



Welcome to the High School Counseling Office Newsletter!

A Message from Our Director of School Counseling

Welcome back, North Plainfield!

It is my pleasure to welcome our students and families to the 2026–2027 school year. I am honored to join the North Plainfield community as your new Director of School Counseling and look forward to getting to know our students, families, and staff.

I am also excited to welcome Casey Nebus, SAC Counselor, and Melissa Sellier, High School Counselor, to our team. Lindsey Mulry will take on a new role as our College & Career Counselor, following her time as a middle school counselor. I am equally grateful for our returning counselors and staff who continue to provide dedicated support to our students.

Together, our counseling team is committed to creating a welcoming, supportive environment where every student feels valued and prepared for their future. Throughout the year, our newsletter will keep you informed about important dates, college and career opportunities, scholarships, wellness resources, and upcoming events.

We are also introducing our new Drop & Rotate schedule, which is included in this newsletter for easy reference. Be sure to check your student's assigned counselor and office location listed on the side.

I look forward to a wonderful year and to working together to help every student learn, grow, plan, and achieve!

Warm regards,
Mr. Dustin Bayer
Director of School Counseling

2027 High School Counselor Assignments

Melissa Sellier

9th A-D | 10th -12th A-C
High School Library

Kathleen Mathews

9th E-L | 10th -12th D-K
High School Library

Caitlyn Crespo

9th M-Q | 10th -12th L-P
High School Library

Michelle Fallucca

9th R-Z | 10th -12th Q-Z
High School Library

Kaitlyn Gregory

ML Counselor
9th -12th A-Z
High School Library

Casey Nebus

Student Assistance Counselor
High School Library

Lindsey Mulry

College & Career Counselor
High School Library



SCAN ME!

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

Important Reminders

Parents/Guardians, please log in to your Genesis Parent Portal and ensure that all required forms for the 2026–2027 school year have been completed and submitted. Thank you!

FULL DAY SCHEDULE

Time	A	B	C	D	Duration
7:55 - 8:55 AM	Class 1	Class 4	Class 3	Class 2	60 Minutes
8:58 - 9:54 AM	Class 2	Class 1	Class 4	Class 3	56 Minutes
9:57 - 10:53 AM*	Class 3	Class 2	Class 1	Class 4	56 Minutes
DROP	Class 4	Class 3	Class 2	Class 1	
10:57 - 11:53 AM	UNIT LUNCH				56 Minutes
11:56 - 12:52 PM	Class 5	Class 8	Class 7	Class 6	56 Minutes
12:55 - 1:51 PM	Class 6	Class 5	Class 8	Class 7	56 Minutes
1:54 - 2:50 PM	Class 7	Class 6	Class 5	Class 8	56 Minutes
DROP	Class 8	Class 7	Class 6	Class 5	

[CLICK HERE](#) for more information regarding the new Drop & Rotate schedule!

Schedule Adjustment Consideration Form

Please take a moment to carefully review your current course schedule in Genesis before completing this form.

Have a question or need a schedule adjustment? Click the link below to submit a request to your counselor.

Important Reminder: The last day to drop a class is September 11

[CLICK HERE](#)

SAT Suite Dates and Deadlines



Below is the list of test dates and registration deadlines:

Sept. 12th (Registration Deadline: Aug. 28, 2026)

Oct. 3rd (Registration Deadline: Sept. 18, 2026)

Nov. 7th (Registration Deadline: Oct. 23, 2026)

Dec. 5th (Registration Deadline: Nov. 20, 2026)

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

[CLICK HERE](#)

ICYMI:
(In case you missed it)

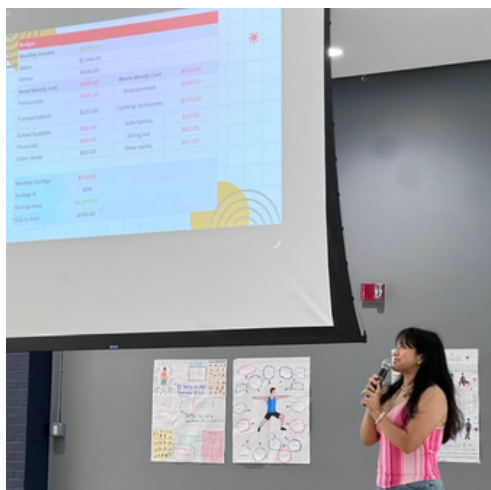
From the

College & Career Counselor

Kean University – Project Adelante
7/6/26–7/30/26

This July, NPHS multilingual students participated in Kean University's Project Adelante, an intensive program focused on strengthening English, math, college and career readiness, and life skills.

