



Pascack Valley Regional High School District SCHOOL COUNSELING NEWSLETTER Spring 2024

In this issue:	Page
Counselor Contact Information	1
Virtual College Fairs/Testing Information	2
Upcoming Programs	3-4

**Pascack Hills High School Counseling Department
201-358-7020 ext. 22008**

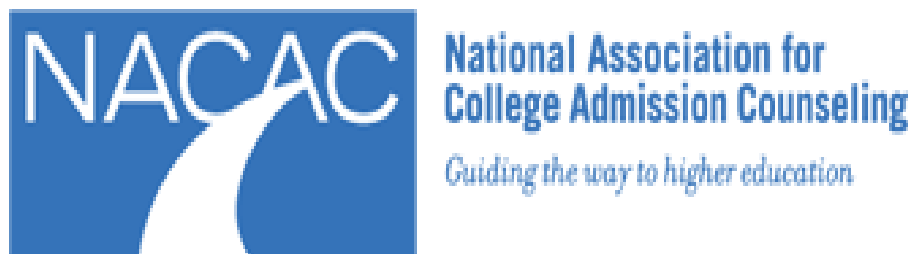
**Ms. Alexa Biega—Counselor
Mr. Steven Casamento - Counselor
Ms. Marin Donnelly - Counselor
Ms. Jenna Howard—Counselor
Ms. Cristina Schneider- Counselor
Ms. Erica Franceski - SFRL
Ms. Jennifer Zimmermann - Student Assistance Counselor
Dr. Sean Struncis - District Supervisor**

**Pascack Valley High School Counseling Department
201-358-7060 ext. 24009**

**Dr. Frank Andrisani -Counselor
Ms. MaryJo Callanan - Counselor
Ms. Stephanie Distasi - Counselor
Ms. Maggie Ely - Counselor
Mr. Jordan Kapp - Counselor
Ms. Jennifer Kuo - Counselor
Ms. Joanna Katz - SFRL
Ms. Christie Rossig - Student Assistance Counselor
Dr. Sean Struncis - District Supervisor**

Virtual College Fair

2



Visit: <https://virtualcollegefairs.org/events>



Visit: <https://pages.collegeboard.org/big-future-days>



CEEB CODES

PASCACK HILLS 310-823

PASCACK VALLEY 310-540

SAT Test Dates

Registration Deadline

May 4, 2024	April 19, 2024
June 1, 2024	May 17, 2024

Go to www.collegeboard.com to register!

ACT Test Dates

Registration Deadline

June 8, 2024

May 3, 2024

Go to www.actstudent.org to register!

UPCOMING PROGRAMS

3



Bergen County Directors of Guidance College Fair

Wednesday, March 20, 2024

5:30—8:30pm

Ramapo College



Trends in College Admissions

Wednesday, March 27, 2024

7:00pm

PVHS Auditorium



BERGEN COUNTY ALTERNATIVES TO DOMESTIC VIOLENCE

PARENT WORKSHOP MAY 8TH AT 7PM

BUILDING HEALTHY RELATIONSHIPS: A PARENT'S GUIDE TO RECOGNIZING AND ADDRESSING TEEN DATING VIOLENCE

Zoom Meeting ID: 909 951 6173

Did you know?



- ✦ Approximately 1 in 3 young people be in an abusive or unhealthy relationship.
- ✦ Young people, ages 16-24, experience the highest rate of relationship violence of all age groups.
- ✦ Abusive or violent behavior often begins between 6th and 12th grade.



Did you know?



- ✦ An incident of domestic violence occurs approximately every 8 minutes in the state of New Jersey.
- ✦ Nearly 3 out of 4 (74%) Americans personally know someone who is or has been a victim of domestic violence.
- ✦ Some of the most common reasons victims give for not being able to ask for help is fear of the abuser's violence, fear of not being believed, and fear of not being helped.

