

PVRHSD

Guidance/ School Counseling Newsletter

**Fall
2021**

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
Navigate Login Information	6
Scholarship & Financial Aid Resources	6
Testing Information	7
Student Wellness Tips	8





****ATTENTION JUNIORS AND SENIORS****

College Visits

100 + colleges will 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 in-person AND virtual visits.



Visits begin on September 20th. Please be sure to adhere to the following protocol when signing up for a college visit:

- ◆ VIRTUAL VISITS WILL BE OCCURRING BETWEEN 3:00PM –6:00PM
You must sign up by 11:00AM the day of the virtual visit otherwise you are not able to participate. On day/time of virtual visit, please click on the meeting link provided by the College Admissions Rep.
- ◆ IN PERSON VISITS ARE SCHEDULED TO TAKE PLACE IN THE AUDITORIUM.

You must sign up by 3:00pm the day prior to the in-person visit otherwise you are not able to participate.

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 12, 1:00—6:00pm
- ◆ Tuesday, September 28, 4:00—8:00pm
 - ◆ Sunday, October 3, 1:00—6:00pm
 - ◆ Sunday, October 24, 1:00—6:00pm

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

Sign up at virtualcollegefairs.org to register.



Pascack Valley & Northern Valley College Night

Spring 2022

Date/Time: TBD

FINANCIAL AID NIGHT PHHS AUDITORIUM



October 6, 2021
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.

Welcome Student!



Login to Naviance

Email

For example navigator@naviance.com

Password

Type password

Remember me [Forgot your password?](#)

CONTINUE

Visit your Naviance account @ <https://student.naviance.com/phhs> or <https://student.naviance.com/pascackvalleyhs>
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

High-



er Education Student Assistance Authority www.hesaa.org

www.fastweb.com

www.findaid.com

www.college-scholarships.com

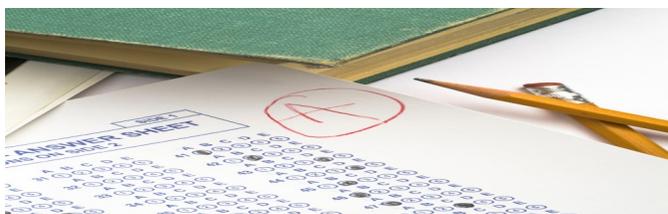
CSS/Financial Aid PROFILE <https://profileonline.collegeboard.com>

TESTING INFORMATION

U.S. Registration Deadlines

2021-2022 Test Dates	Regular Registration Deadline (postmark/submit by)
August 28, 2021	July 30, 2021
October 2, 2021	September 3, 2021
November 6, 2021	October 6, 2021
December 4, 2021	November 4, 2021
March 12, 2022	February 11, 2022
May 7, 2022	April 7, 2022
June 4, 2022	May 5, 2022

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
September 11, 2021	August 6, 2021
October 23, 2021	September 17, 2021
December 11, 2021	November 5, 2021
February 12, 2022	January 7, 2022
April 2, 2022	February 25, 2022
June 11, 2022	May 6, 2022
July 16, 2022	June 17, 2022



Mental Health & Wellness Tips for Students

2021 has been an unusual year by any standards and while we have all experienced some level of shared hardship, we also recognize the unique challenges the past year has presented. 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 with others. **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.

