

Senior Parent Night



School Counseling Department

September 22, 2026



Agenda



01 *Roles & Responsibilities*

02 *Planning*

03 *Applying*

04 *Deciding*



Communication

MAHWAH HIGH SCHOOL

M

THIS
WEEK IN

School
Counseling

22
SEPT

COLLEGE REP VISITS
BEGIN!

22
SEPT

SENIOR PARENT NIGHT
7PM IN MHS AUDITORIUM

LAST WEEK:



Counselors visited all Senior English
classes to review:

• Linking Common App and SCOIR

• College applications

• Transcript requests - Blue Sheet
Process

(See your Counselor if you were absent)

ISSUE #1

September 2026

MAHWAH
SCHOOL COUNSELING

School Counseling Newsletter



Welcome Back!

Dear Students and Families,

Welcome to the 2026-27 school year! We know the beginning of any year brings with it different emotions - a combination of excitement and anticipation for the year ahead. Hopefully this newsletter will be a concise way to learn more about activities that are offered by the School Counseling Office and opportunities available to students.

We will continue to proactively communicate with families through this newsletter, as well as parent presentations throughout the year. Our goal is to help all families navigate the high school years by connecting with you each step of the way.

By now, we hope students have settled into their classes and are excited about the opportunities in front of them. There will be several important events in the month of September to make note of including:

• Back To School Night - Thursday Sept. 17th @ 7pm

• 12th Grade Parent Night - Tuesday Sept. 22nd @ 7pm

• Club Fair for Students - Thursday Sept. 24th @ Lunch

Please stop by the School Counseling table at Back to School Night tomorrow night to say hello and receive more information about our programs. We wish you and your families all the best this school year!

Jim O'Hara

Director of School Counseling, K-12

Inside:

• Page 2 - Important Updates

• Page 3 - College Rep Visits

• Page 4 - Practice PSAT

• Page 5 - Meet the School Counselors

You can always access more info below:

School Counseling Website

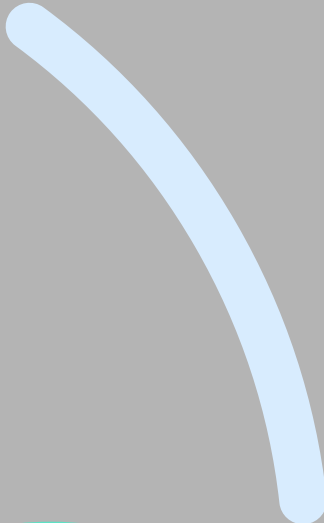
Agenda



01 *Roles & Responsibilities*



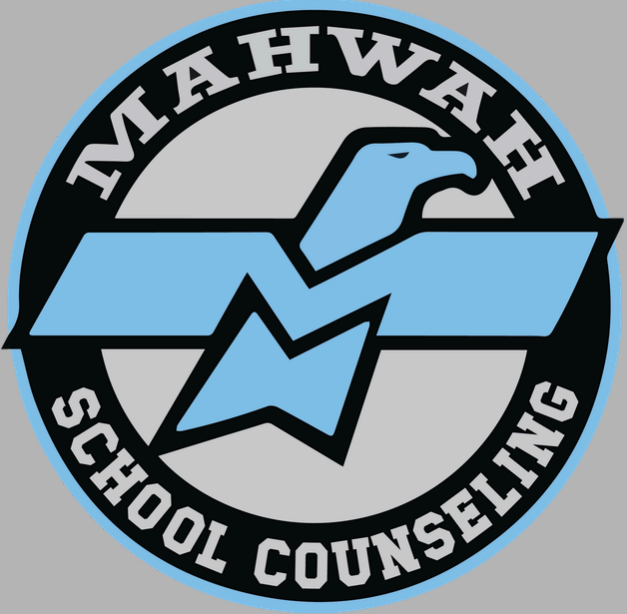
Student



Family



School



Self-Discovery





-
- *As a family, what do you want to get out this process?*
 - *What will a successful process look like for you?*
 - *What lessons and values do we want students to learn through this process?*
-

Agenda



01 *Roles &
Responsibilities*

02 *Planning*



An aerial photograph of a campus featuring a large white rectangular text box in the center. The background shows a mix of green and autumn-colored trees, a parking lot with several cars, and a road. In the distance, there are hills under a blue sky with scattered white clouds. A small black square with a white arrow pointing down and to the left is located in the top right corner of the image.

