

# Cold Spring Harbor Jr. Sr. High School



## College Kickoff

College Planning & Resource Guide

**Grade 11**

Decemembr 9, 2020

*Presented by: The Counseling Center*

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## **About Your School Counselor**

Our mission is to facilitate each student's personal, social, academic and career development via guidance and counseling activities and collaborative efforts 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 responsible citizens.

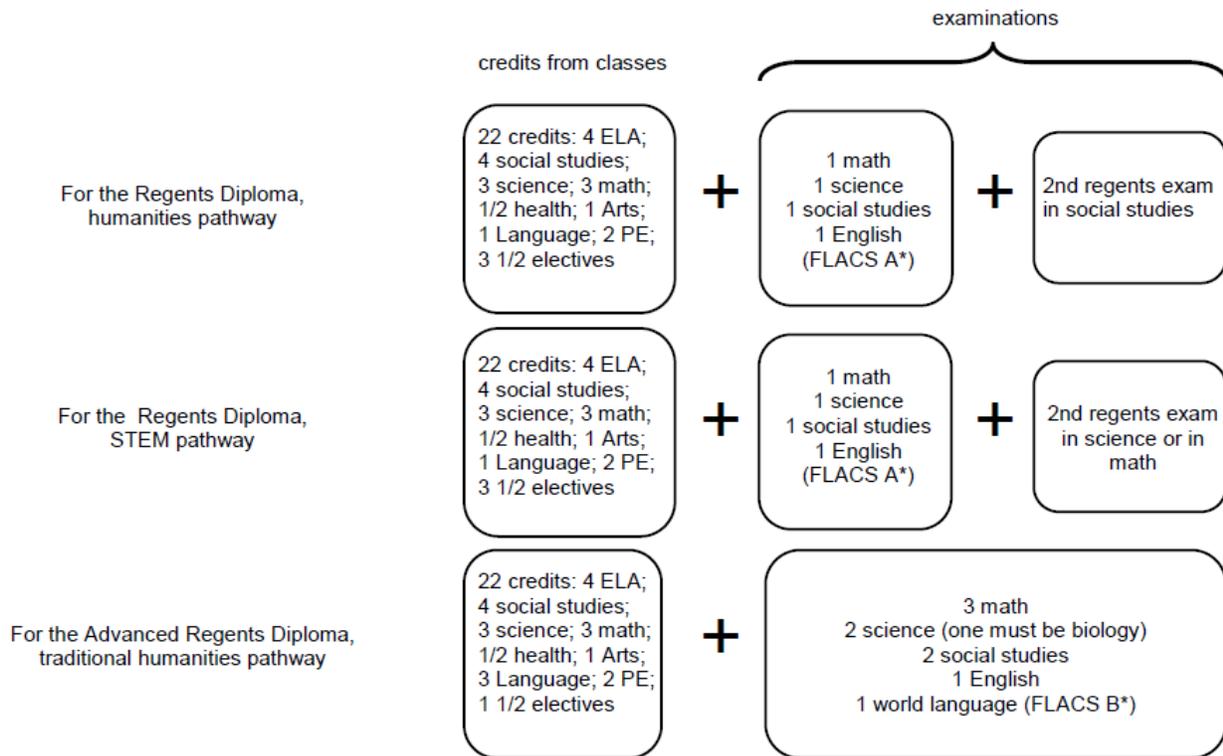
### **We keep *students* and their needs at the center of our work by:**

- 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, 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
- Insuring that students are moving 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

### **Some of the things we do not do are:**

- Make decisions for students or parents
- Supervise teachers or other staff
- Make exceptions to school policies or procedures
- Take it personally if students or parents disagree with our recommendations
- Claim to know everything about everything

## 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

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

\* 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, August 2020, & January 2021 Regents exams have been exempted for student by NYS. These exams will not be needed to meet NYS diploma requirements.

### Tentative Dates for the June 2021 Regents Examination period:

Wednesday, June 2 (the first administration of the new Regents Examination in U.S. History and Government has been rescheduled for 2021)

Tuesday, June 15 through Friday, June 25.

# Cold Spring Harbor High School Grading System

## GPA CALCULATION WORKSHEET

05.128

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

(SAMPLE)

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		4	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

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

**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.

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

Only Honors and Advanced Placement classes are weighted

# Honor Rolls and Honor Societies

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## Honor Roll/High Honor Roll

**3.0 GPA/3.66 GPA - unweighted**

(refer to page 27 in the 2020-21 CSHHS Agenda Book for a full description)

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## 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.

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## 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**

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## 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

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.

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## 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>

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## 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.

# *Cold Spring Harbor High School*

## College Admission Process Checklist: Class of 2022

S = for students

P = for parents/guardians

B = for both students and parents/guardians

### October 2020

S\_\_\_ Take the PSAT

### November 2020

S\_\_\_ Create an account at The College Board so you can register for the SAT

- If you are a student with a disability and you have applied for and been approved for accommodations, you will have an “SSD Number.”
- You will need the SSD number to register with accommodations. The number appears on the authorization letter you received from the College Board that allows you to use accommodations.

S\_\_\_ Create an account at ACT so you can register for the ACT

- If you are a student with a disability, please touch base with your school counselor for detailed instructions on how to apply with accommodations.

