

APRIL 2023

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



## *Cold Spring Harbor Jr/Sr HS Counseling Center NEWSLETTER*

### **A Message from the Director's Desk:**

Dear Students and Families,

This school year is moving along at a swift pace. The third quarter ended along with the month of March and we now are entering the final term of this 2022-2023 school year. While there is much that has been accomplished, and so much of the school year is behind us, it is important to remember how much impact the final few months have on learning, grades and outcomes. It is so important to stay focused, get organized and finish strong.

In the counseling office, this is the time of year when the college application process is reviewed and comes to a close with the arrival of final admission decisions. Our seniors have much to be proud of, and they certainly have much to contribute to their next endeavors. The juniors are embarking on the post-high school planning process and our school community is here to support them every step of the way on their individual and exciting paths.

The month of April is known for its rain showers. The importance of those showers are known and appreciated because they lead us to the beauty that May flowers bring. Sometimes, we need to remember the times that bring us challenges also can lead us to opportunities and success. Recent speakers in our school, Dr. Lauren Gallagher (hosted by SEPTO/FOCUS) and Nicole Stott (astronaut, artist, activist and author) reminded us of the importance of resilience and how to build that in ourselves. Learning to work through, take on, and not shy away from challenges can help us remember that sunny days and bright flowers may follow the rain showers in our own lives.

Warm regards,

*Mona E. Hecht*



### **Important Dates:**

**4/7:** Registration Deadline for May 6 SAT

**4/15:** ACT (at CHS HS)

**4/25:** Late Registration Deadline for May 6 SAT



*Ignite Your Passion*

**Cold Spring Harbor  
Central School District**

*Be an Inspiration for Excellence*

## ***WAIT LIST... Now What????***

When college admission decisions arrive they typically include one of three options: Accepted (Yay!), Denied (Ugh), or Waitlisted (Now What?). The delay of a final decision can be very tough, but waitlists are created to give colleges time to know who will be attending before determining space availability.

Here are some steps to help students who find themselves on a waitlist:

1. Do you still want to go there? Often, students have received an acceptance from another college and coming off the waitlist wouldn't change their decision. Let the college know that you have made another decision, and thank them.
2. If you still want to be considered, make sure you review the information provided. Colleges vary regarding how they manage their lists, but they are typically transparent about next steps (or will tell you if you ask).
3. Communicate your intentions. If the college is your first choice, and you continue to be very interested in attending, let them know. Maintain a strong academic record and share any new information that can support your application since you first submitted your application materials.
4. Be patient. You will likely need to deposit at another school before hearing an update of your status on the waitlist.

***Your counselor is here to help and can assist you through the process***

### **Cold Spring Harbor Jr/Sr High School**

**Counseling Center**  
**(631) 367-6840**



**Mona E. Hecht**

Assistant Superintendent for Counseling,  
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#### **COUNSELORS**

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### **April Counseling Center Announcements**

Final college admission decisions are arriving for seniors. We are proud of this outstanding class and share in celebrating the good news that has been received. We know that disappointing decisions are often a part of this process. The counseling center is a busy place throughout the school year, and a frequent stop for students who want to share exciting news they have received, reach out for support during difficult times, and/or discuss next steps when needed to address waitlists or changes in plans. Senior year is not over and there is much that your school counselor can help you with as the final months unfold.

For juniors, the college planning process is underway and counselors are currently scheduling and meeting with students and parents to develop individual action plans. Each student has unique strengths, interests, goals and talents that are considered in this process. This time can be exciting, daunting, overwhelming, invigorating, and all-consuming at times. Using time wisely and carefully addressing the various steps in the process, one step at a time, can help. Counselors can help too. We're here for you.



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## STUDENT WELLNESS



Cold Spring Harbor students are active, engaged, goal-oriented, motivated, and...busy. We know how much our students try to fit into a day. Managing and juggling all of the responsibilities certainly is challenging and, if something gets in the way, it is easy to quickly fall out of balance. We want to support our students so they can meet with success in all areas - school, community activities, the arts, athletics, family commitments, and personal down time. And, we want our students to be truly happy.

There is actually a course on happiness offered at Yale University: *The Science of Well-Being*. In fact, it is the most popular course on campus - taught by Dr. Laurie Santos. Dr. Santos also has created a FREE teen version, titled [The Science of Well-Being for Teens](#), and it is available for FREE through Coursera. The CSH counselors are currently enrolled and learning from it each week.

Students and parents are encouraged to check it out. The modules are short (most are 3-6 minutes long) and it is easy to fit in - listening between activities or while doing chores. We have learned some surprising things from the information and data Dr. Santos shares - specifically about what we think will make us happy and how impactful those things really are to our well-being. You might also be surprised by some of the information shared. Let us know if you choose to learn along with us by engaging in this course. Again, it is free and self-paced.



**HAPPY Learning!**

## Distinguished Youth Awards



An exciting opportunity exists for students, ages 13-18. **The Suffolk County Distinguished Youth Awards** program is a challenging and competitive voluntary recognition program, focusing on four categories: Volunteer Service, Personal Development, Exploration and Physical Fitness. Students must register and start the program by July 1. A [Letter](#) of introduction and [Program Information](#) are available at these links.

Please contact your counselor if you are planning to engage in this exciting program.