Where We Are Now

*No matter your plans, it is important to have
OPTIONS!*

Apply broadly.



Options

POST GRADUATION PLANS

	2026	2025	2024
Total Seniors	223	205	226
4 Year Colleges	83%	83%	82%
2 Year Colleges	10%	10%	7%
Career Education/Postgrad	2%	3%	4%
Other (Employment, Military, etc.)	4%	4%	7%

POSTSECONDARY INSTITUTIONS - CLASS OF 2026



The Seniors in the MHS Class of 2026 are attending 90 different colleges and universities in 27 states across the country.

Bard College	Drexel University	Kean University	Penn State University	Southern Methodist	The Ohio State University	University of Scranton
Bergen Community College	East Carolina University	Loyola University Maryland	Pratt Institute	St. Bonaventure University	University of Alabama	University of South Carolina
Binghamton University	Endicott College	Lycoming College	Quinnipiac University	St. John's University (NY)	University of Colorado (Boulder)	University of South Florida
Boston University	Fairfield University	Lynn University	Ramapo College of New Jersey	St. Thomas Aquinas College	University of Connecticut	University of Tampa
Brandeis University	Fairleigh Dickinson University	Marist University	Rensselaer Polytechnic	Stevens Institute of Technology	University of Delaware	University of Tennessee
Brigham Young University	Fordham University	Middlebury College	Rochester Institute of Technology	Stony Brook University	University of Florida	University of Washington
William Paterson University	George Washington	Montclair State University	Rowan University	SUNY Fashion Institute of	University of Maryland	University of Wisconsin
Centenary University	Georgia Tech	NJ Institute of Technology	Rutgers University	SUNY Purchase College	University of Massachusetts	Villanova University
Clemson University	Hamilton College	New York Institute of Technology	Sacred Heart University	SUNY Rockland Community	University of Miami	Virginia Tech
Colby College	High Point University	New York University	Saint Michael's College	Susquehanna University	University of Michigan	Wilkes University
College of Charleston	Iowa State University	Northeastern University	San Diego State University	Syracuse University	University of Mississippi	
College of the Holy Cross	Ithaca College	Pace University (New York City)	Savannah College of Art and Design	Temple University	University of New Haven	
Columbia University	James Madison University	Palm Beach Atlantic University	Seton Hall University	The College of New Jersey	University of Rhode Island	

How to Build a Balanced List

College type

- 4 year, 2 year, career education
- In State, Out of State, Public, Private
- COST! In state, tuition match, free app weeks
- Size, location, major

Balance of Competitiveness

- Likely, target, reach
- Do your research - SCOIR, Common Data Sets
- Understand nuance

Deadline Type

- Early Action, Early Decision, Rolling, Regular Decision
- Pay attention to deadlines and response dates
- Give yourself options

College Deadline Types



- Early Action -
due Nov. 1st or 15th typically - receive
a response by end of Jan.
- Early Decision -
Due NOV. 1st or 15th typically -
RESPONSE BY Dec. 15th - but
binding!
- Rolling -
First come, first serve
- Regular Decision -
Due JAN. 1, RESPONSE AS LATE AS
EARLY APRIL



Mahwah High School - Application Tracker

	College	EA / ED / EDII / RD / Rolling	Deadline Date	Notes

GPA _____

ACT/SAT _____

Teacher Recommenders: _____



Academic

- Rigor
- GPA
- Standardized test scores*
- Application Essay
- Recommendations - Counselor & Teacher

Non-Academic

- Interview*
- Extracurricular activities
- Talent/ability
- Character/personal qualities
- First generation
- Alumni relation
- State residency*
- Volunteer work
- Work experience
- Level of applicant's interest*

Common Data Set

C. FIRST-TIME, FIRST-YEAR ADMISSION

C7 Relative importance of each of the following academic and nonacademic factors in your first-time, first-year, degree-seeking general (not including programs with specific criteria) admissions decisions.

