PVRHSD

Guidance/ School Counseling Newsletter

Fall 2020

In this Issue: ***Page #***

College Visits at PH & PV for Juniors & Seniors	2
Seniors: Early Decision & Early Action	3
College Fairs	4
Financial Aid Night	5
Naviance Login Information	6
Scholarship & Financial Aid Resources	6
Testing Information	7
Student Wellness Tips	8



ATTENTION JUNIORS AND SENIORS

College Visits

100 + colleges will virtually 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 virtual visits.



- **Virtual visits begin on September 14th. Please be sure to adhere to the following protocol when signing up for a college visit:**
- **Students MUST sign up in Naviance 24 hours in advance of the visit.**

(Log on to Naviance, click on the "colleges" tab, and click on "view all up-coming college visits" to sign up).

- **On day/time of virtual visit, please click on the meeting link provided by the college admissions representative.**

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



Virtual College Fairs

The National Association of College Admissions Counseling (NACAC) is sponsoring several virtual 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 13, 12:00—8:00pm
- Monday, October 12, 1:00—9:00pm
- Sunday, October 18, 12:00—8:00pm
- Sunday, November 8, 2:00—10:00pm

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

Sign up at virutalcollegefairs.org to register.



Pascack Valley & Northern Valley College Night

Thursday, April 22, 2021

6:00—8:00 p.m.

Virtual Financial Aid Night



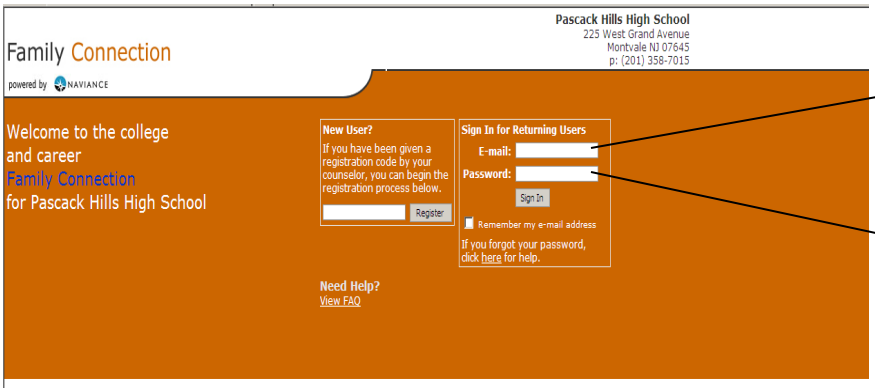


October 6, 2020
7:00 p.m.
Guest Speaker:
Jim Anderson, Director
of Financial Aid
Montclair State University

* More details to follow as the event date approaches*

NAVIANCE

All students login with their laptop username and password.



LAPTOP USERNAME: Ex (scasamento)

LAPTOP PASSWORD Ex: (ab123)

Visit your Naviance account @ www.connection.naviance.com/phhs

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

Higher Education Student Assistance Authority www.hesaa.org



www.fastweb.com

www.findaid.com

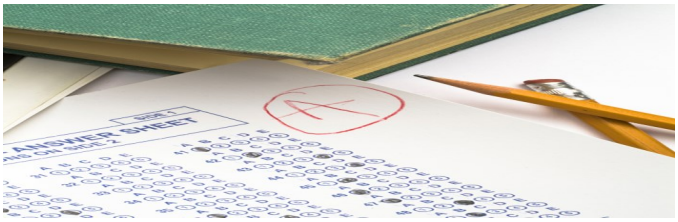
www.college-scholarships.com

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

TESTING INFORMATION

U.S. Registration Deadlines		
2020-2021 Test Dates	**Test**	**Regular Registration Deadline (postmark/submit by)**
August 29, 2020	SAT & Subject Tests	July 30, 2020
October 3, 2020	SAT & Subject Tests	September 3, 2020
November 7, 2020	SAT & Subject Tests	October 8, 2020
December 5, 2020	SAT & Subject Tests	November 5, 2020
March 13, 2021	SAT only	February 11, 2021
May 8, 2021	SAT & Subject Tests	April 8, 2021
June 5, 2021	SAT & Subject Tests	May 6, 2021

Go to www.collegeboard.com to register!



CEEB CODES

PASCACK HILLS **310-823**

PASCACK VALLEY **310-540**

ACT

Go to www.actstudent.org to register!

Test Date	Registration Deadline	*(Late Fee Required)*
September 12, 13 & 19, 2020	August 31, 2020	No Late Fees
October 10, 17, 24, & 25, 2020	September 25, 2020	No Late Fees
December 12, 2020	November 6, 2020	November 7-20, 2020
February 6, 2021	January 8, 2021	January 9-15, 2021
April 17, 2021	March 12, 2021	March 13-26, 2021
June 12, 2021	May 7, 2021	May 8-21, 2021
July 17, 2021	June 18, 2021	June 19-25, 2021





Mental Health & Wellness Tips for Students

2020 has been an unusual year by any standards and while we have all experienced some level of shared hardship, we also recognize the unique hardships and losses specific to our student community (i.e, loss of athletics, extracurricular, friends, etc.). 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 outdoors and whenever possible, facetime, skype or have a phone conversation with family and friends. **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.

