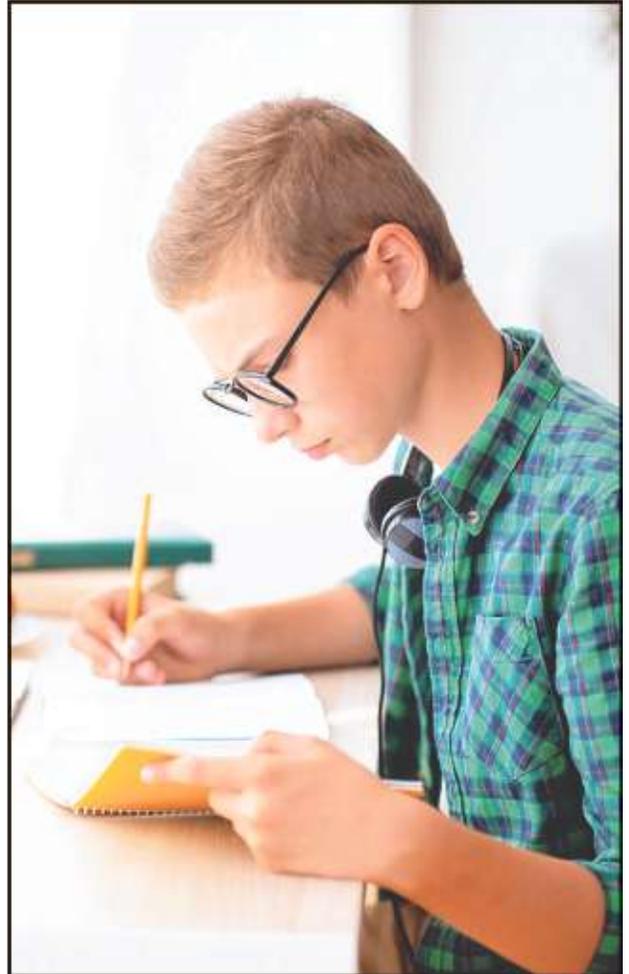
3. Use multiple learning methods

Every child has a learning style. Therefore, combining several methods is the best way to ensure effective memorization. For example, you could start with an oral approach, then shift to writing and follow up with another visual medium like an online game or building blocks.

4. Pace out the learning

Memorization occurs when the learner uses repetition rather than trying to remember the full concept all at once. Taking breaks is also an essential part of the memorization process, so allow time for physical activity and sufficient sleep.

Does your child have learning difficulties? Consider meeting with a resource teacher to discuss possible supports and resources.



