

**PVRHSD**

# Guidance/ School Counseling Newsletter

**Fall  
2022**

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## **\*\*ATTENTION JUNIORS AND SENIORS\*\***

### College Visits

100 + colleges will visit Pascack Hills & **Pascack Valley** High Schools this fall. For a complete listing please log on to your Naviance account for dates and times of these in-person AND virtual visits.



Visits begin on September 14th. Please be sure to adhere to the following protocol when signing up for a college visit:

- ◆ VIRTUAL VISITS WILL BE OCCURRING BETWEEN 3:00PM –6:00PM  
You must sign up by 11:00AM the day of the virtual visit otherwise you are not able to participate. On day/time of virtual visit, please click on the meeting link provided by the College Admissions Rep.
- ◆ IN PERSON VISITS ARE SCHEDULED TO TAKE PLACE IN THE AUDITORIUM.

You must sign up by 3:00pm the day prior to the in-person visit otherwise you are not able to participate.

www.collegeboard.org suggests:

## **Seniors: Early Decision & Early Action What Are They and Are They Right for You?**

Have you noticed a new buzz word in your school hallways or counselor's office? "I'm applying early decision." "Will I be notified early?" Has all this early talk gotten you prematurely anxious about applying to colleges?

### **The Early Bird Gets the Worm**

This cliché is the basic concept behind early decision and early action plans. Your "worm" is knowing in December whether or not you've been accepted at your first choice college. Then, hopefully, you can enjoy the rest of your senior year without stressing about getting into college. The "worm" for the colleges that offer these plans is locking in students early in the process who really want to go to the school.

### **Early Decision vs. Early Action**

Early decision plans allow you to apply early (usually in November) and get an admission decision from the college well in advance of the usual notification date. But there is a catch. Early decision plans are "binding," meaning if you apply as an early decision candidate, you agree to attend the college if it accepts you and offers an adequate financial aid package. Although you can apply to only one college for early decision, you may apply to other colleges under regular admission. If you're accepted by your first-choice college early, you must withdraw all other applications. Usually, colleges insist on a nonrefundable deposit well in advance of May 1.

Early action plans are similar to early decision plans in that you can learn early in the admission cycle (usually in January or February) whether a college has accepted you. But unlike early decision, most early action plans are not binding, meaning you do NOT have to commit to a college to which you've applied for early action. Under these plans, you may apply to other colleges under regular admission plans, but some stipulate that you may not apply early (either early decision or early action) to other colleges. Usually, you can let the college know of your decision in the late spring or when you've decided.

### **Should I Apply Under One of These Plans?**

You should apply under an early decision or action plan only if you are very, very sure of the college you want to attend. These plans make a lot of sense if one college is your clear preference and if your profile closely matches that of the students at that college.

Do not apply under an early decision or action plan if you plan to weigh offers and financial aid packages from several colleges later in the spring. Also, you shouldn't apply early if it is to your advantage to have more of your senior year work to show a college. If you plan to woo an admission office with your excellent grades this year, you may want to wait until after the semester ends to apply to colleges.

### **Who Offers Early Plans?**

More than 400 colleges offer an early decision plan, an early action plan, or both. Go to a [list of these colleges](#) @ collegeboard.org for their deadlines, and the number of students who applied and were accepted under an early decision plan.

### **Do Your Research**

Before applying to an early action and early decision plan, research all your options to decide which college is the right one for you. Does the college have everything you want in a school? Use Naviance to find schools that match your preferences.

### **A Last Word of Advice**

Get advice from your high school counselor and other trusted advisers before applying to a college as an early decision applicant. In the fall, it may seem appealing to get the college decision over with, but as your senior year progresses, you may find your academic and other goals changing. On the other hand, you may be very confident that you will thrive at a certain college. If so, you're the type of student for which early decision was created.

# COLLEGE FAIRS



## **Pascack Valley & Northern Valley College Fair**

Thursday, October 20, 2022  
6:00 pm



### **Virtual College Fairs**

The National Association of College Admissions Counseling (NACAC) is sponsoring several college fairs this fall. More than 600 colleges/universities will be participating and will be online to talk to high school juniors and seniors.

