



THE COUNSELING CENTER NEWSLETTER



An Update from the Cold Spring Harbor Jr./Sr. High School Guidance Department

June 2016

Message from the Director

Here we are at the conclusion of another exciting year at Cold Spring Harbor. Congratulations to all of our graduates: the Class of 2016 heading off on new adventures, the Class of 2020 beginning their high school journey and the class of 2022 entering the junior high school. I wish all of you a wonderful summer.

Summer Socialization: A few suggestions for our junior high students to have a fun and safe summer:

Enroll in programs: Encourage students to join classes that meet throughout the summer. Check for free or low cost programs at the library or places of worship.

Attend community events: Your child may run into friends at community events, concerts or local festivals. Consider having your child meet friends at the community parks or beaches

Make time for reading: Encourage your child to have fun with reading. Have him/her incorporate reading into their normal routines. It is something you can do together.

Attention High School Student-Athletes

If you are considering playing Division 1 or 2 athletics in college, please complete the NCAA Clearinghouse for at <http://web1.ncaa.org/ECWR2/NCAA.jsp>

Upcoming SAT/ACT test dates:

- September 10, 2016 ACT (CSH is NOT a test site)
- October 1, 2016 SAT and SAT Subject Tests (CSH is NOT a test site)
- October 15, 2016 PSAT (CSH IS a test site)
- October 22, 2016 ACT (CSH is NOT a test site)
- November 5, 2016 SAT and SAT Subject Tests (CSH IS a test site)
- December 3, 2016 SAT and SAT Subject Tests (CSH IS a test site)

“Education is not the learning of facts, but the training of the mind to think.”

- Albert Einstein

In This Issue

- Summer Socialization
- Student Athletes
- Rising Seniors Information
- Standardized Testing
- College Visit Cluster

Attention Rising Seniors: Tips on What to DO This Summer

- Summer is a great time to continue researching schools and narrow down your list to include a variety of reach, target and safety schools. Continue to use Naviance as a resource.
- The Common Application rolls over on August 1st for the class of 2017. At that time, students should register, and begin working on, the Common App.
- There is ONE main essay question required for your Common App. Get started drafting that essay now. Visit Commonapp.org for the essay prompts. Be sure to research the colleges on your list to see if they require supplemental or additional essays.
- Continue to build your college resume, which includes all of your extracurricular activities since entering the high school.
- Visit colleges/universities

College Visits

Summer break is an excellent times to explore colleges. College admissions offices are open and appointments are easier to obtain during the summer than in the busy fall session. If the college has a summer school, you will have a chance to see classes in session. It is important that you sign up to take a campus tour, as well as make an appointment with an admissions counselor to find out more about the school and all that they have to offer. Please note that it is always better to schedule a visit ahead of time.

Here are a few questions you should ask during every tour:

1. What was the transition like from high school to college?
2. What are your classes like?
3. What are the residence and dining halls like?
4. What's the city/town/region like?
5. What is one thing you would change about the school?



~College/University Visit Clusters~

The groupings of colleges and universities below are by no means exhaustive; these ideas are meant to serve as good starting points when beginning a college search. Happy travels!

BOSTON/RHODE ISLAND AREA

Large universities: Boston University, Northeastern University

Medium universities: Bentley University, Boston College, Brandeis University, Brown University (RI), Bryant College (RI), Harvard University, MIT, Providence College (RI), University of Rhode Island

Small colleges: Babson College, Emerson College, Rhode Island School of Design, Tufts University, Wellesley College (all women), Wheaton College

CENTRAL MASSACHUSETTS

Large university: University of Massachusetts at Amherst

Medium universities: College of the Holy Cross, Worcester Polytechnic Institute

Small colleges: Amherst College, Clark University, Hampshire College, Mount Holyoke College (all women), Smith College (all women)

CONNECTICUT

Large university: University of Connecticut

Medium universities: Fairfield University, Quinnipiac University, Yale University

