



Welcome to the High School Counseling Office Newsletter!

We are excited to introduce the *High School Counseling Office* Newsletter, a new way to keep students, families, and staff informed and connected throughout the school year. This monthly newsletter will provide important dates and timely information related to college and career counseling, including upcoming events, instant decision days, college visits, application timelines, and other valuable opportunities.

In addition, it will highlight mental health resources, wellness initiatives, and support services available to students and families, as well as information about our annual Clearinghouse Scholarship opportunities offered to North Plainfield High School seniors. Our goal is to provide clear, consistent communication that supports both students' academic planning and overall well-being.

Should you need assistance or have any questions, please refer to your assigned school counselor; counselor assignments and office locations can be found on the side of this newsletter.

Ms. Stephanie Scasso

Director of School Counseling

2026 High School Counselor Assignments

Joelle Bruno

9th -12th A-C

High School Counseling office

Kathleen Mathews

9th -12th D-K

High School Counseling office

Caitlyn Crespo

9th M-Q | 10th -12th L-P

High School Counseling office

Michelle Fallucca

9th R-Z | 10th -12th Q-Z

High School Counseling office

Kaitlyn Gregory

ML Counselor

9th -12th A-Z

High School Library

Yolanda Cajas

Student Assistance Coordinator

High School Library

Nancy Reyes

College & Career Counselor

High School Library



SCAN ME!

Scan the QR code to the Counseling Department page for important links and information



Upcoming Dates

March

3/3- Vocational Employment Fair

3/6- AP EXAM PAYMENTS DUE

**See Mrs. Costanzo in the High School Counseling Office to pay for the AP exams
ONLY CASH OR CHECK ACCEPTED**

Checks should be made out to: NPHS Student activities

3/13-The deadline for course appeals:

Submit NPHS Course Appeal Forms by this date.

Course placement criteria are available in the Program of Studies.



SENIORS



Clearinghouse Scholarship Applicants Next Steps

Students, if you applied for one or more scholarships, please monitor your email regularly. You may receive a message from the grantor to schedule a scholarship interview.

The interviews will be scheduled on **March 26, 2026, at NPHS at 6:00 PM.**

Students selected for an interview will be notified of the date, time, and location, or will receive a virtual meeting link.

For assistance, please see Ms. Pena in the High School Counseling Office.

May 1st 2026 College Decision Day

Important Deadlines/Reminders

PSAT Scores Are In – Now What?

PSAT results are in, and our school counselors have visited classrooms to review scores with students, provide individual score reports, and share strategies for improvement. Students learned how to interpret their results and ways to strengthen their skills for future tests. For more information or questions about your student's PSAT performance, please contact your school counselor.



Reminder: Register for the SAT

Below is the list of test dates and registration deadlines:

March 14th (Registration Deadline: February 27th)

May 2nd (Registration Deadline: April 17th)

June 6th (Registration Deadline: May 22nd)

Students that qualify for free/reduced lunch can receive a fee waiver for two tests. Contact your school counselor for a fee waiver code.

[REGISTER FOR THE SAT HERE](#)



Important AP Exam Date: March 6, 2026

AP exam payments are due by March 6, 2026.

Students and families can view the full AP exam schedule on CollegeBoard here: [**AP Exam Schedule**](#).

Please ensure payments are submitted by the deadline to secure your student's testing registration.

[AP EXAM SCHEDULE](#)



From the

College & Career Counselor

Rutgers University 2/25/26

On February 25, 2026, students attended Young Engineers Day at Rutgers University–New Brunswick. They toured the School of Engineering and participated in engaging breakout sessions exploring fields such as chemical, biomedical, and electrical engineering.

This hands-on experience gave students valuable insight into engineering majors, career pathways, and college life.



Career Day 2/17/26

On February 17th, Scott Miller presented a Career Day session on business careers in Supply Chain Management for students in grades 9–12. He shared insights into career opportunities in logistics, operations, and distribution, helping students better understand this growing field.



