

# Cold Spring Harbor Jr. Sr. High School

## 8th Grade Parent Night

December 1, 2021

Presented by  
The Counseling Center





December 2021

Dear Parents and Guardians of 8<sup>th</sup> Grade students,

As we work together to plan for your child's high school years, please know the counselors are available to answer questions, provide support and offer guidance. Throughout high school, students are provided with many opportunities to engage in interesting coursework, to participate in a variety of activities, and to continue to identify personal skills and interests.

The school counselors are excited to spend these years getting to know each student, helping to guide them as they make choices about their courses and activities, and connecting with parents to work as partners in this process.

The school counseling program includes small group and individual meetings with students throughout their junior high and senior high school years, as well as classroom sessions where counselors deliver pertinent information to all students, and parent programs that help to connect home and school. Families will receive much information from the Counseling Center and we welcome questions and conversations.

We cannot accomplish our goal of ensuring that each student maximizes his or her potential without you as our partners in this shared endeavor. We look forward to working together.

Sincerely,

The Counseling Center

# **Contents**

**Counseling Center Staff**

**About Your School Counselor**

**8<sup>th</sup> Grade Calendar**

**8<sup>th</sup> Grade Small Group Meetings**

**Diploma Types and Requirements**

**8<sup>th</sup> Grade Courses on the HS Transcript**

**Regents Examination Calendar**

**GPA Calculation Sample**

**Honor Rolls and Honor Societies**

**Extracurricular Activities- Listing of CSH Clubs and Activities**

**Course Selection Process - Looking forward to 9<sup>th</sup> Grade**

**Naviance Student**

**Cold Spring Harbor High School Counseling  
Center  
(631) 367-6840**

**Mrs. Mona Hecht**  
Assistant Superintendent for Counseling, Student Services and Human  
Resources  
[mhecht@csh.k12.ny.us](mailto:mhecht@csh.k12.ny.us)

**Counselors**

**Ms. Laurie Conlon**  
Grades 9-12  
[lconlon@csh.k12.ny.us](mailto:lconlon@csh.k12.ny.us)

**Ms. Heather Friedland**  
Grades 9-12  
[hfriedland@csh.k12.ny.us](mailto:hfriedland@csh.k12.ny.us)

**Ms. Mary-Jo Hannity**  
Grades 9-12  
[mhannity@csh.k12.ny.us](mailto:mhannity@csh.k12.ny.us)

**Ms. Jennifer Pickering**  
Grades 7-8  
[jpickering@csh.k12.ny.us](mailto:jpickering@csh.k12.ny.us)

**Mr. Jonathan Woods**  
Grades 9-12  
[jwoods@csh.k12.ny.us](mailto:jwoods@csh.k12.ny.us)

**Office Assistants**

**Ms. Tracy Groeninger**  
**Ms. Donna Mezzapesa**

## About Your School Counselor

Our mission is to support each student's personal, social, academic and college/career development through a variety of guidance and counseling activities as well as a strong partnership between home and school.

Our objectives are to help students identify their interests and abilities; enhance productivity, dependability, self-expression and control; and foster decision-making and conflict-resolution skills so they can participate in a global society as engaged citizens.

### We keep *students* and their needs at the center of our work by:

- Helping with personal or academic problems that can affect student attitude and impede school performance
- Discussing social issues, such as peer pressure or changing relationships
- Introducing academic options and ways to improve study skills
- Recommending courses as well as in-school and out-of-school activities
- Furnishing information about academic and career plans
- Referring students and parents to other school staff and community resources
- Conducting classroom and small-group guidance sessions
- Recommending ways to manage stress
- Communicating with teachers, administrators and parents on behalf of students; reviewing progress reports and report cards
- Advocating for students seeking healthy ways to maximize their options
- Using our best judgment in support of each student
- Expressing our opinions with candor and honesty
- Ensuring that students are moving successfully towards high school graduation
- Treating student and parent concerns and records as confidential unless, in our judgment, a student's physical or emotional health is at risk
- Committing to work through differences of opinion



## 8<sup>th</sup> Grade Calendar 2021-2022

### September – June

- Academic monitoring via progress reports, quarterly report cards and teacher, student, and parent feedback
- Group and individual meetings with students
- Counselor participation at IST (Instructional Support Team) CSE (Committee on Special Education) and Section 504 meetings as appropriate
- TEAM Meetings