Academic	Very Important	Important	Considered	Not Considered
Rigor of secondary school record	x			
Class rank	x			
Academic GPA	x			
Standardized test scores			x	
Application Essay		x		
Recommendation(s)		x		
Nonacademic	Very Important	Important	Considered	Not Considered
Interview				x
Extracurricular activities		x		
Talent/ability		x		
Character/personal qualities	x			
First generation			x	
Alumni/ae relation				x
Geographical residence			x	
State residency	x			
Religious affiliation/commitment				x
Volunteer work			x	
Work experience			x	
Level of applicant's interest				x

Please provide additional information if the importance of any specific academic or nonacademic factors differ by academic program.

Common Data Set

Relative importance of each of the following academic and nonacademic factors in your first-time, first-year, degree-seeking general (not including programs with specific criteria) admissions decisions.

Academic	Very Important	Important	Considered	Not Considered
Rigor of secondary school	X			
Class rank			X	
Academic GPA	X			
Standardized test scores				X
Application Essay	X			
Recommendation(s)	X			
Nonacademic	Very Important	Important	Considered	Not Considered
Interview				X
Extracurricular activities		X		
Talent/ability		X		
Character/personal qualities			X	
First generation			X	
Alumni/ae relation		X		
Geographical residence			X	
State residency			X	
Religious affiliation/commitment				X
Volunteer work		X		
Work experience		X		
Level of applicant's interest		X		

Mahwah High School

50 Ridge Road
Mahwah, NJ 07430
Phone: 201-762-2300
Fax: 201-512-0949



Student Transcript

CEEB Code: 310-742
Accredited: NJ State Department of Education

Sample, Sally

Student ID: 3522545

NJSID: 738750888888

42 Holiday Court
Mahwah NJ 07430

Counselor: XXXXXXXXXX

Graduation Date:

Cumulative Weighted GPA: 101.370

Cumulative Credits: 128.50

Parent/Guardian:

Sal & Samantha Sample

DOB: 04/19/06 Gender: F

District Entry Date: 09/07/2011

Course	Grade	Credits	Course	Grade	Credits	Course	Grade	Credits
Mahwah High School	Grade: 2020		Mahwah High School	Grade: 09 2021		Mahwah High School	Grade: 10 2022	
Algebra 1 (Opt. 2)	94	5.00	Freshman Advisory			Business & Personal Law	97	2.50
Credits Attempted: 5.00	Earned: 5.00		1:45-2:15: Lunch=Cafe	P	1.00	Chemistry CPE	93	6.00
Unweighted Average: 0.00			TUESDAY 2			Hnrs. Algebra 2	94	5.00
			Biology CPE	96	6.00	Hnrs. English 10	96	5.00
			English 9 CPE	92	5.00	Hnrs. Spanish 3	92	5.00
			Geometry CPE	97	5.00	Hnrs. US Hist 1	94	5.00
			Hnrs. Spanish 2	91	5.00	Intr Wood & Furn Design	99	5.00
			Hnrs. World Hist.	96	5.00	Marketing & Advertising	97	2.50
			PE / Health 9	100	4.00	PE (Opt.2) MP3 LD3	P	1.00
			Social Media in Business	99	2.50	PE / Dr. Ed.10	100	3.00
			Sports and Entertainment Management	97	2.50	Credits Attempted: 40.00	Earned: 40.00	
			Visual Arts	97	5.00	Unweighted Average: 95.33		
			Credits Attempted: 41.00	Earned: 41.00				
			Unweighted Average: 95.78					