Explore Your Future Path

Upcoming Events:

Vocational Employment Fair

When: March 3, 2026, 5-7pm,

Where: HS Gymnasium

Who: Everyone can attend

On **Tuesday, March 3rd**, we will be hosting a Vocational Employment Fair, this is a great opportunity to learn about trade/vocational programs, after HS graduation programs, on the job training, internships, job opportunities. This fair is open to all, students and community.

We have companies such as NJ transit, Aristacare, Campout, European Wax Center, Texas Roadhouse, RVCC & Middlesex Workforce Development Program, Summer Youth Employment Program, Fire & Police Department, Universal Technical Institute and more...

If you have any questions, contact Mrs. Reyes (nancy_reyes@nplainfield.org) Or Mrs. Porzio (suzana_porzio@nplainfield.org).



National College Fair

Date: March 4th, 2026, 9:00am-12:00

Location: NJ Convention and Expo Center, Edison, NJ

Details: Over 300 College representatives representing colleges/universities from the US and international will be present. See link below to register and to view participating colleges.

Trip information:

- Juniors wanting to participate in this trip can print the attached permission slip or get a paper copy from the School Counseling Office or Mrs. Reyes' office.
- You will also need to register for the fair.
- Link to register for the fair and to see participating colleges: <https://www.nacacattend.org/26newjersey/players>

Permission slip deadline: February 23th

[CLICK HERE TO LEARN MORE AND REGISTER FOR THE EVENT](#)

SPRING 2026

Includes STEM/PVA Component

NACAC National College Fair - NEW JERSEY

Wednesday, March 4, 2026

9:00 a.m. – 12:00 p.m. and 5:30 p.m. - 8:30 p.m.

New Jersey Convention and Exposition Center

Edison, NJ

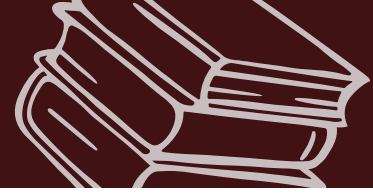


REGISTER NOW!
[nacacattend.org/fairs](https://www.nacacattend.org/fairs)

NACAC
National
College Fairs



College Tours



Regional College Fair & College Tour - Fairleigh Dickinson University

Date: March 31th, 2026, 9:00am-1:15pm

Location: Fairleigh Dickinson University (Madison/Florham Campus)

Details: College representatives will be present representing colleges/universities from NJ and surrounding states. After fair, we will participate in a tour of Fairleigh Dickinson University.

Trip information:

- Juniors wanting to participate in this trip can print the attached permission slip or get a paper copy from the School Counseling Office or Mrs. Reyes' office.
- This trip includes a tour of Fairleigh Dickinson University (Madison Campus)
- Student participating in this trip need to bring a packed lunch. Packed lunch from our school cafeteria can be provided.

Permission slip deadline: March 16th

Seton Hall University (Tour & College Admission presentation):

Date: April 16th, 2026, 10:30am-1:00pm

Location: Seton Hall University

Details: We will participate in a tour of Seton Hall University and Admission Information Session.

Trip information:

- Permission slips will be released in March. Students that would like to receive a permission form for this trip, please complete the attached form.
- Student participating in this trip need to bring a packed lunch. Packed lunch from our school cafeteria can be provided.

[COMPLETE THIS FORM](#)

Montclair State University (Tour & College Admission presentation):

Date: April 2026, 10:00am-12:30pm

Location: Montclair State University

Details: We will participate in a tour of Montclair University and Admission Information Session.

Trip information: Permission slips will be released in March.

Students that would like to receive a permission form for this trip, please complete the attached form.

[COMPLETE THIS FORM](#)

TRADE PROGRAMS

Robert Fiance Beauty School

Date: April 30th, 10am-12pm

Location: Robert Fiance Beauty School located in North Plainfield

Details: We will participate in a tour of Fiance Beauty School and Admission Information Session.