Small colleges: Connecticut College, Trinity College, Wesleyan University

UPSTATE NEW YORK

Large universities: Binghamton University (SUNY), Cornell University, Syracuse University

Medium universities: Colgate University, Ithaca College, Rensselaer Polytechnic Institute, University of Rochester

Small colleges: Bard College, Clarkson University, Hamilton College, Hobart-Williams Smith Colleges, Skidmore College, St. Lawrence University, Union College, Vassar College

~College/University Visit Clusters~

The groupings of colleges and universities below are by no means exhaustive; these ideas are meant to serve as good starting points when beginning a college search. Happy travels!

NORTHERN NEW ENGLAND

Large university: University of New Hampshire

Medium university: Dartmouth College, University of Vermont

Small colleges: Bates College, Bowdoin College, Colby College, Middlebury College, Saint Anselm College, Saint Michael's College

NEW YORK CITY AREA

Large university: New York University

Medium universities: Columbia University, Fordham University, Hofstra University

Small colleges: Barnard College (all women), Eugene Lang College, Sarah Lawrence College

PHILADELPHIA AND SURROUNDING AREA

Large universities: University of Delaware, Drexel University, University of Pennsylvania, Rutgers University (NJ), Temple University

Medium universities: Lehigh University, Villanova University

Small colleges: Bryn Mawr College (all women), Dickinson College, Franklin & Marshall College, Gettysburg College, Haverford College, Muhlenberg College, Swarthmore College, Ursinus College

WASHINGTON, DC/BALTIMORE AREA

Large universities: George Washington University, University of Maryland (College Park)

Medium universities: American University, Catholic University, Georgetown University, Johns Hopkins University, Loyola College of Maryland

Small colleges: Goucher College, St. John's College

~College/University Visit Clusters~

The groupings of colleges and universities below are by no means exhaustive; these ideas are meant to serve as good starting points when beginning a college search. Happy travels!

VIRGINIA/NORTH CAROLINA

Large universities: University of North Carolina, University of Virginia

Medium universities: Duke University (NC), Elon University (NC), High Point University (NC), University of Richmond (VA), Wake Forest University (NC), College of William and Mary (VA)

Small colleges: Davidson College (NC), Roanoke College (VA)

CHICAGO/SOUTHERN WISCONSIN AREA

Large universities DePaul University (IL), University of Illinois, University of Wisconsin

Medium universities: University of Chicago, Columbia College (IL), Loyola University of Chicago, Marquette University (WI), Northwestern University (IL)

Small colleges: Beloit College (WI), Lake Forest College (IL), Lawrence University (WI), School of the Art Institute of Chicago (art school)

OHIO

Large universities: Miami University of Ohio, Ohio State University

Medium university: Case Western Reserve University

Small colleges: Denison University, Kenyon College, Oberlin College, Ohio Wesleyan University

SAN FRANCISCO AND SURROUNDING AREA

Large universities: University of California – Berkeley, University of California – Santa Cruz

Medium universities: Santa Clara University, Stanford University, University of San Francisco

Small college: Mills College (all women)

~College/University Visit Clusters~

The groupings of colleges and universities below are by no means exhaustive; these ideas are meant to serve as good starting points when beginning a college search. Happy travels!

SOUTHERN CALIFORNIA

Large universities: UCLA, University of California - San Diego, University of Southern California

Medium universities: Loyola Marymount University, University of San Diego

Small colleges: California Institute of the Arts (art school), Chapman University, Claremont Colleges (Claremont McKenna, Harvey Mudd, Pitzer, Pomona, & Scripps), Occidental College

PACIFIC NORTHWEST

Large universities: University of Oregon , University of Washington, Western Washington University

Medium universities: Evergreen State University (WA), Gonzaga University (WA)

Small colleges: Lewis and Clark College (OR), Reed College (OR), University of Puget Sound (WA)

Wishing you all a happy and safe summer!

The Counseling Center