P\_\_\_ Attend the College Kickoff Parent Night on December 9, 2020 at 7:00 pm.

S\_\_\_ Participate in the College Planning classroom session Part I & II.

- If you miss the classroom session make an appointment to meet with your counselor as soon as possible.

### January 2021

B\_\_\_ Use your PSAT report to understand your scores

S\_\_\_ Participate in the College Planning classroom session Part III.

- If you miss the classroom session make an appointment to meet with your counselor as soon as possible.

P\_\_\_ Have a candid, clear conversation about college financial and geographical boundaries with your student before the Junior Biography is completed.

B\_\_\_ Watch the mail for your Junior Biography. Look it over; you must complete and submit it to the Counseling Center to arrange a Junior Planning Conference. Appointments will begin in March.

S\_\_\_ Register for at least one SAT and one ACT in winter/spring of Junior year – (do not send your scores to colleges at this time)

B\_\_\_ Be sure your Naviance account and your parent/guardian Naviance accounts are separate and operational. **Parents should not use the student account and students must supply an email account so that important announcements get to them.**

B\_\_\_ Decide when you will visit colleges and begin to structure your calendar – consider virtual visits!

B\_\_\_ Decide whether both parent and student email addresses are appropriate for professional use; same thing for Facebook – fix them if they’re not.

## March 2021: Planning Kickoff

**S**\_\_\_ Complete your Junior Biography and submit it to The Counseling Center

**S**\_\_\_ Schedule a Junior Planning Conference with your counselor before June

**B**\_\_\_ Research colleges that seem to match your academic achievement, academic interests, locations and extracurricular preferences – remember the “Decisions” class session

**B**\_\_\_ Begin to familiarize yourself with a few college websites; here’s how:

- visit a college website; any college will be fine for this practice exercise
- Click on Admissions (or undergraduate admission, first-year students, prospective students, freshman admission, etc.)
- search within that tab for majors/minors (or programs of study, academic offerings)
- click on a major of area of study that interests you and read the page; look for course descriptions and read several at the introductory and advanced levels
- drill a little deeper to look for minors within that major, or for special options open to students: internships, research opportunities, etc.
- take note of which courses you are required to take to earn a degree, and whether there is enough academic flexibility to suit you
- Then move on to Student Life (or extracurriculars/activities, residential life, athletics, intramurals, etc.)
- Go back to the Admissions page and look for three things: admission requirements, freshman/first-year application process, profile of accepted students
- If applicable, visit the pages for Financial Aid and Merit Scholarships; see what the college’s policies, procedures and deadlines are for grants, loans and scholarships – do not wait for fall to investigate financial aid!
- Last, go back to the Admissions page and look for the place where you can correspond with admission counselors and ask questions (you will want to “demonstrate interest” to the private colleges on your eventual list)
- Check out the Admission page to see if they have a blog you can follow or a mailing list you can join

## After your College Meeting

**S**\_\_\_ Think about which two teachers you will ask to write letters of recommendation for you. Before you decide:

- Decide who can best provide the best letter for you (it may not be a course in which you earned an A; it might be a course you struggled with and prevailed in at the end!)
- Make an appointment to speak with the two teachers you choose and ask if they would be so kind as to support your college applications by writing a letter.
- Remember your manners; if the teachers agree send them a thank you note (not an email) on nice stationery.

**B**\_\_\_ Decide whether you will use the April break to visit colleges and make your plans.

**B**\_\_\_ Register with the NCAA Eligibility Center if you hope to play a sport at the Division I or Division II level. Arrange to have your transcript sent to the Eligibility Center at the end of Junior year.

**B**\_\_\_ read the Guide for the College-Bound Student Athlete. It is a good idea to print this and keep it in your Athletics folder. You will refer to it many times, especially if you are a recruited athlete. The Guide is updated every July.

## April 2021

**S**\_\_\_ Your English teacher will likely present information and assign a personal narrative as a practice college essay assignment.

**S**\_\_\_ Look at the Common Application essay topics. The essays change from time to time, but these will give you a sense of the kinds of essays that are possible.

**B**\_\_\_ Continue your college research.

## May 2021

- P**\_\_\_ Check financial aid websites of the colleges to which you think you will apply.
- Note required forms; they can differ.
  - Mark your calendar so that your forms will be sent to each college at least one week before any official deadlines.
  - Assemble documentation that will be necessary. The Federal Aid form is called the FAFSA.
  - The student must establish an account and then complete the FAFSA in October 2021.
- P**\_\_\_ Some private colleges have their own funds that are available to students. They require the CSS/Profile. Next year's form will be available in summer 2021.

## June 2021

- B**\_\_\_ Continue your college research online and by visiting colleges.
- S**\_\_\_ Check with your teacher recommenders to make sure they have the information they need from you to write your letters. (Many write their letters during the summer.)
- S**\_\_\_ Create a resume of all your in- and out-of-school activities since the beginning of grade 9

## Senior Year Calendar

### July 2021

- S**\_\_\_ Schedule formal appointments with yourself to write and rewrite your personal statement. Your essays need to be ready to go in very early fall.
- S**\_\_\_ Continue demonstrating interest in private colleges on your list by contacting Admissions personnel with questions that arise. Let admissions know if there is some reason you cannot visit, especially if the college is within a 5-hour drive.
- B**\_\_\_ Examine the transcript that will be mailed to your home. You must approve the transcript or return it with any corrections that are necessary. You must also sign the release form that allows us to transmit your transcript to colleges.