### October – November

- October 6: Quarter 1 progress reports available on Student and Parent Portals after 5pm
- November 15: Quarter 1 report cards available on Student and Parent Portals after 5pm
- 8<sup>th</sup> Graders meet with their counselor in small groups

### December

- December 1: 8<sup>th</sup> Grade Parent Night Program
- December 15: Quarter 2 progress reports available on Student and Parent Portals after 5pm
- December 22 is the last date to make a level change
- 8<sup>th</sup> Graders continue to meet with their counselor in small groups
- Posting of 2022-2023 Program of Study Guide on Counseling Center website

### January

- Academic programming in preparation for Grade 9 begins: each student meets with counselor individually after having discussed proposed program with family (continues through March – the master schedule is not built until all students are seen)
- January 24: Quarter 3 (spring semester) begins
- Annual CSE/504 meetings for classified students continue through June.  
\*\*\*If your child receives testing accommodations and you have not yet applied for test accommodations for the SAT, you will be asked to begin the process at the 9<sup>th</sup> Grade Annual Review.
- January 31: Quarter 2 report cards available on Student and Parent Portals after 5pm

### February

- February – Academic programming continues

### March

- March: Naviance Career Lesson, “Strengths Explorer”
- March 2: Quarter 3 progress reports available on Student and Parent Portals after 5pm

### April – May

- April 4: Quarter 3 report cards available on Student and Parent Portals after 5pm
- May: Transition to High School lesson
- May 11: Quarter 4 progress reports available on Student and Parent Portals after 5pm

### June

- June 13 and 14: Final Examinations
- June 15 – 24: Regents Examinations
- Summer School registration for those who fail courses or wish to improve grades

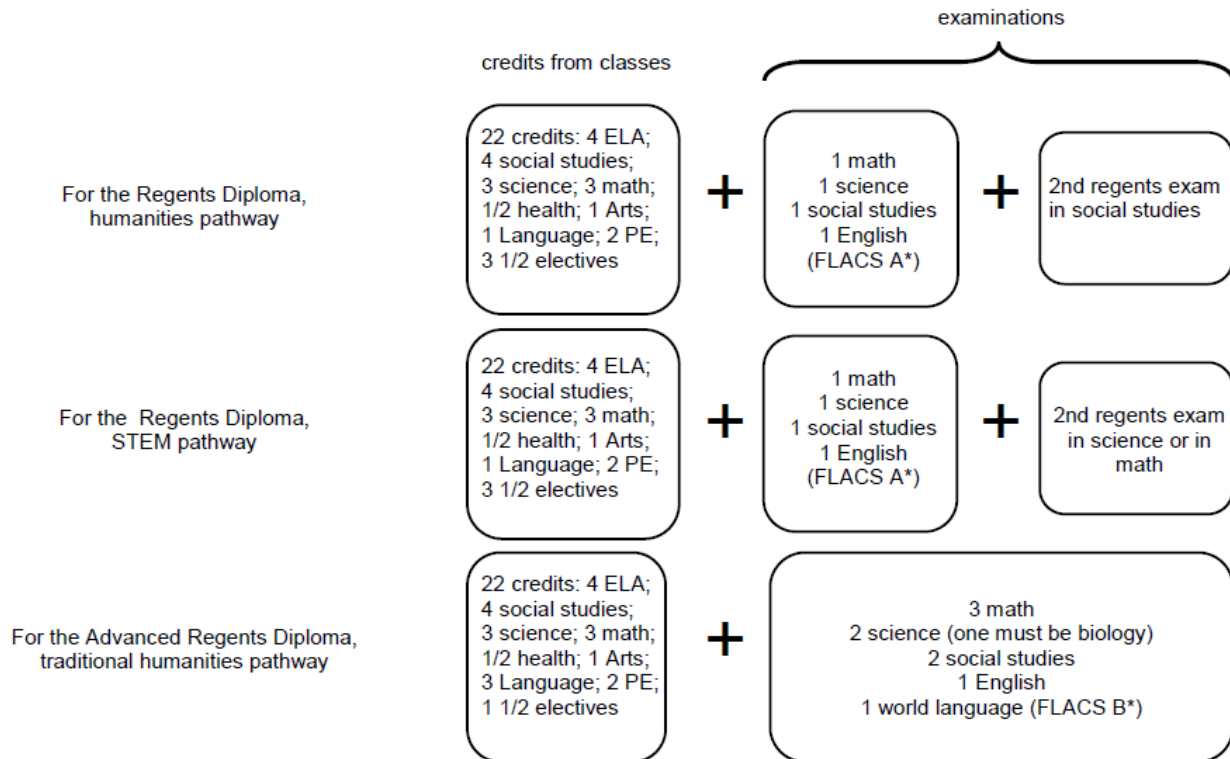
## **8<sup>th</sup> Grade Small Group Meeting Topics**

