

APRIL 2024

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,

As we move into April, and we may look forward to the welcome interruptions of two school recess periods, let's also remember there is much to attend to over the next several weeks. The third quarter ends on April 11 so now is the time to identify ways to finish the quarter strong, make up assignments that may still be accepted, and organize materials to prepare for exams. While there is much that already 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.

The counseling office is also an active place at this time, continuously filled with students in all grade levels seeking assistance, support and guidance. 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 academic homes. 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 journeys.

We are often reminded that the month of April is known for its rain showers. Those showers can be more easily accepted when we appreciate that they lead us to the beauty that May flowers and all that the spring season will hold. During the month of March, we heard from some impactful speakers, including our Literary Luncheon author Brendan Slocum and SEPTO/FOCUS speaker Jeremy Thode. Both individuals shared aspects of their own journeys that highlighted the opportunity to reflect on challenges and embrace the resilience within each of us. 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



**COLD SPRING HARBOR
CENTRAL SCHOOL DISTRICT**

Soaring Higher • Growing Stronger • Achieving Greatness



Important Dates:

4/13: ACT (at CHS HS)

4/19: Registration Deadline
for May 4 SAT

4/23: Late Registration
Deadline for May 4 SAT



COLLEGE DECISIONS: Common Reply Date Changes

In a typical school year, May 1 is the college “Common Reply Date” whereby admitted students must notify their college of choice that they will be attending and submit a deposit. This year’s FAFSA (Free Application for Federal Student Aid) delays have led to changes in the reply dates for many colleges – from May 1 to later dates as designated by each college. NACAC (National Association of College Admission Counselors) has created a [SITE](#) that lists this information for a number of colleges across the country. This site can assist students and families as options are reviewed and decisions are made.

Many colleges are sticking with the May 1 reply date but have indicated they will consider requests for delays on an individual basis.

Financial aid packages are shared by colleges at varying times throughout the spring so it can be important for students and families to have the time to compare packages, the final cost of attendance for each school, and other factors before making final decisions.

Please be reminded that your school counselors are here to help. Reach out with questions as needed so you can make the most informed decision in time to meet your chosen college’s deadline for deposit.

Cold Spring Harbor Jr/Sr High School

Counseling Center
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April Counseling Center Announcements

The junior college planning process is underway and counselors are currently scheduling and meeting with grade 11 students and their parents to develop individual action plans. Each student has unique strengths, interests, goals and talents that are considered in this process. While the exploration and application process can be exciting, daunting, overwhelming, invigorating, and all-consuming at times, there is much support available. Using time wisely and carefully addressing the various steps in the process can help. Counselors help too. We’re here for you.

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. 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.



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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

NATIONAL CLEAN OUT YOUR CLOSET WEEK: It's Not Too Late!

Did you know? The third week of March is *National Clean Out Your Closet Week*. If you didn't know, and your closet(s) need some work, don't worry...the upcoming school break may provide just the time you need to catch up. You can donate items you no longer wear or need. You can find items you forgot you had! You can identify items you need to replace. Cleaning out and organizing our closets can help with our mental health also. Cluttered spaces can clutter our minds.

REMEMBER: Mental Wellness May is coming up! Many ideas and tips will be shared by the student support team to ensure all members of our school community have the strategies and support to manage the stress, anxiety, and challenges we all face.

Maybe tackling our closets will be one step in the right direction!



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Post High School Options



ALTERNATIVES TO COLLEGE PROGRAM

The Huntington Youth Bureau's *Project Excel* program offers presentations, programs and workshops for youth ages 11-21 throughout the Town of Huntington. Project Excel specializes in four main program areas including: Creative and Fine Arts, Cultural Enrichment & Life Skills Development, Education/STEM Education Development, and Employment Services.

Currently, Project Excel is offering and [Alternatives to College](#) program on April 8 at 6:00pm where two law enforcement guest speakers will share information about their careers. This program is free of charge and open to all youth in the Town of Huntington.

Please see the information [FLYER](#) for more information about this event along with other programs offered by *Project Excel*.



SPRING COLLEGE FAIRS

Each year, the **NASSAU COUNSELORS' ASSOCIATION** provides an outstanding resource to benefit students and parents at our [Spring College Expo](#). There will be an extensive array of universities and colleges offering their time and knowledge to support the students and families of Long Island. A LIST OF PARTICIPATING COLLEGES can be found [HERE](#). We are fortunate that this event will be continuing at Hofstra University for 2024!

[The Spring College Expo offers:](#)

One-to-one conversations with school and program representatives

Experienced counselors to assist in the college search process

Tuesday, April 16, 2024 // 5:30-8:30PM

**Hofstra University,
David S. Mack Sports Complex**



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CAREER FAIR - April 15 - 6-8PM

All students are invited and encouraged to attend this **CAREER FAIR** on Monday, April 15, 2024 at Cold Spring Harbor High School. This fair is being organized by Nicole Schrock, grade 11 student, and includes so many members of the CHS community who have generously donated their time and expertise to this exciting event. Come out and learn more about a career of interest, or explore some new options!



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Distinguished Youth Awards

An exciting opportunity exists for students, ages 13-18, in Suffolk County.

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.

Program Information is available at this [LINK](#) and students are encouraged to explore this opportunity.

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



COLLEGE (TESTING) TRIVIA!!

DID YOU KNOW?

1. These Ivy League colleges do not offer Early Decision application plans, but do offer single-choice or restrictive Early Action:

- A. Harvard, Dartmouth and Penn
- B. Harvard, Yale and Princeton
- C. Yale, Dartmouth and Brown
- D. Dartmouth, Brown and Columbia

2. Digital SAT Practice Question:

The density of a certain type of wood is 353 kilograms per cubic meter. A sample of this type of wood is in the shape of a cube and has a mass of 345 kilograms. To the nearest hundredth of a meter, what is the length of one edge of this sample?

- A. 0.98
- B. 0.99
- C. 1.01
- D. 1.02

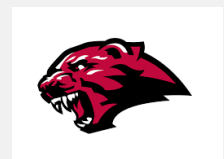


3. Since 1979, when was the last time that all four #1 seeds advanced to the Final Four?

- A. 1997 - Kentucky, Minnesota, North Carolina, Arizona
- B. 2001 - Duke, Michigan State, Arizona, Maryland
- C. 2008 - Kansas, Memphis, North Carolina, UCLA
- D. It has never happened

4. Which school first made it to five consecutive Final Fours? (Their mascot is the bearcat)

- A. Kentucky
- B. Cincinnati
- C. Duke
- D. UCLA



Answers: 1. B, 2. B, 3. C, 4. B

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