### August 2021

- B**\_\_\_ Create an account on the Common Application.
- Your actual application begins when you create the account, so use capital letters where they should be and use proper punctuation
  - Gather the following materials before you begin to complete the application:
    - your Junior Biography
    - your resume
    - your proposed academic schedule for senior year.
  - Save frequently or you will lose what you've done.
  - Do not enter ACT and/or SAT scores until you have decided which ones you will send to the colleges and until you have decided whether to apply to Test Optional colleges.
  - Do not send the application until someone else has reviewed it.
- B**\_\_\_ Check the Common Application site to see whether any of your colleges require a supplement; some supplements will not be available until fall.
- B**\_\_\_ Check college websites for online or paper applications for non-Common Application schools; some will require online applications for which you have to create an account – again, store these user names and passwords in your phone.
- P**\_\_\_ Register for and complete the CSS/Profile if you will be a financial aid applicant and are applying to private colleges.
- S**\_\_\_ Work on final drafts of essays now that you have seen the actual applications.
- S**\_\_\_ Prepare a written college application plan to bring to your counselor in September; include:
- The list of colleges to which you are sure you're applying – arrange them in categories of reach, target and likely.

- We strongly advise that your list include at least one rolling admission or early action college and apply to it as soon as possible.
- The list of other colleges still under consideration.
- The list of colleges you have decided against.
- The dates of any ACT, SAT and/or Subject Tests you plan to take in the fall.
- A list of questions you want to ask your counselor.
- Copies of your essay drafts (include the question you are answering or the topic)

## **September 2021: Application Kickoff**

- S**\_\_ Make an appointment to see your counselor in the second or third week of September.
- S**\_\_ Bring the written application plan to the meeting.
- B**\_\_ Read and follow the instructions you will receive about how to request transcripts and counselor letters of recommendation via Naviance (counselors write for every student).
- B**\_\_ **The first transcript and counselor letter of recommendation request requires 15 school days advance notice; subsequent requests require at least 10 school days notice.**
- P**\_\_ Students with disabilities who must send IEPs/evaluations to colleges must request them from the Special Education Department.
- B**\_\_ Scholarship applications that require a transcript and counselor recommendation require 15 school days advance notice.
- S**\_\_ Follow the procedure you will be given about requesting that faculty send their letters of recommendation
- P**\_\_ Attend the College Application Parent Night at Cold Spring Harbor High School.
- P**\_\_ Attend the Financial Aid Parent meeting at Cold Spring Harbor High School
- S**\_\_ Ms. Henry and Mr. Miller offer one-on-one essay review (they will publicize in class).
- S**\_\_ Consult Naviance for the list of college representatives visiting our school.
- S**\_\_ Demonstrate your interest in colleges by using Naviance to register for college representative visits at our school (ongoing through November).
- B**\_\_ Consult the home page of Naviance for college representative meetings in the region; read each entry's instructions for registration information (ongoing through November).

## **October 2021**

- S**\_\_ Check with your recommenders to insure everything is in place or in process.
- B**\_\_ Arrange to send SAT and/or ACT scores to colleges that require them.
- B**\_\_ Determine what, if anything, you must send to Test Optional Colleges.
- S**\_\_ Send your applications at least one week ahead of each college's deadline.
- P**\_\_ The FAFSA (Free Application for Federal Student Aid) becomes available on October 1; complete and submit it as soon as you can (aim for November 15<sup>th</sup>), but no later than one day before the FAFSA deadline listed on the Financial Aid website of any of your colleges.

## **November 2021**

- S**\_\_ Continue to work on and send applications with later deadlines.
- S**\_\_ If you decide to drop any courses you must write to colleges who have already received your transcript that explaining why (avoiding this step can be a game-changer, as they will expect to see first and second quarter grades in the courses you told them you were taking when they receive your midyear grades).
- S**\_\_ If you are having an academic struggle and expect lower than usual first quarter grades consult your counselor about writing to your colleges to explain the situation and your action plan for improving the situation.
- S**\_\_ Early Decision applicants should complete the applications for colleges they will apply to in the event they are denied or deferred in December. The additional applications need not be sent, but they need to be done now rather than in December when you might have received disappointing news.

- S\_\_\_ Try to get all your applications done by the end of the Thanksgiving weekend.
- S\_\_\_ Continue to “demonstrate interest” to any colleges to which you are applying.

## **December 2021**

- B\_\_\_ Request transcripts to be sent to your remaining colleges – make sure to request 10 school days prior to the application deadline.
- S\_\_\_ Been accepted by the college to which you applied Early Decision? Contact all other colleges either by email or phone to withdraw all other applications.

## **February 2022**

- S\_\_\_ Continue your college research and academic achievement.
- S\_\_\_ Continue demonstrating interest; send any new information to colleges.
- S\_\_\_ If any colleges who have accepted you request enrollment deposits before May 1 make sure the money is refundable. If it is not refundable the college is not following standard procedures. Consult your counselor about writing a letter requesting an extension to May 1.
- P\_\_\_ The enrollment/matriculation deposit is different from a housing deposit, which is almost always refundable. Some large universities request a very early housing deposit and it is usually wise to pay for the reservation if there is any chance the student will attend that college.