Course	Grade	Credits	Course	Grade	Credits
Mahwah High School	Grade: 11 2023		Mahwah High School	Grade: 12 2024	
AP Eng Lang/Comp	96	5.00	AP Calculus BC		0.00
AP Statistics	95	5.00	AP Eng. Lit/Comp		0.00
AP US History	95	5.00	AP Govt. & Politics		0.00
Financial Literacy	95	2.50	AP Psychology		0.00
Hnrs. Physics	91	6.00	Biotech Engineering		0.00
Hnrs. Pre-Calc	95	5.00	Forensic Science		0.00
Hnrs. Spanish 4	93	5.00	Hnrs. Spanish 5		0.00
Journalism: A Study in Print Media	95	2.50	PE/Health 12		0.00
PE/Health 11	100	4.00	Credits Attempted: 38.00	Earned: 0.00	
Peer Leaders ALL LEADERS!	P	2.50	Unweighted Average: 0.00		
Credits Attempted: 42.50	Earned: 42.50				
Unweighted Average: 94.79					

Grades Legend

Marking System: Numerical- Passing Grade 65
P or P-m = Pass
F = Failing
AUD- Audit
N- No Credit Due To Attendance

AW- Admin Withdraw
W- Withdraw
WP- Withdraw Pass
WF- Withdraw Fail
WA-Withdraw Attendance

Sally has earned a Career Pathway endorsement in Government and Social Sciences. To earn this endorsement, Sally completed an academic concentration of study, participated in a co-curricular application of skills and engaged in a community-based learning experience. Info at: <https://www.mahwah.k12.nj.us/site/Default.aspx?PageID=1309>

Official Signature: _____

Date Printed: 10/04/2023

Transcript is unofficial unless signed & sealed by a school official

School Counseling Support



So far...

- Junior Conferences
- Summer Application Boot Camps
- English Class - Application Workshops
- Monthly Newsletter
- Daily Availability
- Senior-Counselor Graduation Check-in meetings
- College Rep Visits
- PSAT DAY! Oct. 21st - 9am to 11am
Application Workshop with
Counselors/English Teachers



College Rep Visits in September:

Date	Time	Colleges
Tue Sep 22nd, 2026	08:39AM - 09:34AM	University of Vermont
Tue Sep 22nd, 2026	09:38AM - 10:38AM	University of Rochester
Wed Sep 23rd, 2026	08:39AM - 09:34AM	James Madison University
Wed Sep 23rd, 2026	09:38AM - 10:36AM	Virginia Tech
Wed Sep 23rd, 2026	12:23PM - 01:18PM	Arcadia University
Wed Sep 23rd, 2026	01:23PM - 02:17PM	Seton Hall University
Thu Sep 24th, 2026	08:39AM - 09:34AM	Lynn University
Thu Sep 24th, 2026	09:38AM - 10:36AM	Stony Brook University
Thu Sep 24th, 2026	12:23PM - 01:18PM	University of Alabama
Thu Sep 24th, 2026	01:22PM - 02:17PM	University of Maine
Fri Sep 25th, 2026	08:39AM - 09:34AM	Lafayette College
Fri Sep 25th, 2026	09:38AM - 10:36AM	Union College
Fri Sep 25th, 2026	12:23PM - 01:18PM	Quinnipiac University
Fri Sep 25th, 2026	01:23PM - 02:17PM	Savannah College of Art and Design
Mon Sep 28th, 2026	08:39AM - 09:34AM	Michigan State University
Mon Sep 28th, 2026	09:38AM - 10:36AM	Rollins College
Tue Sep 29th, 2026	08:39AM - 09:34AM	Fairfield University
Tue Sep 29th, 2026	09:38AM - 10:36AM	Merrimack College
Tue Sep 29th, 2026	12:23PM - 01:18PM	Gettysburg College
Wed Sep 30th, 2026	08:39AM - 09:34AM	SUNY Oneonta
Wed Sep 30th, 2026	09:38AM - 10:36AM	Worcester Polytechnic Institute
Wed Sep 30th, 2026	12:23PM - 01:18PM	Mercy University
Wed Sep 30th, 2026	01:22PM - 02:17PM	New Jersey Institute of Technology

11th and 12th Graders - sign up in SCQR!

