



School Counseling Newsletter



Financial Aid Night, October 19, 2026

Dear Students and Families,

It has been a busy and exciting month of October! Inside this issue, we recap some recent presentations and also include some reminders about upcoming deadlines.

October is also the perfect time to check in with students as our Progress Reports were recently posted. Monitoring academic progress is important and it is also a good time to check in on attendance. Attending school consistently is an important first step to success both academically and socially. We hope students are fully immersed in their classes and activities at this point, but it is also important to build in moments to pause and reflect. Please reinforce self-advocacy as well by encouraging students to seek extra help, or to see their teachers/counselors with any questions.

Please be sure to see page 4 for some exciting upcoming events, like our **"Hidden in Plain Sight"** Program at the Mahwah Senior Center on Tuesday October 27th. Also, tonight is our annual **OPEN HOUSE** program at 7pm. If you have any friends, neighbors, or middle school aged children - please encourage them to attend to learn about all the great opportunities at Mahwah High School!

Sincerely,

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

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*You can always
access more info
below:*

[School Counseling
Website](#)



The Week of Respect is observed annually in New Jersey during the week beginning with the first Monday in October.

On October 5th, all students heard from guest speaker Erin Pompa for an inspirational and uplifting assembly. The topic was “Shifting Negative Thoughts & Awakening Your Warrior Spirit” that encouraged students to face their challenges head-on.

Through the simple PAG framework (a perspective shift through acceptance and gratitude), Erin discussed real tools for navigating tough times, changing negative self-talk, and living with gratitude and acceptance. The goal was to inspire personal growth and a mindset that faces challenges with confidence. You can learn more at <https://www.erinpompa.com/>.



REVOLUTION PREP

Free Practice Tests with Revolution Prep!

We have several upcoming practice tests available to students - taken fully online from home through Revolution Prep!

See attached flyer from REVOLUTION PREP and the link to register [HERE](#).



Dual Enrollment Deadlines

Did you know that MHS offers 34 courses that qualify for MHS and college credit from seven colleges/universities. Last year, 121 students earned college credits in 184 classes.

Please visit the Mahwah High School website at [Dual Enrollment](#) for more information. Students enrolled in these classes should speak to their teacher or Mr. O'Hara, most registration deadlines are in October!

PARENT PRESENTATIONS:



9TH GRADE PARENT NIGHT OCTOBER 13TH

The School Counseling Dept. hosted an informative presentation for 9th grade parents about the transition to high school. The presentation is posted on our [website](#).

FINANCIAL AID NIGHT OCTOBER 19TH

The School Counseling Dept. welcomed back Bob Traitz, Certified Financial Planner, for a comprehensive presentation for families in all four grade levels. We offer this each year to families and encourage everyone to start planning early. For more information about the presentation or for Mr. Traitz's contact info, please reach out to your Counselor or Mr. O'Hara.



AP Course Registration

At this point all students enrolled in AP Course should have completed the two steps below.

1. Students must register for their AP Classroom using the Join Code provided by teachers and login to myap.collegeboard.org.
2. All students must complete the [MHS AP Agreement](#) which is a Google Form that they received from their teacher. This confirms that students will sit for all AP Exams this May.

***After both items are complete, the \$99 fee per exam will be posted to Payschools**

STUDENT SUPPORT

FRESHMEN CHECK-IN MEETINGS:

Counselors will continue with our practice of connecting with all 9th graders for meetings over the coming weeks. The goal is to connect with students and proactively build a relationship as the 9th graders acclimate to high school.

SENIOR APPLICATION BLUE SHEETS:

Reminder - students need to complete one College Application Blue Sheet for each college they apply to - 2 weeks in advance of a college deadline. This allows us to manage all application materials AND it is to the student's advantage to have all materials in early. Keep up the good work and reach out with any questions!

Upcoming College Rep Visits:

Juniors and Seniors - College Rep Visits continue through November!

Log in to your [SCOIR Account](#) to register.