## **March/April 2022: Decision Time**

- B\_\_\_ Continue to research/visit any colleges to which you have been admitted; use this time to ask questions and attend “accepted students” programs.
- B\_\_\_ Read all correspondence regarding deposits and housing reservations carefully.

## **May 2022**

- B\_\_\_ Secure your place at the college of your choice by making the required deposit by May 1, 2022. Submit only one deposit.
- S\_\_\_ Tell your counselor which college you have decided to attend.
- B\_\_\_ If you have been waitlisted by a college you prefer, you must still deposit at one of the colleges that accepted you by May 1, 2022.
- S\_\_\_ If you are admitted to a preferred college after having been waitlisted and you plan to attend, you must notify the first college at which you deposited that you will not be attending. This courtesy allows room for a student who may be waiting to be admitted to that first college.
- S\_\_\_ If you are accepted from a wait list and decide to attend that college, you must let your counselor and the Counseling Center Secretary know. If you fail to do notify us the second college will not receive your final transcript.

## **June 2022**

- S\_\_\_ Check in with the Counseling Center Secretary to make sure your final transcript is scheduled to be sent to the correct college. We send only one final transcript unless you are admitted from a late wait list.

# Factors to Consider when Choosing a College

## **ABOUT THE COLLEGE**

- What is the size of the undergraduate student body?
- What is the size of the campus?
- Where is the college located? Do you prefer a rural, suburban, large city location?
- How far is the college from home?
- Is the college public, private, or religious affiliated? Single-sex or co-educational?
- What percentage of students return for their sophomore year?
- What is the 4-year graduation rate of entering freshmen?

## **Academic Life**

- What is the average class size?
- Is my intended major offered?
- What are the most popular/strongest majors?
- Are classes taught by professors or teaching assistants?
- How accessible are professors for help?
- What types of support programs are offered? (Tutoring, career counseling, study skills)
- How does the school accommodate students with special needs?
- When do I have to choose my major?
- Are interdisciplinary majors available?
- Are there opportunities to double-major?
- What type of academic advisement is available?
- What are the campus academic facilities? (Library, labs, etc.)
- What is the study abroad options?
- What types of internship experiences are available?

## **Admissions Policies**

- What are the admissions requirements? (GPA, courses, standardized tests)
- Does the school require any SAT II Subject Tests?
- Are ACT scores accepted as well as SAT scores?
- Can the ACT be used in lieu of SAT II Subject Tests?
- What percentages of students are accepted?
- Is there an Early Decision or Early Action decision option?
- Are there special requirements for specific majors (audition, portfolio etc.)?
- Are interviews required? Recommended?
- What are the application deadlines?
- Is the school a member of the Common Application? Are supplements required?

## Campus Life

- Is there an active campus life?
- Is there a Greek Community on campus?
- What is the housing/dining options?
- What percentage of the student body resides on campus?
- Is housing guaranteed for all 4 years?
- What percentage of students live off-campus?
- Where is off-campus housing located?
- What role do athletics play in campus life?
- Are intramural sports and/or club teams available?
- What is the ratio of female to male students?
- What were the social or cultural highlights last year?



## College Costs

- What is the cost of tuition, fees, room and board?
- What percentage of students receive need based financial aid and/or scholarships?
- Is work-study available?
- What financial aid applications are required?
- What are the requirements for merit scholarships?
- How much debt does the average student have upon graduation?
- Do I qualify for HEOP, EOP, SEEK, College Discovery?



# Factors that Colleges Consider when Reviewing a Potential Student

## **Grades** (most important!)

- **Transcript**- Final grades from all classes taken during your high school career, and sometimes your Regents' exam scores.
- **The strength of your course load**- colleges want to see that you have been challenging yourself.

## **Scores**

- Scores from the SAT I, SAT II Subject Tests, and/or ACT scores.

## **Interview**

**The demonstrated interest** that the student has shown in the college (campus visitation, e-mail correspondence, etc.).

## **Recommendations**

- Typically, two academic teachers.
- One from your school counselor.

## **Extracurricular Activities**

- Sports, clubs, and other activities.

## **Special Talents**

- Brag about yourself! Tell them about any talent you have.

## **The Essay**

# Defining Likely, Target, & Reach Schools

1. **Likely** - You Have Strong Chance of Being Accepted
  - a. 60-100% Acceptance Rate
  - b. Student Has A GPA And Test Score That Is Well Above the Average as Noted on The Admitted Student Profile
  
2. **Target** - You May Be Admitted but There Are No Guarantees
  1. 30-60% Acceptance Rate
  2. What Is Your “Stand Out Factor” - It Is More Than Just Having the Required Grades for Target Schools
  
3. **Reach** - These Schools Will Be Difficult to Be Admitted To
  1. 5-30% Acceptance Rate
  2. Two Types of Reach Schools
    1. Student’s Credentials Fall Outside the Requirement
    2. Most/All Applicants Have the Basic Requirements, As A Result These Schools Are A “Reach” For All Students