**READ LOCAL
SHOP LOCAL
EAT LOCAL**

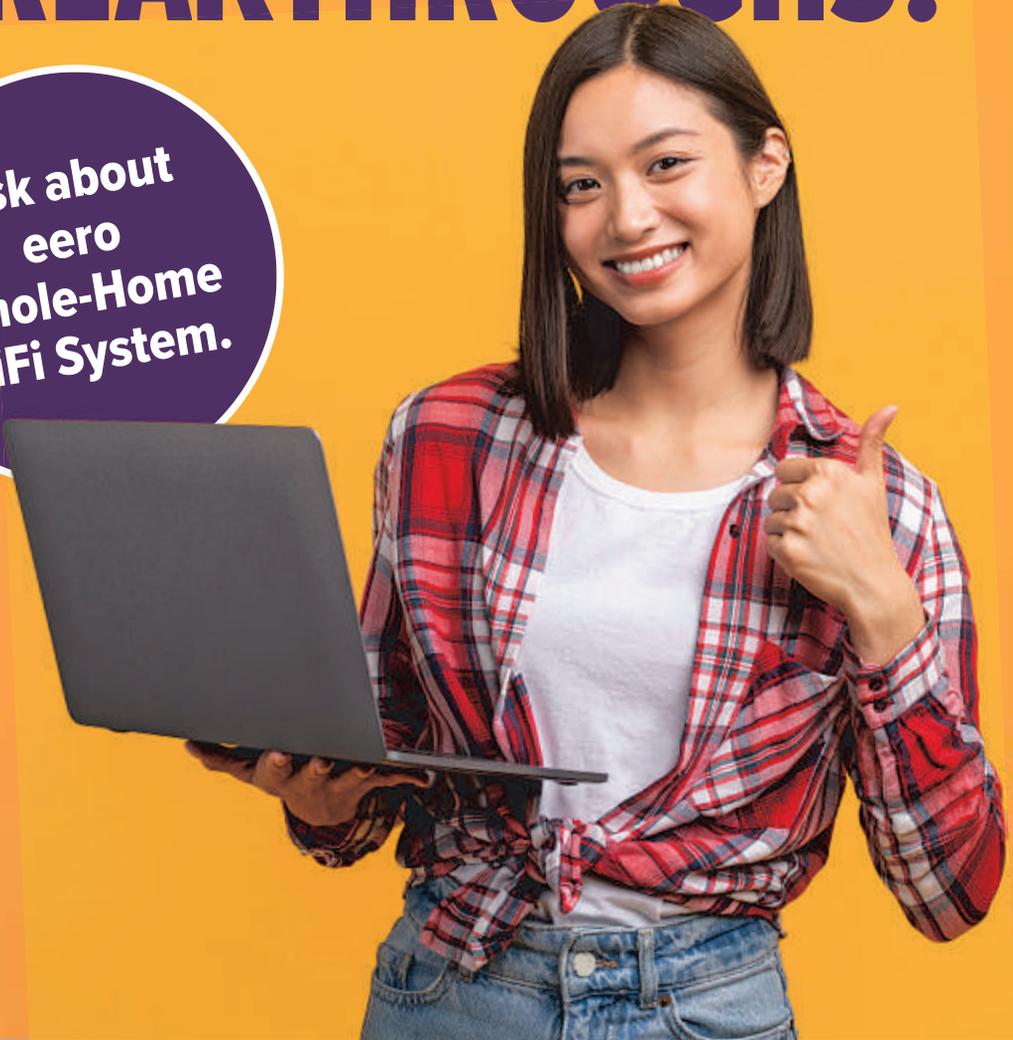
TIMES NEWS
— MEDIA GROUP —

We cover your community!

tnonline.com

No buffering, just
**BRILLIANT STUDENT
BREAKTHROUGHS.**

Ask about
eero
Whole-Home
WiFi System.



Fast, Reliable Internet provided by

SERVICE ELECTRIC

610-865-9100



SECTV.COM

INTERNET • TV • PHONE

A roadmap for campus resources for new college and university students

Starting college or university is an exciting adventure but can be daunting, especially for new students. Fortunately, campuses have many resources to guide and support your academic journey. Here are just a few:



1. Academic support centers. Navigating the academic challenges of college life is easier with the support of tutoring centers, writing labs and academic advising offices. These resources help with course materials, study strategies and educational planning to help you excel.

2. Health and wellness services. Maintaining your physical and mental health is essential for success. Take advantage of the campus gym and other health and wellness centers that provide medical care, counseling services and programs to ensure you thrive inside and

outside the classroom.

3. Career services. Start planning for your future with the help of the campus career services office. They offer support with resume writing, job searching, internships and career development workshops to prepare you for life after graduation.

4. Library and technology resources.

Access research materials, find study spaces and get technical help at libraries, computer labs and technology support centers.

5. Student organizations and events. College is more than just academics — it's also about building connections and finding your community. Join student organizations and clubs or help out

at campus events to create a social network. Making friends develops leadership skills, and you'll make lasting connections with your peers.

Embrace these campus resources and remember that you're not alone — your campus is filled with support systems to help you succeed.

Career choices: try not to worry

By the time they graduate from high school, your teenagers are expected to have made certain choices about their future careers. What do they want to do in life? If you feel your children are undecided or unmotivated, or if they refuse to talk about it, don't be discouraged just yet. There are many different ways you can help your children through this process.