During the months of October through December, Ms. Pickering, school counselor for students in grades 7 and 8, will be meeting with all of her students in grade 8 to discuss a variety of topics.

These topics include:

- Understanding the high school transcript
- How the GPA (Grade Point Average) on the transcript is calculated
- 8<sup>th</sup> grade courses that appear on the high school transcript
- National Junior Honor Society requirements
- Check-in for stress management and strategies

# Diploma Types and Requirements



- Regents Diploma with exams averaging 90 or higher=  
Regents Diploma with Honors
- Advanced Regents Diploma with exams averaging 90 or higher (excluding FLACS B)=  
Advanced Regents Diploma with Honors
- Advanced Regents Diploma with 3 math exams, each 85 or higher=  
Advanced Regents Diploma with Mastery in math
- Advanced Regents Diploma with 3 science exams, each 85 or higher=  
Advanced Regents Diploma with Mastery in science

NOTE: There are a number of alternate pathways that meet graduation requirements. Students with disabilities who are exempt from the World Language requirements as indicated on the IEP may earn a regents diploma with or without advanced designation as long as they meet the required number of credits and exams to graduate. Please see your guidance counselor or the Special Education Chairperson for details. Information is also at this New York State Department of Education site:

<http://www.p12.nysed.gov/ciai/gradreq/Documents/CurrentDiplomaRequirements.pdf>

\*FLACS (Foreign Language Association of Chairpersons and Supervisors) A and B are comprehensive exams students take after completion of level I and level III language courses, typically at the end grade 8 and grade 10.



## Regents Examination Calendar

<b>Regents Examination</b>	<b>Usually taken*</b>
<b>Living Environment<sup>#</sup> or Earth Science</b>	<b>Grade 8 or 9</b>
<b>Algebra I<sup>#</sup></b>	<b>Grade 8 or 9</b>
<b>Global History &amp; Geography</b>	<b>Grade 10</b>
<b>Geometry</b>	<b>Grade 9 or 10</b>
<b>Algebra II</b>	<b>Grade 10 or 11</b>
<b>Chemistry</b>	<b>Grade 10 or 11</b>
<b>French or Spanish (FLACS exam)</b>	<b>Grade 10</b>
<b>Common Core English</b>	<b>Grade 11</b>
<b>US History &amp; Government</b>	<b>Grade 11</b>
<b>Physics</b>	<b>Grade 11 or 12</b>

\* Due to the individual nature of each student's program of study, Regents exams are not taken at the same time by all students. You can compare your student's schedule with the examination titles to discern which exams are to be taken this year.

<sup>#</sup> June 2021 Regents exams were canceled, with the exception of Algebra, Earth Science, Living Environment and English. Students who took one or more of the administered exams were given the option of reporting their score on their transcript or including an "E" for Exemption. These exams will not be needed to meet NYS diploma requirements.

### **Tentative Dates for the June 2022 Regents Examination period:**

Wednesday, June 1 (U.S. History and Government)

Tuesday, June 15 through Thursday, June 24

# Cold Spring Harbor High School Grading System

## GPA CALCULATION WORKSHEET (SAMPLE)

Method to calculate GPA and Weighted GPA:  
Take the total GPA or Weighted GPA points and divide that number by the total credits earned.