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# College Planning Process



## TEST OPTIONAL POLICIES FOR THE 2023-2024 COLLEGE APPLICATION CYCLE

More than 80% of four-year colleges are expected to ***not require*** standardized test scores to be submitted along with college applications in the 2023-24 application cycle.\* Most of these colleges will be “test-optional,” whereby students can submit scores if they choose but applications can and will be reviewed without submitted scores. Individual policies and practices can vary depending on the college, and the best resource for information on an individual college’s process is the admission office’s website and staff.

All eight (8) Ivy League colleges will be test optional for another year. Brown University was the last Ivy League college to announce test-optional extensions. This announcement was included in *The Brown Daily Herald* \*\* on 3/10/23, along with the following information:

“[Harvard](#), [Princeton](#) and [Dartmouth](#) all extended their test-optional policy beyond the upcoming admissions cycle, and [Columbia](#) announced March 1 it would permanently switch to test-optional admissions. [Penn](#) and [Yale](#) have confirmed that they will be test-optional for the 2023-24 cycle, while [Cornell](#) has extended the policy through the next two cycles.”

While there has been a large increase in test-optional admission policies among colleges, information related to student decisions to submit scores can be viewed through individual college data reports that they typically share publicly. For example, of the students who enrolled in the Brown class of 2026, 81% submitted a standardized test score — 54% submitted SAT scores and 27% submitted ACT scores, according to the University’s [Common Data Set](#).

**Counselors assist students through all aspects of the college application process. Decisions regarding test taking and sharing scores are reviewed individually as one part of this process.**

\* [FAIRTEST Test Optional List](#)

\*\* [BROWN DAILY HERALD Article](#)



APRIL 2023

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## ***COLLEGE APPLICATIONS: Numbers, Decisions and Questions***

The numbers of submitted applications continue to increase at so many colleges and many of the decisions we hear often can seem surprising. The college application process has always included some mystery, and the desire 'to see behind the curtain' grows as decisions are shared each year. We may shake our heads at the news - students who have done everything well aren't guaranteed to be admitted everywhere they wish to attend - and sometimes receive multiple denials. We know there are a finite number of available spaces at each college, and we know how many outstanding applicants are in the pool, but why does it seem to be getting harder and harder each year?

There is no question that colleges are receiving outrageous numbers of applications, as they share this information with us and it is so often in the news. The rising numbers are likely due to many factors: the ease of submitting electronic applications, the growth of test-optional policies, the desire and ability to explore options near and far away, the news about the increasing numbers of applications that seem to just result in a greater increase in numbers of applications, and the *unknown*. More applications received by a college leads to lower admit rates and increased frenzy. Waitlists are growing and stress levels are rising. What are students and parents supposed to do?

So much of the college process is completed before the application process even begins. Exploring options, identifying priorities, reflecting on what really matters, and committing to finding the potential *right fit* all help to focus on creating a strong list of choices. Data still can assist students and families to identify if a student is in the ballpark of the "typically" admitted student at that college. The junior conference is an important component of this exciting, daunting and wonderful process. The old saying is still very true: There are wonderful college options for every student. We are committed to working together for the right match.

### ***SPRING COLLEGE FAIRS: In-Person and Virtual Options***

As the spring college exploration season gets underway, college fair offerings are being announced.

**NACAC Virtual College Fair** - April 23, 2023

**Nassau Counselor's Association 2023 Spring College Expo** - April 25, 2023

The **SPRING COLLEGE EXPO** will be held at Hofstra University on April 25, 2023 from 5:30 - 8:30pm. This event includes representatives from a large number of colleges throughout the country as well as information sessions on topics including collegiate athletics, financial aid and the needs of students with disabilities. Families can use this [LINK](#) to access the flyer with a QR code.



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## Junior High School Counseling Program

Students in grades 7 and 8 continue to be supported through the junior high school years by the outstanding team of teachers and student support faculty. Ms. Pickering plays an integral role on this team and has been working with junior high school students in small groups throughout the year. Most recently, the students have been introduced to the Naviance program and have been learning about themselves, identifying interests and strengths, while also beginning to explore information about career options.

The junior high school experience includes many opportunities for students to gain increased levels of independence, to take more personal responsibility while balancing school and activities, and to explore areas of interest inside and outside of school. Emotions fluctuate, relationships can grow and be tested, and decision-making skills begin to become very important.

There are many resources to support and assist students and families along this journey. For families who may want to explore ways to make the most of this time, the following book may be helpful: *Middle School Matters: The 10 Key Skills Kids Need to Thrive in Middle School and Beyond - and How Parents Can Help*, by Phyllis L. Fagell. Ms. Fagell is a licensed clinical professional counselor and school counselor, and also frequent speaker on middle school issues.



## COLLEGE (TESTING) TRIVIA!!

DID YOU KNOW?

1. What year was the College Board (College Entrance Examination Board) established?

- A. 1899
- B. 1920
- C. 1962
- D. 1975

2. What year was ACT established?

- A. 1925
- B. 1936
- C. 1959
- D. 1970



3. (Question taken from *first SAT*): A steel cylinder, 20 inches in diameter, is being turned on a lathe at a speed of 1000 revolutions per minute. To what speed must the lathe be changed in order to retain the same surface speed on the cylinder when it is turned down from 20 inches to 10 inches?

- A. 2000 RPM
- B. 1000 RPM
- C. 1600 RPM
- D. 2200 RPM

4. More than 40 colleges have a bulldog as a mascot. This college was the *first to have any mascot* (and it is a bulldog):

- A. Georgetown University
- B. Gonzaga University
- C. University of Georgia
- D. Yale University



Answers: 1.A, 2.C, 3.A, 4.D

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