First of all, take every possible opportunity to

discuss their interests and skills. Listen without judging and criticizing. Go ahead and tell them you could picture them doing this or that profession, but don't pressure them. The important thing is to keep your teenagers thinking about the future. Encourage them to see a career counselor so they can explore their natural talents and learn about the different programs of study open to them.

Remember that

it's never too late to decide on a career. In fact, more and more students are choosing their professions after they reach adulthood and after trying various jobs. Through all their explorations, young people discover their own identity, assimilate all kinds of knowledge and accumulate valuable life experience.

Your children's career paths may be very different from yours.



Keep in mind that it's not uncommon to change careers once, twice or even more often nowadays. In short, be patient when helping your teenagers in their career choices. And remember, they need their parents' support, even if they don't show it openly.

Why your child should see an optometrist before starting school

The period before back-to-school is the ideal time to book an optometrist appointment for your child. Here's why.

- Vision problems are common among schoolchildren. One in five children develops vision problems in preschool and primary school. At this age, the most common issues are myopia, hyperopia, astigmatism, strabismus and amblyopia. These conditions can impede your child from seeing well and reading information written on the board



or in their textbooks. It can also make it difficult for them to participate in physical education.

- Most learning is done with the eyes. In the first 12 years of

your child's life, most of their knowledge is acquired visually. Over time, vision problems can lead to learning difficulties or developmental delays.

- Children with vision problems don't always express their difficulties. Children aren't necessarily aware that they have trouble seeing. In fact, most will devise strategies to work around their vision challenges. An annual eye exam will help you track any changes in your child's vision and adjust their prescription if needed.

Taking care of your child's eye health is one of the ways you provide the resources they need to learn.

SCHUYLKILL TECHNOLOGY CENTER ADULT EDUCATION



SCHUYLKILL TECHNOLOGY CENTER
ADULT EDUCATION

adult.stcenters.org
(570) 874-1412

Adult Education Classes starting soon!

- Automotive Technology
- Commercial Driver (CDL)
- Electro-Mechanical Technology
- Heavy Equipment Operator
- HVAC *coming soon*
- Massage Therapy *coming soon*
- Medical Assisting
- Practical Nursing *(Day & Evening)*
- Welding



Call now for more info!
Financial Aid for those who qualify



Schuylkill Technology Center Offers Adult Education Close to Home

Frackville, PA- August 7, 2025- At Schuylkill Technology Center (STC), you don't need to go far to get far with your career. Since 1968, STC has been offering affordable programs with hands on training. Current adult education programs include Automotive Technology, CDL, Electro-Mechanical, Heavy Equipment Operator, Medical Assisting, Practical Nursing, Vehicle State Inspection and Welding with Massage Therapy and HVAC coming soon. We realize life is busy! Flexible schedules of both day and evening classes allow our students to balance work, family and school. STC Adult Education programs are accredited by the PA Department of Education Bureau of Career & Technical education. For more information, visit adult.stcenters.org or contact Lori Kane, Adult Ed Admissions Coordinator at (570) 874-1412. If your future includes training that is affordable and close to home, STC is the place to be!



Starting high school is another big step

Children who were used to being the biggest in the schoolyard will suddenly be the youngest ones when this new school year begins. Starting high school is a big step that can create a great deal of stress in children. Here are a few ways to help them prepare for the big day.

