Pascack Valley Regional High School District
SCHOOL COUNSELING NEWSLETTER
Spring 2024

In this issue:
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

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Registration Deadline</th>
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<tr>
<td>May 4, 2024</td>
<td>April 19, 2024</td>
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<tr>
<td>June 1, 2024</td>
<td>May 17, 2024</td>
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Go to www.collegeboard.com to register!

ACT Test Dates

<table>
<thead>
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<tr>
<td>June 8, 2024</td>
<td>May 3, 2024</td>
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Go to www.actstudent.org to register!
UPCOMING PROGRAMS

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.