Agenda



01 *Roles & Responsibilities*

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03 *Applying*



How to Apply

1. Student Submits Application to College

2. Student submits BLUE SHEET to Counselor

3. MHS Sends required documents to colleges



- Either via Common App or the college's own online application, the process is started once a student completes and submits their application.
- Once the student ensures that their college is on their SCOIR account under APPLIED and student submits BLUE SHEET, Mahwah High School will then compile the required documents to submit to each college.
- Once the student application and school documents are submitted, students will need to CHECK INDIVIDUAL PORTALS for each college applied to in order to monitor status



**MHS School Counseling needs 2 WEEKS notice to process documents!*

*Go through your list and sort by deadline:
Nov. 1st Deadline? You must submit by Friday October 16th*



College Application Blue Sheet

(*this form must be submitted for every college application submitted by the student)

Blue Sheets due to Counselor 2 weeks prior to college deadline for processing (i.e.):	
College Deadline	Blue Sheet Deadline
Oct. 15th	Thurs, Oct. 1st
Nov. 1st	Friday Oct. 16th
Nov. 15th	Friday Oct. 30th
Jan. 1st	Weds. Dec. 9th

Student _____ Date _____

Common App Email Address _____

College Name _____

College Address _____

Type of Application	Deadline Date	ED Agreement Attached
☐ Early Decision		☐
☐ Early Action		
☐ Regular Decision		
☐ Rolling		
☐ Priority		

How Did You Apply? Check one:

- ☐ Common App (be sure that you completed the FERPA Release)
- ☐ College's Online Application
- ☐ Other _____

Whom have you asked to write your teacher recommendations? (We will send in order of preference should a college only accept one)

1. _____ 2. _____

Student is responsible for sending official test scores via College Board (SAT) or ACT website.
Did you send scores to this college? Yes _____ No _____

Student Signature _____ Date _____

Office use only: Counselor Initials: Date:

College Application Checklist

- ☐ Add colleges to your **SCOIR** and complete your **Junior Questionnaire**

Username: _____

Password: _____

- ☐ Setup an account on the **Common Application**: <https://www.commonapp.org/>

Username: _____

Password: _____

- ☐ Add colleges to your Common Application. Select your preferred admission plan. Ensure this is accurate so your counselor can send your documents.

- ☐ Find your deadlines on the Common Application. Earliest deadline is: _____

- ☐ Notify your teachers who will write your letters of recommendation of your earliest deadline.

- ☐ Complete your Common Application by receiving green checks under each section. Then move to the college specific questions to submit your entire application. You will be able to check your application through a pdf at this point, save it for your records.

- ☐ Check which schools require score reports. Request **OFFICIAL** SAT and/or ACT scores to be sent to your colleges directly from the testing agencies (<http://sat.collegeboard.org/> and <http://actstudent.org>)



***Student** submits directly to college: application, application fee, essay, official score reports (if applicable), miscellaneous required components (i.e. portfolio, audition, activity sheet and/or student resume, etc.)

***School Counseling** will submit directly to college: school reports, official transcript, counselor recommendation, teacher recommendations, school profile.

APPLY

 [My Common Application](#)

 [My colleges](#)

EXPLORE

 [College search](#)

 [Direct admissions](#)

 [Financial aid](#)

 [Settings](#)

 [Sign out](#)



Jim O'Hara
CAID 47278266



Good morning, Jim!

Dashboard

^ My Common Application

0/6 sections complete



 [Profile](#)

 [Family](#)

 [Education](#)

 [Testing](#)

 [Activities](#)

 [Writing](#)

^ My colleges

5 colleges on my list



Agenda



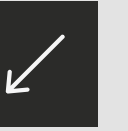
01 *Roles & Responsibilities*

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Making a good decision for your future...

- Trust the Process
- Accept, Reject, Deferral, Waitlist
- Financial Aid Packages
- Admit to programs/alternate campuses
- May 1st - Candidate Reply Date

Financial Aid Night

Monday October 19th at 7pm

Bob Traitz, CFP, American Education
Funding, LLC - Guest Presenter





Thank you for attending