Course Name	Grade	School Year	Course Level	Credits Earned	Point Value	Weighted Point Value
BIOLOGY REGENTS ACCELERATED	A-	2016-2017		1	3.66	3.66
SPANISH 1	B+	2016-2017		1	3.33	3.33
ENGLISH 9	A	2017-2018		1	4	4
GLOBAL HISTORY I	A	2017-2018		1	4	4
SPANISH 2	B+	2017-2018		1	3.33	3.33
ALGEBRA I REGENTS	B+	2017-2018		1	3.33	3.33
EARTH SCIENCE REGENTS	B+	2017-2018		1	3.33	3.33
WIND ENSEMBLE	A	2017-2018		1	4	4
ENGLISH 10 H	B	2018-2019	Honors	1	3	3.3
AP EUROPEAN HISTORY	A-	2018-2019	Advanced Placement	1	3.66	4.03
HEALTH 10	A	2018-2019	Semester	0.5	2	2
INTRODUCTION TO DRAW & PAINT	A	2018-2019		1	4	4
SPANISH 3	A	2018-2019		1	4	4
GEOMETRY REGENTS	B	2018-2019		1	3	3
PSYCHOLOGY	A	2018-2019	Semester	0.5	2	2
CHEMISTRY REGENTS	B+	2018-2019		1	3.33	3.33
ADVANCED DRAW & PAINT -YR	A	2019-2020		1	4	4
AP ENGLISH LANG & COMP	A-	2019-2020	Advanced Placement	1	3.66	4.03
SPANISH 4	A-	2019-2020		1	3.66	3.66
ALGEBRA II REGENTS H	C+	2019-2020	Honors	1	2.33	2.56
PSYCHOLOGY AP	B+	2019-2020	Advanced Placement	1	3.33	3.66
REGENTS PHYSICS	A	2019-2020		1	4	4
AP US HISTORY	A-	2019-2020	Advanced Placement	1	3.66	4.03

**MARKING SYSTEM:**  
Marks for all subjects, except pass/fail courses are used in computing a student's cumulative grade point average at the end of the 11th grade or in the event that a student repeats a course, only the higher grade is used in calculating the student's average. All Honors and Advanced Placement courses are weighted by multiplying the letter grade equivalent by a 1.1 factor. Accelerated courses are not weighted.

Letter Grade	Numerical Equivalent	Point Value	Weighted Point Value
A	93-100	4	4.40
A-	90-92	3.66	4.03
B+	87-89	3.33	3.66
B	83-86	3	3.30
B-	80-82	2.66	2.93
C+	77-79	2.33	2.56
C	73-76	2	2.20
C-	70-72	1.66	1.83
D+	67-69	1.33	1.46
D	65-66	1	1.10
F	Below 65	0	0.00

Only Honors and Advanced Placement classes are weighted

Total Credits Earned	Sum of Points	Sum of Weighted Points
22	78.61	80.58

GPA Calculation	WGPA Calculation
$78.61 \div 22 = 3.57$	$80.58 \div 22 = 3.66$

GPA	WGPA
3.57	3.66

8<sup>th</sup> Grade Courses that will appear on the High School Transcript:

- Algebra 1 Regents Accelerated
- Biology Regents Accelerated
- Spanish or French 1B

## GRADUATION WORKSHEET

<u>Course:</u>	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
English (4)					
Social Studies (4)					
Math (3)					
Science (3)					
Health (.5)					
The Arts (1)					
World Language (1 or 3)*					
<u>Core Credits (16.5 - 18.5)</u>					
Physical Education (2)					
Elective Courses (Variable)					
<u>TOTAL REQUIRED - MINIMUM (22)</u>					

**REGENTS DIPLOMA EXAMS  
REQUIRED (5):**

English: \_\_\_\_\_  
 Algebra I: \_\_\_\_\_  
 Social Studies: \_\_\_\_\_  
 Science: \_\_\_\_\_  
 1 Additional: \_\_\_\_\_

**ADVANCED REGENTS  
DIPLOMA EXAMS REQUIRED**

**(8\*)** – ALL OF THE REGENTS  
 REQUIREMENTS PLUS:

Geometry: \_\_\_\_\_  
 Algebra II: \_\_\_\_\_  
 Additional Science: \_\_\_\_\_

\*In order to earn an Advanced Regents  
 Diploma, 3 credits of World Language  
 including a passing FLACS B score at the end  
 of the third year is required.