Trip information: Permission slips will be released in March. Students that would like to receive a permission form for this trip, please complete the attached form.

Link: <https://forms.gle/55u3ZqCBvvAXc4p48>

[COMPLETE THIS FORM](https://forms.gle/55u3ZqCBvvAXc4p48)

Construction Industry Career Day

Date: May 27th 2026

Location: NJ Convention and Expo Center

Details: Learn about various trades such as plumbing, electrician, carpentry, bricklaying, machine operation, metal work, HVAC & Refrigeration, elevator construction and more.

Trip information: Permission slips will be released in March. Students that would like to receive a permission form for this trip, please complete the attached form.

Link: <https://forms.gle/55u3ZqCBvvAXc4p48>

For more information about the Construction Industry Career Day Trip - contact Ms. Bruno (joelle_bruno@nplainfield.org)

[COMPLETE THIS FORM](https://forms.gle/55u3ZqCBvvAXc4p48)

SUMMER PROGRAMS



RUTGERS HEALTH SERVICE CORPS PHOENIX SUMMER PROGRAM

POPULATION HEALTH OUTREACH AND EDUCATION FOR NEXT GENERATION IMPACT AND EXCELLENCE

The Rutgers Health Service Corps PHOENIX Program is a one-week immersive experience that introduces high school students to population health, various health-related careers, and community service.

COMPONENTS

- Participate in population health trainings & activities
- Attend daily sessions on key population health topics
- Receive career guidance & mentorship from health professionals
- Obtain a certificate of completion and a formal invitation to the Rutgers Health Service Corps

LOCATION & TIME

August 10-14, 2026
9:00 am - 3:00 pm
Rutgers Institute for Health
112 Paterson Street,
New Brunswick, NJ

APPLY NOW



REQUIREMENTS

- NJ Resident
- Rising high school sophomore, junior, or senior
- Able to commit 30 hours over 5 days and attend in-person sessions in New Brunswick
- \$250 enrollment fee (financial assistance available)

For additional information or questions, please contact rhsc@rbhs.rutgers.edu

The Rutgers Health Service Corps (RHSC) is inviting your rising sophomore/junior and senior high school students, to apply for the

Population Health Outreach and Education for Next Generation Impact and Excellence (PHOENIX) Program.

This one-week summer program, which will be held in-person from 9 AM - 3 PM on August 10-14, 2026, at the Rutgers Institute for Health (112 Paterson Street, New Brunswick, NJ), aims to introduce high school students to the health professions, population health, community service, and RHSC. The Program concludes with participants receiving a certificate of completion and a formal invitation to join the Rutgers Health Service Corps.

See the attached flyer with your students, which provides more information about the Rutgers Health Service Corps (RHSC) and Summer Program, along with a QR code linking directly to our application.

Application Deadline: March 11, 2026

Applicants will receive a response no later than: April 1, 2026

Please feel free to reach out to our team at rhsc@rbhs.rutgers.edu with any questions or concerns.

[CLICK HERE FOR THE APPLICATION](#)



ATTENTION SENIORS



Don't Miss Out on Money for College

Join Mrs. Reyes' Groups. To participate, sign up using QR below

➔ Financial Aid Application

➔ SRAR-STAR Application
(Rutgers - Penn State Admission Applications)

➔ NPBS Clearinghouse Scholarships Application
(opens December 11th)

SCAN ME

Financial Aid &
SRAR(STAR)
Applications



Clearinghouse
Scholarship
Group



[Financial Aid & Scholarship Search Engines](#)

From the

College & Career Counselor

Instant Decision Day:

Last December we hosted Instant decision days with Ramapo College, Kean University, Fairleigh Dickinson University, Caldwell University, Montclair State University, New Jersey Institute of Technology, Seton Hall University, New Jersey City University, and Georgian Court University where we received over 90 college acceptances.

CONGRATULATIONS to our Kean University Instant decision students



Accepted to Duke University Quest Bridge match



FAQ:

★ What is an Instant Decision Day (IDD)?