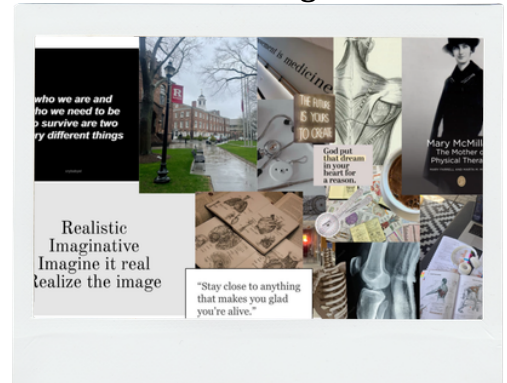
This year's theme, "Leveling Up," encouraged students to raise the bar in academics, financial literacy, college applications, and personal wellness. The program concluded with a meaningful final day of presentations, where students shared their experiences and insights with peers from high schools across New Jersey.



College & Career Readiness Camp 8/3/26-8/4/26

On August 3rd and 4th, students in grades 8–12 participated in our annual College & Career Readiness Camp.

- Participants explored 14 distinct career clusters through interactive activities and games.
- All participants completed the Holland Interest Inventory to match their personal strengths with potential career paths and analyzed their career matches, investigating job descriptions, average salaries, educational requirements, and future job outlooks.
- Each student explored Naviance and learned how to use Naviance to research colleges and majors.
- Students concluded the camp by creating vision boards to map out their long- and short-term goals.



Summer College Application Bootcamp 8/10/26-8/12/26

The Seventh Annual Summer College Application Bootcamp, held from August 10th to 12th, kicked off with great success.

- On Monday, August 10th, the program kicked off with students participating in breakout sessions to begin their college applications.
- A major highlight of the day was a panel featuring four Class of 2026 alumni: Mackenzie McDuffie (Seton Hall University), Valerie Guerrero (Rutgers University-Newark / Honors Living Community), Jordan More (Temple University-Japan), and Lucas Vieira (Montclair State University).
- These alumni shared firsthand application experiences and offered valuable advice to the classes of 2027 and 2028. Students also viewed video messages from Northeastern University, Mohamed Hamroush (valedictorian), and Rutgers University student Mark Fultz, who are already taking summer classes at their respective campuses.



Summer College Application Bootcamp

8/10/26-8/12/26

On Tuesday, the focus shifted to an Essay Writing Workshop featuring Jessica Rouda, an admissions representative from Rutgers University-Newark.

- Ms. Rouda provided an insider's look into essay writing, acceptable AI usage, and her personal experience evaluating student essays.
- Following her presentation, 12th-grade English teachers and school counselors worked individually with students to start, review, and finalize their drafts.

To wrap up the bootcamp on Wednesday, August 12th, students attended specialized presentations on scholarships and financial aid (led by Mrs. Reyes and Ms. Crespo), interview skills (with Capt. Wright), and supplemental essays (guided by Ms. Kantilierakis and Ms. Iannacone).

The event concluded with a comprehensive college admission representative panel.



Upcoming Events

Save the date!

FAFSA

Opening October 1, 2026



10/19 Financial Aid
Information Session - English



11/2 Financial Aid
Information Session - Spanish



11/16 FAFSA Completion Night -
English and Spanish



Don't Miss Out on Money for College



Students planning to attend college this fall can access free resources from the New Jersey Higher Education Student Assistance Authority (HESAA) to help navigate the financial aid process. In addition to [FAFSA webinars](#), HESAA offers a video outlining important next steps after submitting the FAFSA to ensure eligibility for State financial aid.

[Next Steps After Completing
The FAFSA](#)

Upcoming Events

Save the date!