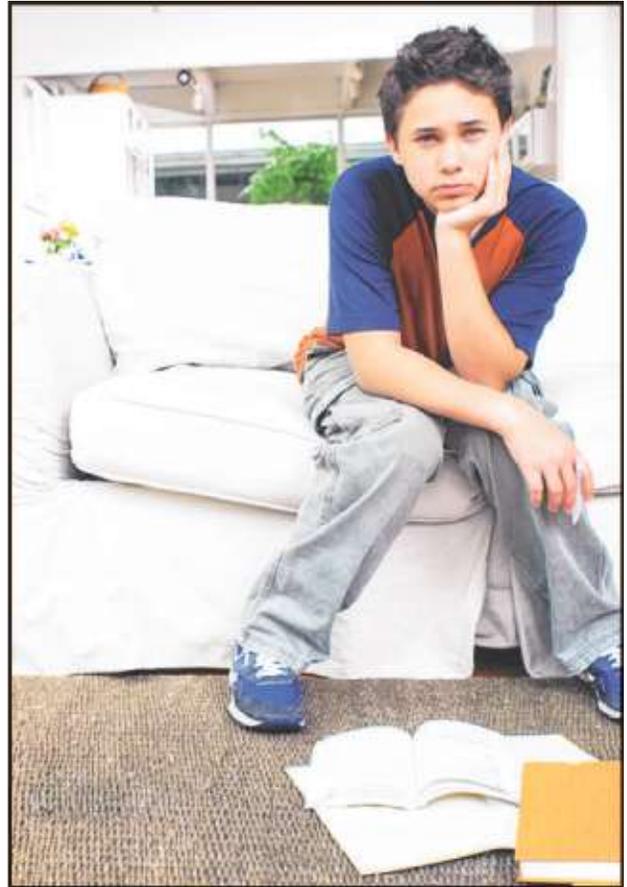
First of all, make sure that they know what's in store for them. Parents can sometimes pinpoint what may be troubling their children just by talking about their new school. For example, they might be worried about getting lost or not making friends. They might just be having anxiety about using a new combination padlock! By letting them talk about their

fears, parents can often help their children resolve such worries.

You could suggest visiting the school, finding friends who will be or are already attending the same school, and practicing opening a new combination lock. Discuss your children's worries with them, but try to discourage them from becoming obsessive. Making a fuss will only increase stress levels. All the same, make sure your children feel comfortable bringing up their concerns whenever they need

to and that they know they can count on their parents for support.

Starting high school also means increased independence. Children who might never have had to manage much responsibility will now have to organize their own agendas and course notes, plan when to hand in work, and manage their time between classes and at lunchtime. To help children prepare for this new independence, entrust them with a few chores around the home, without imposing a precise time to do them. That way, they will learn to manage their time and make choices by themselves.



Up Close & Personal Local Sports Coverage



The Latest Scores & Schedules
Local & Regional Sports News
High School Sports
Athlete Profiles
In-Depth Analysis
Pro & College Sports

tnSports

SPORTS SECTION

Subscribe • Support • Advertise
800-596-6397 | www.tnonline.com



Subscribe Today for
Unlimited Access,
Push Notifications,
Newsletters & more

THE NEWS YOU TRUST



Your *life*. Your *world*. Your *News*.
WEEKNIGHTS AT 4PM & 5PM

3 benefits of extracurricular activities in secondary education



Adolescence is a critical period for physical, intellectual and social development. Extracurricular activities can significantly enhance young people’s integration and growth while they’re in high school. Here are three key benefits.

1. A sense of belonging

Extracurricular activities, whether in sports, arts or sciences, allow young people to meet peers who share their interests. This connection fosters friendships and cultivates a greater sense of belonging, which is vital for building strong interpersonal relationships.

2. Better concentration

Studies indicate that young people who participate in extracurricular activities often show higher motivation and exhibit fewer

behavioral issues in class. Moreover, they can concentrate better, which leads to an improvement in overall academic performance.

3. Healthy emotional management

Participating in activities like volleyball, music rehearsals or volunteering teaches valuable lessons related to emotional management. Young people can learn to calm themselves and express their feelings appropriately. These skills enable them to handle stressful situations effectively throughout their lives.

In short, extracurricular activities in secondary school are a win-win! Encourage your teenager to get involved in one. If they need equipment or materials, check out your local shops.

click and flip

TRY OUR PAGE-BY-PAGE DIGITAL REPLICA AT epaper.tnonline.com

Today's edition online, every day by 3 PM!

Read on your computer, phone or tablet with the same print-reading experience!

Digital archive going back to 2008!

