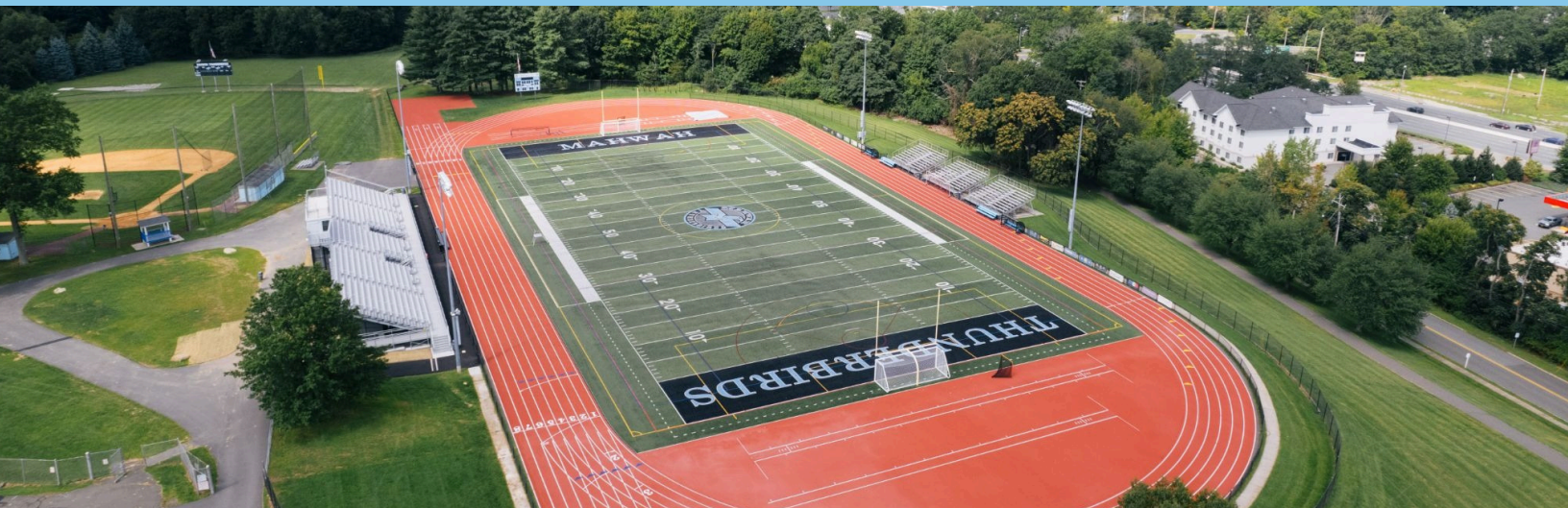


SCHOOL COUNSELING NEWSLETTER

APRIL 2026



INSIDE, WE ALSO TALK ABOUT:

- Page 2 - College & Career Corner
- Page 3 - Family Information
- Page 4 - Internship/ Externship Program
- Page 5-6 AP EXAMS
- Page 7 - Upcoming Events



Dear Students and Families,

Welcome to the fourth and final marking period of the academic year. The fickle weather reminds us that April is a time of transition - while we have one eye on the future we also need to stay present.

This is a great time for students to evaluate their present progress in classes and make a plan for a strong finish to the year. This should be a priority for all students. But it is also time to start planning and thinking about future plans.

Please see the information enclosed for important reminders about upcoming events - including tomorrow's Parent Academy, The Externship/Internship Program, our Alternative to College Fair, and important AP Exam information.

As always, if you have any questions, please do not hesitate to reach out.

Thank you,

Jim O'Hara, Director of School Counseling K-12

COLLEGE & CAREER CORNER

Seniors!

1. Please make sure you are updating your college decisions/postsecondary plans in SCOIR. If you have any questions, please see your school counselor.
2. We love to recognize all the amazing scholarship offers our students receive from colleges in our graduation program each year, so please bring, or e-mail, any MERIT BASED monetary award information from your colleges to the School Counseling Office by Friday, May 15th. We would like ALL the scholarships you have earned - even from the colleges you may not be attending. We simply need a copy of a letter outlining the merit scholarship the college has offered.

Please bring the letters to the School Counseling Office OR you can e-mail them directly to Mrs. Mariani: nmariani@mahwah.k12.nj.us.

ALTERNATIVE TO 4 YEAR COLLEGE FAIR

MONDAY MAY 18, 2026
LUNCH - AUXILIARY GYM

We are excited to once again host this annual event that is open to all students! This is a great opportunity to learn about opportunities beyond (or in addition to) a traditional four-year degree.

