



Pascack Valley Regional High School District SCHOOL COUNSELING NEWSLETTER Spring 2019

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“ Trends in College Admissions Program”

APRIL 17, 2019 7:00 p.m.

PASCACK HILLS HIGH SCHOOL AUDITORIUM

Deans and Directors of Admissions from The George Washington University, Michigan State University, Ramapo College, Sacred Heart University, and Stevens Institute of Technology will be sharing their experiences and insight on the most recent trends in college admissions.

This special guidance program offers a wonderful opportunity for our students and parents to gain first-hand information about many of the quintessential issues on the college admissions landscape. Our guest panelists will also be discussing letters of recommendation, college essays, standardized testing, transcripts, extracurricular activities and college visits. Moreover, at the conclusion of the program, there will be a question and answer session.



College Fairs

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**National Association for
College Admission Counseling**
Guiding the way to higher education

The New Jersey National College Fair

Wednesday, April 3, 2019
9 a.m.—12:00 p.m. & 5 p.m.—8:00 p.m.
at
Meadowlands Exposition Center
Secaucus, New Jersey

Visit www.nacacnet.org/NCF for more information!



The New York National College Fair

Over 100 Colleges & Universities!

Sunday, April 7, 2019

11:00a.m.—4:00 p.m.

Jacob Javits Convention
Center



CEEB CODES

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PASCACK HILLS 310-823

PASCACK VALLEY 310-540

SAT Test Dates

Registration Deadline

May 4, 2019	SAT & Subject Tests	April 5, 2019
June 1, 2019	SAT & Subject Tests	May 3, 2019

Go to www.collegeboard.com to register!

ACT Test Dates

Registration Deadline

April 13, 2019

March 8, 2019

June 8, 2019

May 3, 2019

July 13, 2019

June 14, 2019

Go to www.actstudent.org to register!

From the Pascack Hills Wellness Center.....

HEY JUNIORS

- Does the college admissions process seem overwhelming?
- Are you afraid you won't get into your dream school?
- Is it okay to be rejected or should you not aim that high?
- Do you feel pressure to write the most profound, earth shattering essay the world has ever seen?
- Do you wish adults would stop asking about your college list?



The Pascack Hills Wellness Center presents:

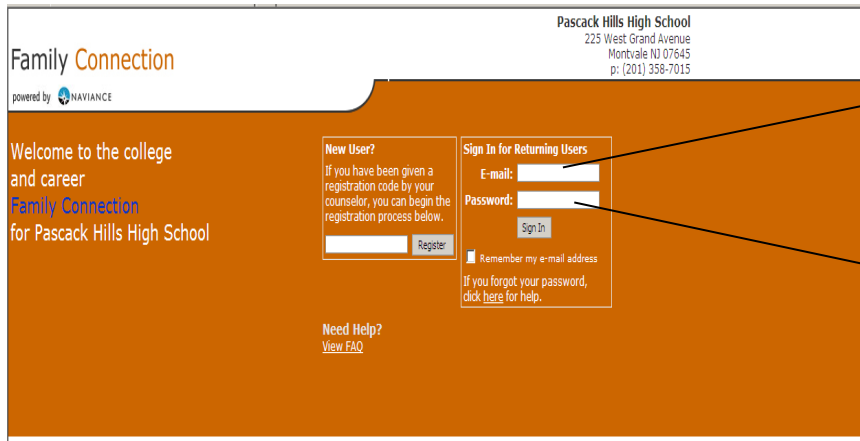
College Admissions Mania

A small group discussion with your classmates on the stress and seemingly high stakes of applying to college.

Where you go is not who you'll be. Where you go is not who you'll be. Where you go....

Groups meet 1x per week during your PE period. Space is limited and participation is voluntary. If you're interested, please fill out the parent permission form and return to Mrs. Franceski, Student Family Resource Liaison, at her office located in the guidance suite.

All students login with their laptop username and password.



LAPTOP
USERNAME:
Ex (m.smith)

LAPTOP
PASSWORD
Ex: (ab123)

**Attention
Freshmen!**

Have you taken
advantage of the
*Learning Style
Inventory* in
Naviance?

If not, check it out!

**Attention
Sophomores!**

Complete the *Do What You
Are Inventory* in
Naviance!

Attention Juniors!

Visit Naviance to:

- Check your updated GPA
- Search colleges
- Utilize the scatter-grams
- Update your resume



FOR SENIORS: GET READY FOR COLLEGE

As graduation approaches, high school seems to matter less and less. You begin to think more and more about what comes after. First, a summer filled with friends, fun, and good-byes. Then, packing and leaving for college. You wonder what your first weeks at college will be like. Will you get along with your roommate? Will you be able to keep up with the work? Will you ever see your high school friends again?

THE EMOTIONAL ROLLER COASTER

These questions and others may have you in an emotional tizzy. After all, big changes are ahead, in almost every area of your life. You may feel anticipation, fear, excitement, and sadness--often all at the same time. One minute you're wiping away a tear at the thought of leaving home. The next minute, your parents are so annoying you can't wait to get out of the house. Believe it or not, this is normal. Your friends are probably going through the same thing. Talk to them. Often, you feel better just knowing you're not alone.

TAKING CARE OF BUSINESS

The end of the school year can be hectic, especially for seniors. You want to pack in as much fun and make as many good memories as you can. But don't get so distracted that your grades suffer.

"We tell students again and again that they are never admitted [to college] unconditionally," says Charles Purcell, director of guidance at Mater Dei School (CA). "When that last transcript gets there, if it isn't somewhat equal to your previous grades, colleges could very well disenroll you."

So take out some time to study for finals or finish up that last paper. That way, you can begin your summer confident of your college plans.

Also, remember that sending in your deposit is not the end of your preparation for college. About the time that high school ends, you'll probably start getting information from your chosen college. Don't just toss the envelopes on a pile to deal with later. Many colleges have deadlines for you to express your preferences for housing, sign up for a meal plan, RSVP for freshman orientation, or even pre-register for certain classes. Sending in forms late could reduce the number of choices you have.

Students with special housing, diet, or academic needs should make sure to notify the relevant department(s). Often, this is as simple as making a note on your housing form. Students with disabilities may want to contact the college's office for students with disabilities (all colleges have one, although it may have different names at different colleges) if they need special accommodations. Keep in mind that discussing your special needs with one office doesn't necessarily mean that others at the college will know about it. If you have specific needs in housing and in diet, for example, you may need to call the housing office and the food service department separately.

QUESTIONS AND ANSWERS

From now until the end of freshman year, you'll probably have all sorts of questions about the college.

"Oftentimes, students have many questions about moving in, what to bring to campus, how to plan for their fall courses, what kind of work-study job they will have, and many other things," says Marcy Kraus, director of orientation programs at the University of Rochester (NY). "Many students find that that college's website offers a great deal of information that will be useful to them, including how to contact offices and programs with questions." If the college website doesn't have the answers you need, don't hesitate to call the admissions office, the residential life office, or whatever department might have the answer to your question.

FRESHMAN ORIENTATION

Some colleges hold freshman orientation during the summer; others schedule it for the week before fall classes begin. Either way, orientation is a great time to learn more about the college, meet new people, and have some fun. "Orientation programs help students adjust to their new environment and cope with the changes they will experience," says Kraus. "My advice to new freshmen is to attend as many orientation events as possible, since much of this information will be very useful to students during their first year on campus."