Drew University	10/22/2026	8:39:00 AM
Caldwell University	10/22/2026	9:38:00 AM
High Point University	10/22/2026	12:23:00 PM
Providence College	10/22/2026	1:22:00 PM
Fairleigh Dickinson Univ. (Metropolitan)	10/23/2026	9:38:00 AM
Dean College	10/23/2026	12:23:00 PM
Babson College	10/23/2026	1:22:00 PM
Stevens Institute of Technology	10/26/2026	8:39:00 AM
Rider University	10/26/2026	9:38:00 AM
Univ. of Massachusetts (Boston)	10/26/2026	12:23:00 PM
Post University	10/26/2026	1:22:00 PM
George Washington University	10/27	8:39:00 AM
Temple University	10/27/2026	9:38:00 AM
Fordham University	10/28/2026	8:39:00 AM
Hobart and William Smith	10/28/2026	12:23:00 PM
Stockton University	10/28/2026	1:22:00 PM
University of Minnesota	10/29/2026	8:39:00 AM
Muhlenberg College	10/29/2026	9:38:00 AM
Dominican University	10/29/2026	12:23:00 PM
Drexel University	10/29/2026	1:22:00 PM
Moravian University	10/30/2026	8:39:00 AM
Loyola University Maryland	10/30/2026	9:38:00 AM
Mount Saint Mary College	10/30/2026	12:23:00 PM
Rutgers University (Newark)	10/30/2026	1:22:00 PM



Important Dates and Events

- Weds. October 21st
 - PSAT Exam for all 10th and 11th graders
 - Open House for 6th, 7th, & 8th Grade Families - 7pm
- Tuesday Oct. 27th - Hidden in Plain Sight Program - 7pm Senior Center - see attached!
- Weds. Nov. 4th - First Marking Period Ends
- Thurs. Nov. 5th and Friday Nov. 6th - Schools Closed, NJEA Convention
- Sat. Nov. 14th - Practice SAT w/ Revolution Prep - online

Thank you for reading!

MAHWAH HIGH SCHOOL	201-762-2300
School Counseling Webpage	District Calendar 26-27



Take a Practice Exam. Know Exactly What to Work On.

Practice exams for Mahwah High School students in partnership with



More than a practice exam - and more than a static score.

Bluebook and ACT offersolid practiceexam options. A Revolution Prepractice examdoesmore by turningthe testing experience into an Improvement Diagnostic that shows where points are being lost, what may be contributing to missed questions, and where focused preparation can make the biggest difference.

1 • IMPROVEMENT DIAGNOSTIC

Practice with realistic timing, test-day conditions, and scoring before the official exam.

2 • SCORE REPORT+

Unlike a static score report, Score Report+ identifies your top 3 improvement areas and provides a clear action plan to gain points.

3 • CHALLENGE ZONE TRAINING™

For students interested in continued test prep, Revolution's tutoring targets the skills from Score Report+ in each student's optimal learning zone.

Choose an upcoming practice exam.

Register for the exams and dates that fit your testing plans. No cost to attend.

EXAM	DATE	TIME	FORMAT
SAT Practice Exam	Saturday, November 14, 2026	9:00 AM - 12:00 PM	Online
Digital ACT Practice Exam	Saturday, December 12, 2026	9:00 AM - 12:30 PM	Online

Boost your score before the official exam.

Meet Megan, your Revolution Prep liason & test expert

Get personalized recommendations in a free 30-minute score report review.

Megan Galvin

megan.galvin@revolutionprep.com

(734) 274-4192

[Schedule a review](#)

Register today

Scan the QR code or visit the partner page



www.revolutionprep.com/partners/mahwahhighschool/

Can't make these times? Self-proctor on your own schedule at revolutionprep.com/self-proctored-practice-tests

HIDDEN IN PLAIN SIGHT

Scan QR code to register



Join us for an eye-opening, interactive presentation that reveals how everyday items can be used to conceal risky behaviors. Learn the subtle warning signs, gain practical tools, and leave feeling more confident in protecting and supporting your child!

**Tuesday, October 27th, 2026
7:00 PM at the Senior Center
475 Corporate Drive, Mahwah, NJ 07430**

Scan QR code above to register