Various trade schools, industry professionals, community colleges, and organizations will be in attendance to connect with students and provide information. All are encouraged to explore these great opportunities!

Special thanks to Mrs. Mandel for organizing.



FAMILY INFORMATION



Please join the Mahwah Parent Academy, Mahwah Municipal Alliance, and Valley Hospital for an important and timely conversation about supporting the mental health and well-being of our students in an ever-changing digital world.

**Parent Academy
“Screenagers” Movie Screening
Thursday April 23, 2026
7pm ZOOM
Grades 8-12**

**Registration is FREE but REQUIRED - flyer attached:
<https://www.valleyhealth.com/events/screenagers-next-chapter-addressing-youth-mental-health-digital-age>**



THUNDERBIRD EXTERN/INTERNSHIP PROGRAM

Mahwah High School is proud to offer our Summer Externship Program (for rising juniors and seniors) and Internship Program (for rising seniors)—unique opportunities designed to give you real-world, hands-on experience in a career field that interests you. This is your chance to explore your passions and build meaningful connections beyond the classroom.

Whether you're curious about a future profession or already have a specific pathway in mind, these programs allow you to step into the professional world and see what your future could look like.

Take a few minutes to learn more here:
[Thunderbird Externship Internship Programs](#)

Ready to take the next step? Complete the application by April 24th (here):
<https://forms.gle/xgzkzPdf6p2tvKSY7>

Participation in an externship or internship is also a key component of earning a Career Pathway Endorsement—a powerful transcript distinction that demonstrates your commitment, initiative, and depth of learning in a chosen field.

Earning this endorsement can:

- Set you apart in college, job, and scholarship applications
- Showcase your real-world experience and career readiness
- Help you develop valuable skills like independence, perseverance, and professional communication
- Connect your interests to meaningful, future-focused opportunities

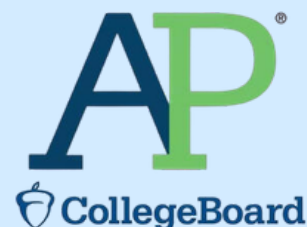
Not sure where to start? Externship is a great place to begin - see Mr. Gregson in the School Counseling Office to begin the conversation.

AP EXAMS - MAY 2026

FINAL REMINDER: AP EXAMS 2026

All students enrolled in an AP course at Mahwah High School must sit for the AP Exam in May. These exams are the culmination of the year long Advanced Placement course and when enrolled, students agree to take the corresponding exams. See below:

- **Payment Due in PAYSCHOOLS** - College Board sets the fee of \$99 per exam. Please login to Payschools and look under fees for the total amount owed for your child. Payment was due Feb. 27th.
- **Schedule of Exams** - May 4th to 15th
- **SEE THE NEXT PAGE FOR SCHEDULE AND IMPORTANT INFORMATION**





AP Exam Schedule 2026 - Mahwah High School

Date	8am (students arrive 7:40am)	12pm (students arrive 11:40am)
Mon. May 4th	AP Biology (MLC)	AP European History (PD ROOM)
		Microeconomics (MLC)
Tues. May 5th	AP Chemistry (PD ROOM)	AP US Gov. & Pol. (PD ROOM)
Weds. May 6th	AP English Lit (MLC)	
Thurs. May 7th		AP Statistics (MLC)
Friday May 8th	AP US History (MLC)	AP Macroeconomics (MLC)
		AP Chinese (SGA)
		AP Art & Design (Deadline to submit)
Mon. May 11th	AP Calculus AB (MLC)	AP Music Theory (217)
	AP Calculus BC (PD Room)	
Tues. May 12th	AP French (PD ROOM)	AP Psychology (MLC)
Weds. May 13th	AP English Lang. & Comp. (MLC)	AP Physics C: Mechanics (PD ROOM)
Thurs. May 14th	AP Spanish Lang (PD ROOM)	AP Physics C: E&M (MLC)
Friday May 15th		AP Computer Science A (PD ROOM)
Key: *MLC = Media Learning Commons (Library) *PD ROOM = T3 Building		

Accommodations or Conflicts:

- Students with accommodations or conflicts have been emailed their location-see Mr. O'Hara w/questions
- If you are declining your accommodations, email Mr. O'Hara by Friday April 24th

Prior to Test Day:

- Test the Bluebook app on your school laptop
- Confirm your College Board login information - remember your username/password!
- Charge your laptop fully

On Test Day:

- Bring your charger
- Bring two #2 pencils
- Cell Phones & Smartwatches NOT ALLOWED in test room - even if turned off
- Be on time (7:40am in the AM, 11:40am in the PM)
- *Students are not excused from the entire day. They will report to classes after their exam (for a morning test) or before their exam (if in the afternoon).*
- *Students will be provided a 30 minute break for lunch after a morning exam before returning to class*