---

# Honor Rolls and Honor Societies

---

## Honor Roll/High Honor Roll

**3.0 GPA/3.66 GPA - unweighted**

(refer to page 26 in the 2021-22 CSHHS Agenda Book for a full description)

---

## National Junior Honor Society Requirements

Students in the 8<sup>th</sup> grade may become members who earn a minimum GPA of 3.5 or higher in quarters 1 and 2 of the 8<sup>th</sup> grade. Further information is available on the “Frequently Asked Questions” sheet that follows.

---

## National Honor Society

(refer to High School Website to view application materials)

<https://www.csh.k12.ny.us/Page/324>

**3.66 weighted at time of application**

**20 hours of community service per year/60 hours total at time of application  
(a minimum of 2 school or community non-profit organizations or clubs)**

Juniors who have earned the required GPA by mid-year are invited to apply for induction into the National Honor Society in spring of that year. Another application period occurs in fall of senior year for students who have earned the required GPA by the end of junior year.

---

## Tri-M Music Honor Society

(refer to Music Department on District Website for full description)

**Students must be Juniors to apply.**

**3.0 overall GPA; 4.0 music GPA; Full-time enrollment in at least one performance ensemble for all the high school years, including after induction into Tri-M; participation in NYSSMA with A- in level 5 or 6; approval required for NYSSMA substitution**

# National French and Spanish Honor Societies

Students who are enrolled in Level 4 of any of the World Languages are invited to apply each spring. They must have a 3.0 (B) cumulative average, a Level 4 mid-year language grade of at least 90%, year-end averages of at least 3.66 (A-) for the prior three levels of the language. Other criteria include good standing in the school and community, as well as willingness to be or service to the school and community.

<https://www.csh.k12.ny.us/Page/326>

---

## CSH National Art Honor Society

Students must be at least a sophomore with at least one semester of art at CSH.

Have at least a B+ average in an art class.

Commit to coming to meetings and events.

Students must remain active and enrolled in an art class to stay a member.

Members must complete 10 hours of community service hours in the visual arts each year once membership begins.

---

## National Speech and Debate Honor Society

As students attend a speech or debate event, they begin accruing points, for attendance with additional points added for wins (more for first place, etc.). Students become members in their first year, and then receive additional honors as they progress through the years.

<https://www.csh.k12.ny.us/cms/lib/NY02214132/Centricity/Domain/65/The%20Speech%20and%20Debate%20Program.pdf>

---

## International Thespian Society

- Complete 10 “points” of theater service in Cold Spring Harbor School productions (JHS, HS, WSS, LHS). A point is roughly equal to 10 hours.
- Points need to be earned in at least two categories: On Stage Performing, Backstage “working” (stage crew, set painting, building playing in orchestra pit, spotlight operator, etc.) or Design (directing, choreographing, costume or scenic design). A minimum of 2 points is required in the “secondary” category (i.e. You can have 8 points on stage and 2 backstage). ***Hours can be used for International Thespian Society OR Honor Society (or Art Honor Society); you cannot “double-dip” and use hours for requirements of two societies.***
- Take a minimum of one credit of the HS Theatre Workshop class (either full-time once, or half-time over two years).

Thespians must continue to “work” backstage on at least one district show each year in order to remain an “active” member.

# **National Junior Honor Society Requirements**

## **\*Frequently Asked Questions\***

### **\*What is the National Junior Honor Society?**

The National Junior Honor Society (NJHS) honors students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character.

### **\*What is the GPA requirement for the NJHS?**

The primary requirement for the NJHS is a minimum GPA of 3.5. Grades earned during the 1<sup>st</sup> and 2<sup>nd</sup> quarter of 8<sup>th</sup> grade are calculated to determine eligibility. Grades earned during 7<sup>th</sup> grade are not included.

### **\*How will I know if I meet the GPA requirement?**

A list of students who earn the minimum GPA of 3.5 or higher will be available in the Junior High office during February.

### **\*Is there a community service requirement?**

Yes. All students meeting the GPA requirement must also complete **20 hours** of community service. Community service completed during 7<sup>th</sup> grade, summer leading into 8<sup>th</sup> grade and up to the due date of the Junior Honor Society application may be included. All volunteer work (with the exception of babysitting) will be accepted.

