



# **Pascack Valley Regional High School District SCHOOL COUNSELING NEWSLETTER Spring 2024**

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

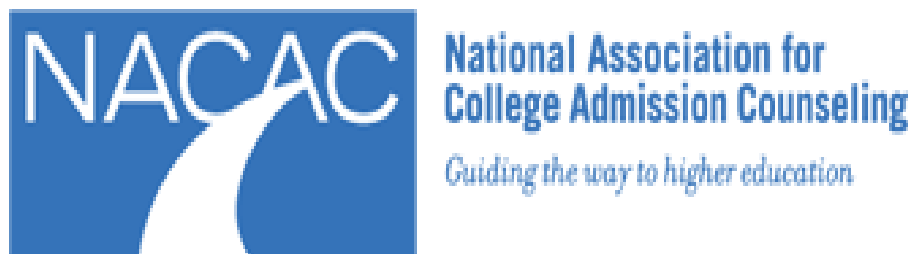
**Ms. Alexa Biega—Counselor  
Mr. Steven Casamento - Counselor  
Ms. Marin Donnelly - Counselor  
Ms. Jenna Howard—Counselor  
Ms. Cristina Schneider- Counselor  
Ms. Erica Franceski - SFRL  
Ms. Jennifer Zimmermann - Student Assistance Counselor  
Dr. Sean Struncis - District Supervisor**

**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

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

ACT Test Dates

Registration Deadline

June 8, 2024

May 3, 2024

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

# UPCOMING PROGRAMS

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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.