Important Dates and Events

April:

- Thursday April 23rd - Parent Academy - “Screenagers” Movie Screening - 7pm
- Sat. April 25th - Practice SAT and ACT with Revolution Prep - [register here](#)

May:

- May 2nd - SAT test date
- May 4th to 15th - AP EXAMS
- Monday May 18th - “Alternative to 4 Year College Fair”

SCREENAGERS NEXT CHAPTER



ADDRESSING YOUTH MENTAL HEALTH IN THE DIGITAL AGE

**JOIN US FOR THIS VIRTUAL EVENT &
SPECIAL SCREENING**

Millions of young people experience high stress, anxiety, and depression. In *Screenagers Next Chapter*, we follow physician and filmmaker Delaney Ruston as she discovers solutions for improved adolescent stress, anxiety, and depression in the digital age.

To learn more about the film visit:

REGISTRATION:
FREE, BUT REQUIRED
APPROPRIATE FOR:
AGES 13+

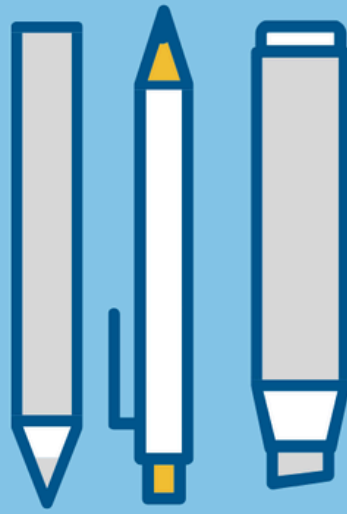
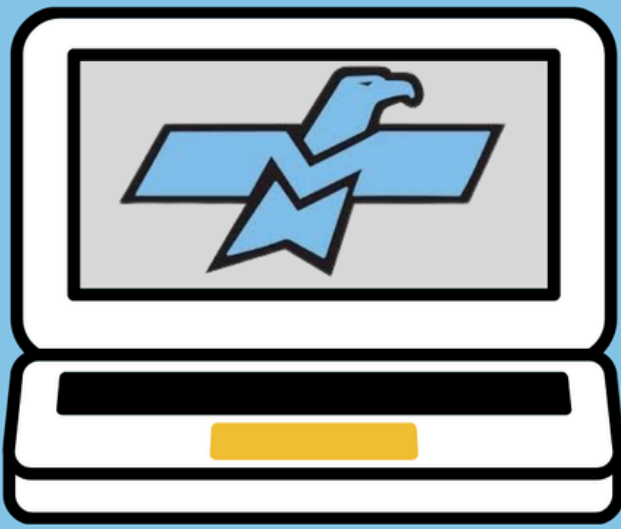


THURSDAY, APRIL 23RD 2026 7:00 PM-8:00 PM

To register, please visit
ValleyHealth.com/Events
or scan QR code above

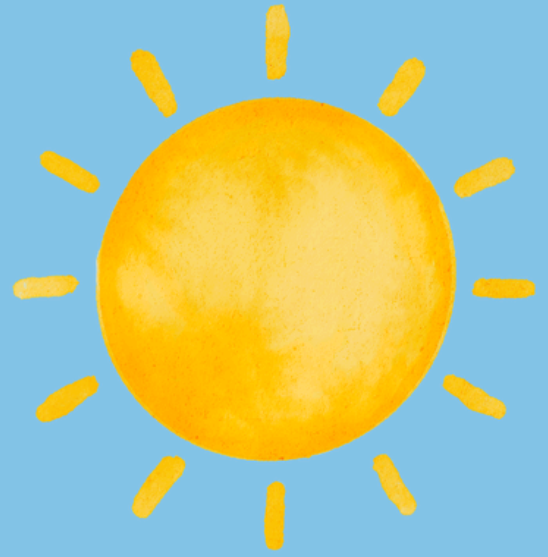
THIS EVENT IS SPONSORED BY





MAHWAH HIGH SCHOOL

SUMMER BOOSTER PROGRAM



**SAVE THE DATES:
MONDAY JUNE 29TH THROUGH FRIDAY JULY 24TH (CLOSED
JULY 3RD)**

New this year - our high school summer program will be located in our Media Learning Commons! More info will be released in April, but potential offerings include:

- **Summer remediation**
- **SAT Prep Class**
- **College Essay assistance**
- **College Application Boot Camps**
- **other enrichment opportunities**

Email Mr. O'Hara with any questions or to indicate interest:

johara@mahwah.k12.nj.us