# Highly Selective Colleges “Reach” for All Students

**5-10% Acceptance:** Harvard, Stanford, Columbia, Princeton, MIT, Yale, Navy, Brown, Northwestern, Chicago, UPenn, Dartmouth, Duke, West Point

**11-20% Acceptance:** Swarthmore, Vanderbilt, Johns Hopkins, Air Force, Amherst, Cooper Union, Cornell, Bowdoin, Barnard, Tufts, Williams, Colby, Georgetown, Rice, UCLA, USC, Washington U, Wesleyan, Middlebury, UC Berkeley, Notre Dame, Davidson, Haverford

**21-30% Acceptance:** Tulane, Bates, Carnegie Mellon, Emory, Washington & Lee, Wellesley, Georgia Tech, Babson, Hamilton, UNC-Chapel Hill, Vassar, Boston U, Lehigh, Skidmore, Northeastern, Michigan, UVA, Colgate, NYU, Wake Forest, Amherst.



# STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST SUITS YOU?

## Regular Decision

### DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

### COMMITMENT:

NON-BINDING

## Rolling Admission

### DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

### COMMITMENT:

NON-BINDING

## Early Action (EA)

### DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

### COMMITMENT:

NON-BINDING

## Early Decision (ED)

### DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll and withdraw all other applications. The application deadline and decision deadline occur early.

### COMMITMENT:

BINDING

## Restrictive Early Action (REA)

### DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

### COMMITMENT:

NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Students are responsible for determining and following restrictions.

## College Admission Testing

**PSAT/NMSQT: Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test:** The PSAT is given annually in October at Cold Spring Harbor High School. The PSAT/NMSQT is an eleventh-grade test, though sophomores are also invited to take it. Only scores earned in junior year are used to determine eligibility for the National Merit Scholarship Program. The PSAT tests critical reading, math and the mechanics of writing. PSAT scores are not released to colleges. Sophomore and juniors register by responding to a letter sent home each summer.

**SAT Reasoning Examination: most often called the SAT:** The SAT is offered seven times each year and tests critical reading, math and essay writing. The SAT score includes a writing sample done under timed conditions. Most students take the SAT twice as colleges, to whom the scores are sent by the student in senior year, very often count the highest score from each area tested when they consider students for admission.

**SAT Subject Tests: see information on prior page:** Subject Tests are given on six of the seven days as SAT Reasoning (not in March), so students cannot take both exams on the same day. More competitive schools tend to require these exams and the pool of students taking them is usually well prepared and competitive. Few colleges ask for more than two Subject Tests. Of course, admission policies can change and families are urged, when the time for applications draws near, to consult college websites to determine if, how many and which Subject Tests individual colleges require. Many colleges accept the ACT in place of the SAT Reasoning and Subject Tests.

**The ACT:** The ACT has rapidly gained ground in our region and is very popular among CSH students. Offered five times per year in New York State, it tests English (language usage), Math, Reading, and Science Reasoning. There is also an optional Writing section and most colleges request students to take it. The ACT tends to be more content based, or related to what is studied in school. Counselors often suggest that students take both the SAT Reasoning and the ACT to determine which is the better fit. The ACT has updated their exam as of Fall 2020. These updates include section retesting, superscoring, and a computer-based testing option. Please visit the ACT webpage committed to addressing these changes at:

<https://www.act.org/content/act/en/products-and-services/more-choices-for-the-act-sept-2020/faqs.html>

**Score Choice:** Score Choice allows students to submit only their best scores from multiple administrations of the ACT and/or SAT to colleges. College policies vary; some ask students to submit the entire testing record, stating that they will use the highest scores in their deliberations. Rest assured that many colleges “superscore” the SAT – they use the highest individual scores from different test administrations. Starting Fall 2020, all ACT Score Reports sent to colleges will be “superscored” when requested by the student.

**Test Optional Colleges:** A good number of colleges now offer testing options to students – ranging from a mixture of SAT and ACT scores to requiring no tests at all. In response to COVID-19, this list of test optional schools continues to grow, many with specific conditions. Completely test optional colleges sometimes require an additional essay, or submission of a graded paper, or some other substitute for standardized examinations. Again, the only rule is that there is no rule, so consulting individual college websites will be what is required when the time comes. You can view the current list of test optional colleges at [www.fairtest.org](http://www.fairtest.org).

# College Standardized Testing Calendar 2020 - 2021

Standby testing is no longer permitted, you must register in advance.

SAT Subject Tests are best taken in June at the very end of coursework.  
Register for any June 2021 tests by March 1 as June test centers fill up early.

Students with Disabilities who receive any accommodations beyond time and a half should register at least 12 weeks in advance of the desired test date. Allow 14 weeks if you wish to test in June.

## SAT/SUBJECT TEST CALENDAR

Register at <http://collegeboard.org> – The Cold Spring Harbor code is: **331437**.

Information for students with disabilities: <http://sat.collegeboard.org/register/for-student-with-disabilities>.

TEST DATE	REGISTRATION DEADLINE*
August 29, 2020	July 31, 2020
September 26, 2020 (CSH)	August 26, 2020
October 3, 2020 (CSH)	September 4, 2020
November 7, 2020	October 7, 2020
December 5, 2020	November 5, 2020
March 13, 2021	February 12, 2021
May 8, 2021	April 8, 2021
June 5, 2021 (CSH)	May 6, 2021

## ACT CALENDAR

Register at <http://www.actstudent.org/> - the Cold Spring Harbor code is: **331437**.