College representatives meet one-on-one with seniors to review applications and provide same-day admission decisions, often including scholarship offers. Many North Plainfield High School students participate, benefiting from waived application fees and avoiding long admission wait times.

WHERE: North Plainfield High School Library- College/ Career Room

★ If I get accepted, do I have to attend that college?

No—Instant Decision is not binding. It is not the same as Early Decision. Students may compare admission offers and financial aid packages from multiple colleges, and acceptance does not require a commitment to attend the school.

★ How do I participate?

Complete the Google registration form below and select your school(s). You will receive your interview time closer to the IDD date. Be sure to review each college's requirements and inform your counselor and recommending teachers.



SCAN ME!

Scan the QR code to register for the next Instant Decision Days!



Explore Your Future Path (Checklist)



College Fairs:

- March 4th, 2026:** National College Fair (NJ Convention Ctr.) 11th Grade Students
- March 31st, 2026:** Regional College Fair (HSI Fair) 11th grade at Fairleigh Dickinson University (Includes college tour)

Career Trips & Fairs:

- February 10th, 2026:** Somerset Superior Court Trip (Law Crime and Punishment Classes)
- March 3rd, 2026:** Vocational Employment Fair. From 5-7pm Gym Open to students and community

Upcoming College Trips:

- February 2nd, 2026:** Rutgers University Young Engineers Day (Engineering/Computer science Classes)
- April 16th, 2026:** Seton Hall University (11th grade) Tour and admin session
- March 9th, 2026:** College Readiness Now Trip (English 10 CP) at RVCC
- May 2026:** Montclair State University tour
- March 24th, 2026:** Roche Diagnostic Trip to Branchburg (AP Biology, Computer Science and Business classes)

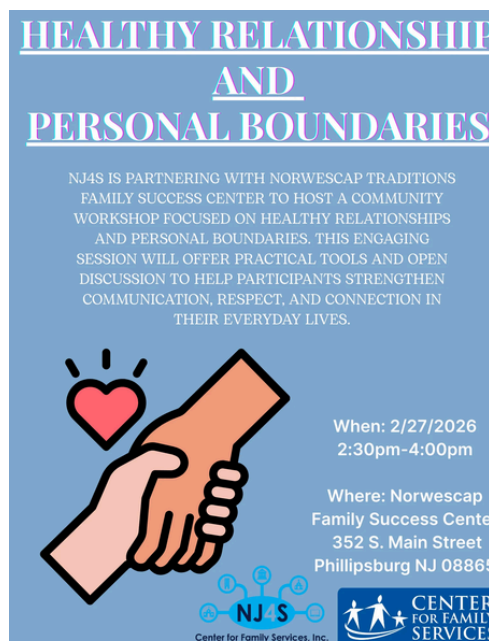


Mental Health & Wellness

February

Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month, a time to raise awareness about healthy relationships and the warning signs of abuse among teens. Our school counseling office is committed to supporting students with education, guidance, and resources to help build safe, respectful connections. If you or someone you know needs support, information, or would like to learn more, please see here for helpful resources and upcoming events throughout the month.



March

Teen Dating Violence Awareness Month



What is National Drug and Alcohol Facts Week?

According to the National Institute on Drug Abuse, National Drug and Alcohol Facts Week (NDAFW) is an annual health awareness event that encourages conversations with young people about the science behind drug use and addiction. The week brings together scientists, students, teachers, health professionals, and community members to share knowledge and work toward reducing youth substance use locally and across the country.

The observance began in 2010 when NIDA scientists created it to promote community-based educational activities so teens could learn what research has revealed about drugs and addiction. In 2016, the National Institute on Alcohol Abuse and Alcoholism joined as a partner, adding alcohol education to the week's focus. Both NIDA and NIAAA are part of the National Institutes of Health, and they collaborate with major organizations, media groups, and government agencies to raise awareness about NDAFW.

