In this issue:
Counseling Programs ............................................................... 1
PSAT Information ................................................................. 2
Upcoming ACT & SAT Test Dates ......................................... 3
Tips for Finding Your College Match .................................... 4

SAVE THE DATES!

Hills/Valley Coalition Program
Unpacking Family Baggage:
Healing from Trauma and Addiction
Wednesday, April 22 7:00 pm
Pascack Hills High School Auditorium

Trends in College Admissions Program
Wednesday, April 16th 7:00 pm
Pascack Hills High School Auditorium

The Student Wellness Centers at Pascack Hills & Pascack Valley High Schools are available to all students and families throughout the course of the school day. If you have not yet had the opportunity, please visit our student wellness counselors, Ms. Franceski at Pascack Hills and Dr. Myers at Pascack Valley. For more information re: the student wellness center, please visit the counseling website at www.pascack.org. Also, do not hesitate to contact Ms. Franceski at efranceski@pascack.org or Dr. Myers at smyers@pascack.org.
Sophomores and Juniors were administered the PSATs on October 19th and the scores are in!

- **Students who have a College Board account** will be able to log in and access their scores using their username and password. Scores will be listed under the “My Score Reports” tab.
- **Students who do not have a College Board account** must create an account by following the steps listed below.
  - Go to www.collegeboard.org
  - Click on “Sign In” on the top right-hand corner of the page.
  - Click on “Don’t have an account? Sign Up”
  - Under “Create Your College Board Account” select “I am a Student”
  - Provide contact information
  - Create a username and password
  - Read and agree to the Terms & Conditions.
- **If no scores are listed under the PSAT/NMSQT Fall 2019 heading, contact your counselor for an Access Code.**
# Testing Information

## SAT DATES

<table>
<thead>
<tr>
<th>TEST DATES</th>
<th>TEST</th>
<th>REGULAR REGISTRATION (postmark/submit by)</th>
<th>LATE REGISTRATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 14, 2020</td>
<td>SAT only</td>
<td>February 14, 2020</td>
<td>Feb. 25 by mail</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>March 3 online</td>
</tr>
<tr>
<td>May 2, 2020</td>
<td>SAT &amp; Subject Tests</td>
<td>April 3, 2020</td>
<td>April 14 by mail</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>April 21 online</td>
</tr>
<tr>
<td>June 6, 2020</td>
<td>SAT &amp; Subject Tests</td>
<td>May 8, 2020</td>
<td>May 19 by mail</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>May 27 online</td>
</tr>
</tbody>
</table>

Go to www.collegeboard.com to register!

## CEEB CODES

- PASCACK HILLS 310-823
- PASCACK VALLEY 310-540

## ACT DATES

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>(Late Fee Required)</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 8, 2020</td>
<td>January 10, 2020</td>
<td>January 11-17, 2020</td>
</tr>
<tr>
<td>April 4, 2020</td>
<td>February 28, 2020</td>
<td>February 29—March 13, 2020</td>
</tr>
<tr>
<td>June 13, 2020</td>
<td>May 8, 2020</td>
<td>May 9-22, 2020</td>
</tr>
<tr>
<td>July 18, 2020</td>
<td>June 19, 2020</td>
<td>June 20-26, 2020</td>
</tr>
</tbody>
</table>

Go to www.actstudent.org to register!
Tips for Finding Your College Match: Characteristics You Should Consider

How can you find colleges that match your needs? First, identify your priorities. Next, carefully research the characteristics of a range of schools. Finally, match the two. Here are some college characteristics you should consider.

Size of the Student Body
Size will affect many of your opportunities and experiences, including:
- Range of academic majors offered
- Extracurricular possibilities
- Amount of personal attention you’ll receive
- Number of books in the library

When considering size, be very sure to look beyond the raw number of students attending. For example, perhaps you’re considering a small department within a large school. Investigate not just the number of faculty members, but also how accessible they are to students.

Location
Do you want to visit home frequently, or do you see this as a time to experience a new part of the country? Perhaps you like an urban environment with access to museums, ethnic food, or major league baseball games. Or maybe you hope for easy access to the outdoors or the serenity of a small town.

Academic Programs
If you know what you want to study, research reputations of academic departments by talking to people in the fields that interest you. If you’re undecided, relax and pick an academically balanced institution that offers a range of majors and programs. Most colleges offer counseling to help you find a focus.

In considering academic programs look for special opportunities and pick a school that offers many possibilities.

Campus Life
Consider what your college life will be like beyond the classroom. Aim for a balance between academics, activities, and social life. Before choosing a college, learn the answers to these questions:

- What extracurricular activities, athletics, and special interest groups are available?
- Does the community around the college offer interesting outlets for students?
- Are students welcomed by the community?
- Is there an ethnic or religious group in which to take part?
- How do fraternities and sororities influence campus life?
- Is housing guaranteed?
- How are dorms assigned?