Information for students with disabilities: <http://www.actstudent.org/regist/disab/>.

TEST DATE	REGISTRATION DEADLINE*
September 12, 2020 (CSH) September 13, 2020 September, 19, 2020	August 28, 2020
October 10, 2020 October 17, 2020 October 24, 2020 October 25, 2020	September 17, 2020
December 12, 2020	November 6, 2020
February 6, 2021	January 8, 2021
April 17, 2021 (CSH)	March 12, 2021
June 12, 2021	May 7, 2021
July 17, 2021 (Not in NYS)	June 18, 2021

\*Also denotes **least expensive** registration deadline.

## **SAT Subject Tests Frequently-asked Questions**

### ***What are Subject Tests?***

Most colleges require standardized tests for admission. Standardized tests can include the SAT Reasoning Test or the American College Test (ACT). SAT Subject Tests are also used to make admission decisions at some colleges, and those who require them generally ask for two tests. Subject Tests are one-hour multiple-choice exams about specific subjects you have studied. Students may take one, two or three Subject Tests on any test date. Subject Tests are best taken at the end of particular courses that cover the test topics. A chart of available Subject Tests and who should take them appears in this handout.

Subject Tests are given by The College Board and you must pay a fee and register well in advance to take them.

### ***Why should I take Subject Tests?***

Because students grow and change throughout high school they cannot identify the colleges that will interest them in senior year. You may decide to apply to colleges that require Subject Tests, so it is wise to have taken them in case they are needed. The goal is to take subject tests when you are taking courses that prepare you for them so that additional, out-of-school preparation is not necessary.

### ***When should I take Subject Tests?***

The ideal time to take a Subject Test is in June of the year in which you complete the subject. If another obligation prevents you from taking a Subject Test in June you can take it in May, though you may not have completed the curriculum.

Subject Tests and SATs are given on the first Saturday of October, November, December, January, March or April, May and June of each year. Cold Spring Harbor High School is a test center in October and June only. May and June test centers fill quickly, so register at least two months in advance. Students with disabilities should register three months in advance.

### ***What if I do not do well on my Subject Tests? Who will see my scores?***

Do not be concerned about whether or not you will do well; just do the best you can. The chances are that you will take other Subject Tests while in high school, and you will be able to choose which of your Subject Test scores to send to colleges in senior year. In the meantime your scores will remain in your file, where they are available only to you and to your counselor. You do not have to worry that the scores will be sent anywhere because you are the only person who can pay the College Board to send them.

### ***How do I register for Subject Tests?***

Registration is done online at [www.collegeboard.org](http://www.collegeboard.org) website. You must establish an account to register. The account you establish will be used throughout high school to register for all SATs and Subject Tests. You will need the Cold Spring Harbor 6-digit CEEB code: 331437.

## SAT Subject Tests: What they are and when to take them

Colleges who require SAT Subject Tests will typically ask for two in addition to the SAT or ACT. Students are encouraged to consult with their teachers about readiness and are advised to consider outside preparation before registering for any Subject Test. Consultation with your school counselor is also recommended, as standardized testing is but one part of an overall academic plan. All tests except Languages with Listening are given several times per year. Students must register and pay testing fees online at least 6 weeks in advance of any testing date except June, which requires at least 12 weeks advance registration due to extremely heavy demand in our region. Students with disabilities who receive pre-approved test accommodations should allow 12 weeks in advance of any registration. **Most colleges allow students to choose whether and which Subject Test scores to report when college applications are submitted. Many colleges do not require Subject Tests for admission.**

Visit [www.collegeboard.com/subjecttests](http://www.collegeboard.com/subjecttests) for more info.

SUBJECT TEST	WHO SHOULD CONSIDER TAKING THE TEST	EARLIEST RECOMMENDED TEST DATE
Literature	Students with superior ability to analyze literature	not before December of junior year
United States History	Students completing AP US History	May or June of the year the course is completed
World History	Students completing AP World History or AP European History	June of the year the course is completed
Math Level 1	Students completing Algebra 2	June of the year the course is completed
Math Level 2	Students completing Precalculus	June of the year the course is completed
Biology E – ecological emphasis <b>or</b> Biology M – molecular emphasis	Students completing AP Biology or Molecular/Genomic Biology	May or June of the year the course is completed
Chemistry	Students completing AP Chemistry	May or June of the year the course is completed
Physics	Students completing Physics Regents Honors	May or June of the year the course is completed
Languages: Reading only French German Italian Latin Modern Hebrew Spanish	Students completing Level IV who are strong readers in the target language	Not before June of the year Level IV is completed unless the student is a native speaker
Languages with Listening Given once per year, in November Chinese French German Japanese Korean Spanish	Native speakers and non-native speakers who consider themselves fluent	Not before June of the year Level IV is completed unless the student is a native speaker

# Visiting a College Campus



A visit to a college campus is the best way to see firsthand what a particular college is like. Visiting provides the opportunities for direct observation and experience. You will get a sense of the “personality” of each college and the composition of the student body. Most colleges recommend that you visit their school if you are seriously considering attending there.