Mental Health & Wellness

WANT A BETTER CONNECTION WITH YOUR KID?

THEN CHECK THIS OUT

Nurtured Heart Approach

THE NURTURED HEART APPROACH IS AN ESSENTIAL SET OF STRATEGIES FOR TRANSFORMING THE MOST INTENSE CHILDREN:

- TRANSFORMING THE WAY CHILDREN PERCEIVE THEMSELVES, THEIR CAREGIVERS, AND THE WORLD AROUND THEM
- TEACHING CHILDREN THEY WILL RECEIVE RECOGNITION THROUGH POSITIVE BEHAVIORS
- SEEING INTENSITY TO BE A POWERFUL QUALITY THAT, IF DEVELOPED CORRECTLY, CAN DRIVE CHILDREN TO AMAZING ACHIEVEMENTS

THIS WILL BE CONDUCTED VIRTUALLY TWICE A MONTH EVERY 2ND TUESDAY OF THE MONTH FROM 6PM-830PM AND EVERY 3RD WEDNESDAY OF THE MONTH FROM 1030AM-1PM

CONTACT **JANET HREHOWESIK** TO SIGN UP
(908)255-5697 OR JHREHOWESIK@TRICOUNTYCMO.ORG
OR SCAN HERE TO SIGN UP



¿QUIERES UNA MEJOR CONEXIÓN CON TU HIJO?

ENTONCES MIRA ESTO

Nurtured Heart Approach

EL ENFOQUE DEL CORAZÓN NUTRIDO ES UN CONJUNTO ESENCIAL DE ESTRATEGIAS PARA TRANSFORMAR A LOS NIÑOS MÁS INTENSOS:

- TRANSFORMAR LA FORMA EN QUE LOS NIÑOS SE PERCIBEN A SÍ MISMOS, A SUS CUIDADORES Y AL MUNDO QUE LOS RODEA
- ENSEÑARLES A LOS NIÑOS QUE RECIBIRÁN RECONOCIMIENTO A TRAVÉS DE CONDUCTAS POSITIVAS
- VER LA INTENSIDAD COMO UNA CUALIDAD PODEROSA QUE, SI SE DESARROLLA CORRECTAMENTE, PUEDE IMPULSAR A LOS NIÑOS A ALCANZAR LOGROS ASOMBROSOS

ESTO SE LLEVARÁ A CABO VIRTUALMENTE DOS VECES AL MES.

ENERO 13, 2026 FROM 6PM- 830PM
ABRIL 14, 2026 FROM 6PM- 830PM
JULIO 14, 2026 FROM 6PM- 830PM
OCTUBRE 13, 2026 FROM 6PM- 830PM

COMUNÍQUESE CON **JANET HREHOWESIK** PARA REGISTRARSE EN
EL JHREHOWESIK@TRICOUNTYCMO.ORG
O ESCANEE AQUÍ PARA INSCRIBIRSE



Empower Somerset Presents

Escape the Vape

1 IN EVERY 19 MIDDLE SCHOOL STUDENTS (5.4%) AND 1 OF EVERY 10 HIGH SCHOOL STUDENTS (10.1%) REPORTED CURRENT USE OF A TOBACCO PRODUCT (CDC, 2024)

Join us for a virtual discussion on the dangers of vaping, ZYN, and other tobacco products featuring,

Robb Holla

Featured on TV, radio, and various news outlets, Robb Holla is an internationally in-demand youth motivational speaker who presents to hundreds of thousands of people around the US and Canada.

Thursday
March 5th, 2026
6:00-7:30 PM
Click Here to Register

(YOU WILL RECEIVE A ZOOM LINK VIA EMAIL)

THIS EVENT IS OPEN TO MIDDLE AND HIGH SCHOOL STUDENTS AND THEIR PARENTS/CAREGIVERS. YOUTH MUST BE ACCOMPANIED BY AN ADULT.



DOOR PRIZES AND GIVEAWAYS