### **\*Will I be required to complete an application?**

Yes. Students who meet the GPA requirement must complete an application packet. Application packets will be distributed to students who meet the GPA requirement.

### **\* What information do I need for the application?**

The application will ask for the following information:

- \*Community service hours completed
- \*Extra-curricular activities & leadership positions held (7<sup>th</sup> & 8<sup>th</sup> grade only)
- \*Teacher recommendations
- \*Brief essay

### **\*Will grades earned in either Biology Accelerated or Algebra I Accelerated be weighted?**

No. The grades earned in both Biology Accelerated and Algebra I Accelerated are averaged in the same manner the grades earned in other core courses are.

## Extracurricular Activities

Counselors spend much time with students helping them explore personal interests and activities outside the classroom. This work helps the counselor come to know the student better and allows them to direct the student to academic and nonacademic opportunities. Counselors are interested in fostering the academic, social and emotional growth of their students and they strive to ensure that students understand how important it is to identify and explore personal interests, skills and talents.

We urge students to participate in at least one activity that truly interests them. It matters not whether that activity is related to school. Animation, race cars, drawing, organized athletics, poetry, making videos, fashion design, skateboarding, service to others, visiting museums, standup comedy, part-time jobs, baking, scuba diving – all of these and more are valid choices. Many a career choice has sprung from a hobby and, more important, many an interesting life. Moreover, these choices need not be related to “what colleges are looking for.” Colleges are looking for serious students who will populate their campuses with all sorts of interesting diversions and who have a life apart from the academic. That is not to say that academic interests cannot, in themselves, lead to related activities – they certainly can! We hope, though, that students will be given to opportunity to choose their activities based on their interests.

Consider the following statement, which appears on the Common Application, an application used by hundreds of colleges:

**“Please list your principal extracurricular, community, volunteer and family activities and hobbies in the order of their importance to you. Please complete this section *even if you plan to attach a resume*.”**

Students are often surprised to learn, when they are completing their Common Applications, that they are actually to list the things they love to do rather than the activities they do because they think that’s what the “colleges want.”

There are dozens of options near and far. You can access the list of Clubs and Activities we offer on the district website, in the Our Schools/Junior-Senior High School section.

The activities students engage in, during the school year and summer, need not be expensive excursions to perform community service or any of the solicitations families receive indicating that “your child has been nominated for “x, y, or z” program that has a high participation fee. In fact, many college admissions counselors believe that such programs are manufactured experiences for privileged students. It is more important that students invest time and interest in activities that spark passion and allow them to develop skills and interests.

## **Course Selection Process – 9<sup>th</sup> Grade**

- **Program of Study Guide available December 2021**
- **Teacher recommendations will be made available on the parent portal December 2021**
- **School counselor will meet with all 8<sup>th</sup> grade students to review and make student schedule choices**
- **Student schedule requests will be made available on the parent portal in February and March for review and to make changes**
- **Student schedules will be finalized by early June and posted to the parent portal.**
- **There will be a deadline for making changes to student schedules and parents and students will be notified.**

**COUNSELING CENTER STAFF ARE AVAILABLE TO  
DISCUSS ALL PROGRAMMING QUESTIONS...CALL FOR  
AN APPOINTMENT AS NEEDED!**



## Naviance Student

Naviance is a web-based postsecondary planning tool used by Cold Spring Harbor High School students, parents, and counselors. Naviance is also the Counseling Center's **primary** means of communication of important information to students and parents at every grade level. You will be at a communication disadvantage if you do not establish an account for your oldest student. Once your account is established we can link younger children to you so that you can see each child's account separately.

Students will have opportunities to keep track of their achievements and activities in a resume-builder, explore their interests and possible careers, conduct college searches, review the college acceptance histories of Cold Spring Harbor graduates, and request that college applications and supporting school documents be sent electronically.

Naviance is truly a long term planning tool and portfolio. Using it regularly throughout high school will make the college application process manageable. Be assured, however, that Naviance information, like all other information about future planning, is best viewed in conjunction with the assistance your counselor will provide.

To log-in, visit: <https://student.naviance.com/cshhs>