## Arranging a Campus Visit

Call the undergraduate admissions office or go to the college’s website to look up information session times or to arrange a tour. Some colleges offer prospective students an opportunity to stay on campus overnight. The ideal time to visit is when classes are in session. In addition, make sure to meet with college admission’s representatives when they visit CSH. A list of scheduled college representative visits can be viewed on Naviance.



## The Campus Tour

There are many important things that you should look for and ask during a college tour. Here are some helpful hints and questions to consider:

Make sure to:

- Eat in the cafeteria
- Go to the Admission's Office to introduce yourself to the representative for Suffolk County
- Explore the library and bookstore
- Sit in on a class in-session
- Talk to a professor in your intended major
- If interested in playing sports, meet with the coaches
- Visit the campus center, and scan the bulletin boards to get an idea of student life

Ask your student tour guide:

- Why he/she chose this college?
- What do students typically do on the weekends for entertainment?
- Do a lot of students go home on the weekends?
- Are freshman allowed to have cars on campus?
- How many hours a week do you study?
- What do you like most about the college? What do you like least?
- What other colleges did you apply to?
- Are faculty members accessible to students outside of class?

Ask an admission's representative:

- What are the 5 most popular majors?
- What percentage of freshman return for their sophomore year (retention rate)?
- Do you accept AP and/or credits earned from college courses taken in high school?
- What additional academic services do you offer to students (tutoring, career counseling)?
- What are the most popular extracurricular activities?
- What percentage of students live on campus?
- What is the average class size?

Ask yourself:

- What is the surrounding town/city like? Do I feel comfortable here?
- Does this college seem like a good academic fit for me? How about socially?
- Does this college offer academic majors that I am interested in pursuing?
- Are the rooms in the resident halls pleasant?



## The Resume

Colleges are not only interested in your grades, but look to see that you have been involved at school and/or in the community. In the course of the college application, the following information will be requested. It may be presented to schools in different ways. This particular example is from the Common Application:

The image shows a screenshot of the Common Application interface for entering an activity. On the left is a navigation menu with options: Profile, Family, Education (marked with a green check), Testing, Activities (highlighted), and Writing. The main content area is titled 'Activity 1' and contains the following fields:

- Activity type:** A dropdown menu with 'Select' as the current option.
- Position/Leadership:** A text input field.
- Participation grade levels:** A list of checkboxes for grades 9, 10, 11, 12, and PG.
- I intend to participate while in college:** Radio buttons for 'Yes' and 'No'.
- Clear:** A blue link.
- Timing of participation:** Checkboxes for 'School', 'Break', and 'Year'.
- Hours spent per week:** A text input field.
- Weeks spent per year:** A text input field.
- Details, honors won, and accomplishments:** A text input field.
- Buttons:** 'Back' (blue link) and 'Continue' (red button).

Three callout boxes with arrows provide additional instructions:

- Activity type:** Activity type can include athletics, community service, family responsibilities, paid work experience, club involvement, student government, etc.
- Hours spent per week:** Estimate to the best of your ability!
- Weeks spent per year:** Make sure to describe your activity in detail, including individual events/fundraisers of which you have been a participant.

# The Admission Essay

## What are they looking for?

### Level I

Your ability to use standard written English that is correctly written, punctuated, and uses correct grammar usage and syntax.

### Level II

Content, substance, and depth of insight, reflecting your ability to think about yourself and to convey your true feelings or opinions about a topic.

### Level III

Creativity and originality. “It is at this level,” according to a Dean of Admissions, “that students can position themselves as unique, as individuals who will bring a freshness of vision and viewpoint to the college that will enhance the quality of its academic life.”

## Steps to Completing an Amazing Essay

1. **Answer the Question**: Make sure you are answering the essay question, not your own topic!
2. **Start with a Creative Lead**: You must capture the admissions officers’ attention in the first two sentences. Create an introduction that will draw the reader in.
3. **Use Detail and Concrete Experiences**: Don’t be too general when writing about experiences.
4. **Be Concise**: Do not exceed the word limits. Omit any irrelevant details and repetitions.
5. **Pay Attention to Transition and Sentence Variety**: Mix up the length of your sentences.
6. **Use Active Voice Verbs**: Too many passive verbs (was, were) make the sentence appear flat
7. **Don’t Thesaurize your Essay**: Big words, when misused, detract from the essay, and make it sound contrived.
8. **Conclude Effectively**: This is your last chance to impress the officer. Avoid summary, and make sure to link your conclusion to your introduction.
9. **Give your Draft to Others**: Especially your English teachers and guidance counselors.
10. **Revise, Revise, Revise**: Delete anything that does not relate to your main argument. Read carefully for grammatical errors. USE SPELL CHECK!!!

# The Admissions Interview



An interview is the perfect opportunity to make a good impression with the admissions staff at your prospective college. An interview may help a school decide in favor of admitting you. With college applications increasing each year, there are fewer and fewer colleges and universities that require or even recommend an interview. Many, however, will allow you to set up an interview with an alumnus of the college. Interviews can be for informational purposes only but may also be used as part of the admission's process. While this might be a great way to showcase your interpersonal skills and personality, not all colleges conduct admissions interviews. Contact the colleges that you are interested in to inquire about this possibility.