INCLUDED WITH ALL TIMES NEWS SUBSCRIPTIONS
Subscribe Today 1-800-596-6397

4 ways to ease back-to-school jitters



If you have children who are starting school soon, they're probably a bit nervous. Here are four tips to ease their worries.

1. Address their concerns

Don't shy away from the subject. Tell children what to expect and be sure to highlight the positives of going to school, such as making new friends. Above all, encourage them to come to you

with any questions.

2. Make sure they're prepared

The school will send you a list of supplies your child is going to need throughout the year. Avoid waiting until the last minute to purchase items. Even if you don't think your child will use them right away, it'll be easier if they have everything they need ahead of time.

3. Project calm and confidence

On the first day of school, it's imperative to not let your nervousness show. If you're worried, your child will likely pick up on it and start worrying too. Smile and try to remain upbeat.

4. Don't be over-protective

Remember that your children will have to socialize with their classmates by them-

selves, so make sure you don't hover. That said, don't just leave as soon as their back is turned. Notify your children before you leave, but avoid drawing out the goodbyes.

When your kids get home from school, make sure to have a snack prepared and be ready to discuss their first day.



**With Local News
Dating Back
to 2008!**

Read our Page by Page Digital Replica

Included in ALL Digital & Print Subscriptions

**CALL 1-800-596-6397
to Subscribe Today!**

\$3.95 a month
for first 6 months of Digital Edition
or
Home Delivery for
\$31.20 for 13 weeks



FIND SUCCESS IN THE REAL WORLD

Delaware Valley University graduates find success in the real world. That’s because they have already been there. 100% of students graduate with experience on their resumes through DelVal’s award-winning Experience360 program.

Experience360 (E360) is much more than an internship program. E360 includes support and preparation for the college experience from day one of freshman year. Students quickly learn how to navigate campus, the library, the dining hall and the athletic fields. They are introduced to the 70+ student-run clubs and organizations where they can explore their interests and make new friends.

In second semester, freshmen explore possible career paths for their major including job descriptions, employment, and salary and growth projections within their field. They also start their resume and practice interview techniques for their internships and other work opportunities.



Students in every major “learn by doing.” This means that animal science majors are working with animals in the lab, media and communication majors are taking photos, blogging and getting industry relevant experience, and business majors have the opportunity to participate in DelVal’s Spark Bowl. Spark Bowl is a “Shark Tank” -like experience where students are paired with faculty to work with budding

Bucks County entrepreneurs who prepare pitches to seasoned judges for prize money.

It’s no surprise that DelVal’s career outcomes rate is 94.4%. That means that 94.4% of the Class of 2024 was employed, continuing their education, or in service to our country within one year of graduation.

And DelVal is a great place to call home. Students appreciate the small classroom and lab experiences, getting to know their faculty who become their mentors, and being part of a close-knit, supportive community.



700 E. Butler Ave,
Doylestown, PA 18901

admitme@delval.edu
800.2.DELVAL

OH, THE PLACES YOU'LL LEARN!

At Delaware Valley University, you join a close-knit community where faculty, coaches and staff are your mentors. DelVal's signature Experience360 program, E360, provides hands-on learning opportunities for all students in all majors. Students gain real-world experience in labs, barns, greenhouses, studios, and on the turf, applying knowledge in practical settings. You will have opportunities for leadership, research, study abroad trips and top internships.

100%
OF STUDENTS RECEIVE
NEED-BASED OR
MERIT AID

VISIT US TO LEARN MORE!

- SEPT. 27 Saturday Visit with Tailgate
- OCT. 18 Aggie Visit Day
- NOV. 15 Open House
- DEC. 6 Saturday Visit



RESERVE YOUR SPACE!
delval.edu/visit

DOYLESTOWN,
PENNSYLVANIA

27
UNIQUE
MAJORS



DELAWARE VALLEY
UNIVERSITY

700 East Butler Ave. | Doylestown, PA
p: 1.800.2DELVAL or 215.489.2272