September

➤ Senior Parents College Information Session

Tuesday September 22nd at 6pm -
English and Spanish presentations

➤ College application workshops in 12th grade classes

12th grade post high school planning -
individual counselor meetings (parents
are invited)

College rep visits begin week of
September 22nd

College Rep Information Sessions

Merrimack College

9/21/2026 at 10:57 AM

East Stroudsburg University of Pennsylvania

9/24/2026 at 8:00 AM

Iona University

9/28/2026 at 10:57 AM

Kean University

9/30/2026 at 8:58 AM

University of New Haven

9/30/2026 at 10:57 AM

October

➤ COLLEGE FAIR

Date: October 6th

Time: 1:00 - 4:00pm

11th and 12th grade students
invited during the school day,
parents may attend after school

College Rep Information Sessions

Adelphi University

10/13/2026 at 10:57 AM

Manhattan University

10/14/2026 at 10:57 AM

Rutgers University - New Brunswick

10/15/2026 at 8:00 AM

Eastern Connecticut State University

10/15/2026 at 10:57 AM

Rider University

10/22/2026 at 8:00 AM

Fairleigh Dickinson University-Florham Campus

10/28/2026 at 8:58 AM

Susquehanna University

10/29/2026 at 8:00 AM

November - December

➤ Instant Decision Days

Central Jersey HBCU Fair at RVCC -

Date: November 20th

College Rep Information Sessions

Mercy University

11/11/2026 at 10:57 AM



North Plainfield Fall Festival

Duration: Saturday, September 26, 2026, from 11:00 a.m. to 4:00 p.m.

34 Wilson Ave., North Plainfield, NJ

Rain or Shine!

Details: Please join us for the North Plainfield Fall Festival, featuring food vendors, community groups, inflatables, entertainment, a Color Run, and the Car Nutz Car Show from **9:00 a.m. to 2:00 p.m.** Proceeds from the Car Show benefit the North Plainfield Education Foundation.

The North Plainfield High School Counseling Office will have a table at the festival! Stop by, say hello, and visit us while enjoying all the fun and activities. We look forward to seeing our students, families, and community members there!

[CLICK HERE TO VIEW FLYER](#)

Open House & College Tours - 2026-27

Check out upcoming college open houses and campus tour dates to explore schools, meet admissions teams, learn about programs, and get a feel for campus life. Whether you're just beginning your college search or narrowing down your options, visiting a campus is a great way to see if a school is the right fit for you.

Click on the link below to view a list of upcoming dates and start planning your visits!

[CLICK HERE TO VIEW OPEN HOUSE
& COLLEGE TOURS](#)

Kean University-Project Adelante

Duration: FALL SESSION, Saturdays September 19, 2026 – December 5, 2026, from 8:30 a.m. to 12:30 p.m.

Please view the flyer linked below for information on registration and scheduling.

Details: Project Adelante at Kean University is a free summer enrichment program for students in grades 9–12. Designed to support Latino students and English language learners, the program helps participants strengthen their English language, literacy, and academic skills while preparing for high school success and future college opportunities. Students are encouraged to take advantage of this valuable opportunity to build confidence, develop new skills, and stay on track for graduation and higher education. Register today to secure your spot!

[CLICK HERE TO VIEW PERMISSION SLIP](#)





Mental Health & Wellness



September



A new school year is a fresh start! As you settle into your routine, remember to take care of your mental health, too. Prioritize sleep, stay organized, make time for activities you enjoy, and don't be afraid to ask for help when you need it. **You don't have to navigate the school year alone—your counselors are here to support you!**

September Reminder

Your mental health matters. The transition back to school can bring excitement, stress, or a little bit of both. Give yourself time to adjust, take breaks when needed, and connect with people who support you. If you're feeling overwhelmed, reach out to a trusted adult or your school counselor.



Back-to-School Tip



Stay organized: Keep track of assignments, deadlines, and important dates.



Create a routine: Set consistent times for homework, sleep, meals, and activities.



Prioritize sleep: Aim for a healthy sleep schedule so you can feel rested and focused.



Take care of your body: Eat regularly, stay hydrated, and make time for movement.



Take breaks from screens: Give yourself time away from social media and your phone.



Set small goals: Focus on progress rather than trying to do everything perfectly.

A circular illustration showing a female teacher with short grey hair sitting at a wooden desk. She is wearing a pink sweater and is looking at a large open book. A young student with dark hair, wearing a red shirt, is sitting next to her, also looking at the book. The teacher has her hand on the student's shoulder, suggesting a supportive and collaborative learning environment.

Remember: You don't have to have everything figured out on the first day. Give yourself grace, take it one day at a time, and make this year your own!