Please see below for dates, times and the registration link.

Sunday, September 11, 1:00—6:00pm

Sunday, October 9, 1:00—6:00pm

Sunday, November 6, 1:00—6:00pm

Each virtual fair is a free, one-day event. Attend as often as you like and parents are invited!

Sign up at [nacacattend.org](http://nacacattend.org) to register.

# FINANCIAL AID NIGHT PHHS AUDITORIUM




October 12, 2022  
7:00 p.m.  
Guest Speaker:  
Jim Anderson, Director  
of Financial Aid  
Montclair State University

# NAVIANCE

All students login with their laptop username and password.

**Welcome Student!**



**Login to Naviance**

**Email**

For example navigator@naviance.com

**Password**

Type password

Remember me      [Forgot your password?](#)

CONTINUE

Visit your Naviance account @ <https://student.naviance.com/phhs> or <https://student.naviance.com/pascackvalleyhs>  
 10th, 11th and 12th Grade Students: Get your updated GPA under student profile.

## Scholarship and Financial Aid Resources

Free Application for Federal Student Aid (FAFSA) [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

High-



er Education Student Assistance Authority [www.hesaa.org](http://www.hesaa.org)

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

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

[www.college-scholarships.com](http://www.college-scholarships.com)

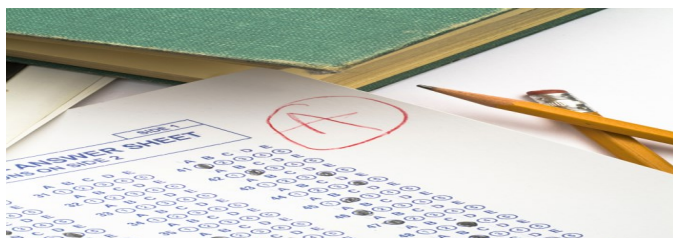
CSS/Financial Aid PROFILE <https://profileonline.collegeboard.com>

# SAT TESTING INFORMATION

## U.S. Registration Deadlines

2022-2023 Test Dates	Regular Registration Deadline (postmark/submit by)
October 1, 2022	September 2, 2022
November 5, 2022	October 7, 2022
December 3, 2022	November 3, 2022
March 11, 2023	February 10, 2023
May 6, 2023	April 7, 2023
June 3, 2023	May 4, 2023

Go to [www.collegeboard.com](http://www.collegeboard.com) to register!



## CEEB CODES

PASCACK HILLS 310-823

PASCACK VALLEY 310-540

## ACT

Go to [www.actstudent.org](http://www.actstudent.org) to register!

Test Date	Registration Deadline
September 10, 2022	August 5, 2022
October 22, 2022	September 16, 2022
December 10, 2022	November 4, 2022
February 11, 2023	January 6, 2023
April 15, 2023	March 10, 2023
June 10, 2023	May 5, 2023
July 15, 2023	June 16, 2023



### Mental Health & Wellness Tips for Students

2022 has been an unusual year by any standards and while we have all experienced some level of shared hardship, we also recognize the unique challenges the past year has presented. The Wellness Center staff would like to offer a few suggestions as you approach the new academic year.

- ◆ It is important to monitor ongoing guidelines as designated by the CDC, state, and local agencies. That said, do not become glued to the news. Consider these tips from the American Psychological Association on how to view the news.
- ◆ Get 8-10 hours of sleep nightly. Sleep is vitally important for your health and development and is essential for energy, mood, and attentional functions.
- ◆ Develop and foster authentic social connections. Make it a regular routine to safely connect with others. **Social support networks are key in managing stress.**
- ◆ Develop a daily routine and establish time for schoolwork, socialization, and other enjoyable hobbies. Developing a routine will increase a feeling of agency, control, and predictability. Time management and organization will also help reduce stress associated with academic pressures.
- ◆ Find time to exercise everyday. Routine exercise has been shown to reduce stress and depression and boost overall health.
- ◆ If you are feeling depressed, anxious, hopeless, or having thoughts of suicide, talk to a trusted adult, teacher, parent or counselor. The National Suicide Prevention hotline also offers 24/7 support at 800-273-8255.