On the day of the interview, keep the following in mind:

- Bring a copy of your high school transcript and resume
- Be on time and dress appropriately!
- Make eye contact often, and use a firm handshake
- Speak clearly and confidently
- Demonstrate enthusiasm and interest
- Write your interviewer a note the day after your interview thanking them for taking the time to meet with you.
- Be yourself!

Be prepared to respond to the following admission's interview prompts:

- Tell me about yourself.
- Why are you interested in applying to our college?
- If you could do one thing differently in high school, what would it be?
- Does your high school transcript accurately reflect your effort and ability?
- Tell me about a challenge you overcame.
- What do you do for fun in your free time?
- What can I tell you about our college?
- If admitted, what will you be able to contribute to our campus?

## Extracurricular Activities

It is rare for a counselor to meet with a student without asking what he or she is interested in outside of school. Of course this is for several reasons: such a question helps the counselor come to know the student better, or the counselor can direct related academic and nonacademic opportunities to the student, or suggest leadership opportunities, or even help the student advocate for starting a club related to that interest at school. Counselors are interested in fostering the academic, social and emotional growth of their students and strive to ensure that students understand that defining and honing one's interests is a critical aspect in the developmental process.

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, 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 “. . . “ - a program that has a high participation fee. In fact, many college admissions counselors believe that such programs are manufactured experiences for privileged students.

## **NCAA Regulations for students who aspire to Division I and II Colleges**

Students who wish to participate in intercollegiate athletics at Division I and Division II colleges or universities must meet explicit academic course expectations, as well as GPA and standardized college entrance exam requirements. They must also abide by the amateurism by-laws established by the NCAA.

Familiarizing yourself with these regulations is critical. You can do so by visiting <http://eligibilitycenter.org>. If your child is considering becoming a student-athlete at a Division I or II school, follow the instructions on the next page to register.



### **Easy to keep track of your NCAA GPA (it differs from your CSH GPA!)**

- Visit CoreCourseGPA.com
- Click “Free New Member Account”
- Enter school ID (331437)
- Enter school code (766202187)
- Enter your core courses at the end of each school year and the site will compute your NCAA GPA.
- The site will also tell you what your SAT or ACT scores must be to be eligible for Divisions I and II.
- It is the combination of GPA and scores that determines your eligibility.



## WEBSITE REGISTRATION CHECKLIST

Take your first step to becoming an NCAA student-athlete at [eligibilitycenter.org](http://eligibilitycenter.org).

Choose from our two account types to get started:

- 1. Certification Account:** You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. You also need to be registered with a Certification Account before you can make official visits or sign a National Letter of Intent in Division I or II.
- 2. Profile Page:** If you plan to compete at a Division III school or are currently unsure in which division you want to compete, create a Profile Page. If at any time you wish to pursue a Division I or II path, you will be able to transition to a Certification Account.

For Certification Accounts, please allow between 30 to 45 minutes to register completely. If you need to exit and come back at a later time, you can save and exit once your account or profile is created.

Reference the Help section located in the top task bar at any time to answer your questions as you work through registration.

**Below is a list of items we recommend you have before beginning your registration with the NCAA Eligibility Center:**

### Valid Student Email

You need a valid email address that you check regularly to register. This is important for updating prospective student-athletes about their account. For more information about accepted emails, please reference our [FAQ](#).

### Basic Student Personal Information

This includes information such as your name, gender, date of birth, primary and secondary contact information, and address.

### Basic Student Education History

Please include details about all high schools or secondary schools you have attended in the United States or internationally, and additional programs you have attended.

[Check](#) if your school has a list of NCAA-approved courses.

### Student Sports Participation History

For Certification Accounts, this includes details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated outside of the

traditional high school season. It also includes information about any individuals who have advised you or [marketed](#) your skills in a particular sport. This information helps the Eligibility Center certify your amateur status when it is requested by an NCAA school.

### Payment

For Certification Accounts, nonrefundable registration fee for U.S., U.S. Territories\* and Canadian students: \$80

\*U.S. Territories include American Samoa, Guam, Northern Mariana Islands, Puerto Rico and U.S. Virgin Islands.

Nonrefundable registration fee for international students: \$135

The NCAA Eligibility Center accepts Visa, MasterCard, Discover and American Express. For payment questions, look [here](#). Some individuals may qualify to apply for a [fee waiver](#).

### Next Steps

Stay on track in high school and understand these [quick tips](#) to help in your eligibility process.

For more information, please visit: [www.NCAA.org/playcollegesports](http://www.NCAA.org/playcollegesports).

## 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 and far less disagreeable than most people believe it can be. Be assured, however, that Naviance information, like all other information about future planning, is best viewed in conjunction with the assistance your family's counselor will provide.

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

**If you have not already signed up for your Naviance account, you should have received a temporary user registration code. Upon logging in to Naviance for the first time, click on need to register. For returning users, enter your e-mail address and password that you created. Direct any questions regarding accessing your Naviance account by sending an email to [dmezzapesa@csh.k12.ny.us](mailto:dmezzapesa@csh.k12.ny.us).**

# Remember Those Passwords.....

## Naviance:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## SUNY Online:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## College Board:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## CUNY Online:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## ACT:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## FAFSA:

Student: \_\_\_\_\_

Parent: \_\_\_\_\_

## Common Application:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## NCAA:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

