



# **Pascack Valley Regional High School District SCHOOL COUNSELING NEWSLETTER Winter 2023**

## **In this issue:**

**Save the Dates**

**PSAT Information**

**Upcoming ACT & SAT Test Dates**

**Scholarships/Tips for Finding Your College Match**

**Page #**

**1**

**2**

**3**

**4**

## **SAVE THE DATES!**



**January 23 Course selection begins**

**March 4 ACT 10 (PV)**

**March 11 SAT (PV)**

**March 15 Bergen County College Fair at  
Ramapo College 6:00 p.m.**

**April 15 ACT (PV)  
ACT 10 (PH)**

**March 29 Trends in College Admission**



The Student Wellness Centers at Pascack Hills & Pascack Valley High Schools are available to all students and families. If you have not yet had the opportunity, please contact our student wellness counselors, Ms. Franceski at Pascack Hills and Ms. Katz at Pascack Valley. For more information re: the student wellness center, please visit the counseling website at [www.pascack.org](http://www.pascack.org). Also, do not hesitate to contact Ms. Franceski at [efranceski@pascack.org](mailto:efranceski@pascack.org) or Ms. Katz at [jkatz@pascack.org](mailto:jkatz@pascack.org).



**PSAT exam results are in. To access your score follow the steps below:**

- ◆ **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](http://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 2020 heading, contact your counselor for an Access Code.**

#### Hi, Student McSample

School Name: Summit High School, School Code: #####  
 2015, Grade: 10th Grade  
 Student I.D.: #####  
 Optional Code: N/A  
 Access Code: \*\*\*\*\*

CollegeBoard / NATIONAL MERIT SCHOLARSHIP CORPORATION

# PSAT/NMSQT®

Preliminary SAT/National Merit Scholarship Qualifying Test

## Your Score Report

Get your full report online  
[studentscores.collegeboard.org](http://studentscores.collegeboard.org)

access code \*\*\*\*\*



**SAT® Practice**  
 Connect to FREE, world-class  
 SAT practice online on  
[khanacademy.org/sat](http://khanacademy.org/sat)



**AP® and Course Work**  
 See which AP courses may  
 be good matches for you



**Explore**  
 Begin to explore careers that might  
 interest you — link directly from  
 your online score report

# Testing Information

## SAT DATES

TEST DATES	REGULAR REGISTRATION (submit by)	Deadline for Change
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

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



### CEEB CODES

PASCACK HILLS 310-823

PASCACK VALLEY 310-540

## ACT DATES

Test Date	Registration Deadline	Late Registration
February 11, 2023	January 6, 2023	January 20, 2023
April 15, 2023	March 10, 2023	March 24, 2023
June 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	June 23, 2023

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



Reminder: Scholarships are posted in Naviance!

Be sure to frequently check Naviance for scholarship opportunities as Naviance updates regularly. In addition, listed below are several websites pertaining to scholarship opportunities.

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

[www.finaid.org](http://www.finaid.org)

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

From [www.collegeboard.org](http://www.collegeboard.org)

### **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?

