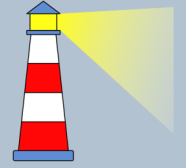




DECEMBER 2022

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 2022 winds down and we look forward to all that 2023 may bring, we are reminded of how much happens in a school year. The planning and preparation that go into a successful school year starts early. In fact, the planning and creation of the building's next master schedule begins early in the current school year. This issue of our newsletter is jam packed with all the information our students and families need to be able to plan ahead, explore options, reflect on personal and academic goals, and make thoughtful and informed decisions.

During the month of December, teachers in the Jr/Sr. High School will make course recommendations for their current students' 2023-2024 academic program. These course recommendations will be available to be viewed in late December. Teacher recommendations are very helpful in guiding decisions and assisting students in understanding their best chance for success in the next level of coursework. These recommendations should be viewed in the context of the entire student's course program and students/families should keep in mind how much time can be allocated to school work as well as outside activities. Don't forget to build in some downtime too.

Decisions that are made now will inform the creation of the master schedule. In order to move forward with the many important steps in that process, we must adhere to a timeline that includes student/parent and counselor meetings to finalize course decisions, finalizing sections and classes running for 2023-24, and the lengthy process of building the master schedule. A timeline for all of these important steps, grade-specific guidance documents, and helpful tips are included on the following pages. We hope this process is enjoyable and informative as we work together to put plans in place for students' success.

Warm regards,

Mona E. Hecht



Ignite Your Passion

**Cold Spring Harbor
Central School District**

Be an Inspiration for Excellence



Important Dates:

12/3: SAT Exam

12/6: Grade 11 College Kick-off Parent/Student Night Program
7PM—PAC

12/9: Recommended deadline to request college application materials from the counseling center for January 1 deadlines

12/10: ACT Exam



COURSE SELECTION TIMELINE

Important Dates to Remember

I. December 2022:

- ⇒ Teachers make course recommendations for individual students in all core courses. Course recommendations will be visible on the eSchool student/parent portal on December 19.
- ⇒ Program of Study and individual grade-specific scheduling sheets are available for students/families to review and use to plan a list of requested courses.

II. January/February 2023:

- ⇒ School counselors meet with students to review course recommendations and choose elective courses. Parents are encouraged to participate.

III. March 6, 2023:

- ⇒ Course requests will be locked and master schedule build will begin. Changes to course requests will not be made after this date; level changes will be reviewed as needed.

Cold Spring Harbor Jr/Sr High School

Counseling Center
(631) 367-6840



Mona E. Hecht

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December Counseling Center Programs

Grade 11 College Planning Kick-Off Parent/ Student Workshop

Tuesday, December 6 at 7pm in the PAC

There are many factors to consider as students explore college options and prepare for the college application process. This parent/student program will provide guidance on the multiple steps and activities that students and families will engage in over the next several months.



***We look forward to seeing grade 11 students and their
parents on the evening of December 6***



Classroom Counseling Sessions

During the month of December, counselors will be meeting with students in classroom sessions to address the College Process Kick-Off with students in grade 11. Also, students in grade 8 will participate in classroom sessions on high school planning to follow-up on the evening Parent/Student Night program for 8th grade families. The counseling department works with students in classroom and group settings to provide information to all students before following up individually to address specific students' interests and plans.



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2023 - 2024 COURSE SELECTION

A student's high school course schedule allows them to engage in academic options that are rigorous, interesting and rewarding. Thoughtful planning includes a balance of challenging coursework with opportunities to meet with success. As you choose from the many options, you are encouraged to think about your four-year high school plan and your academic goals. Some questions you may want to ask yourself include:

- Which subjects interest me most?
- Where do I find the most success?
- What are my strengths?
- What challenges me most?
- How much time can I commit to my school coursework and my other activities?

Decisions that are made during the course selection process lead to the creation of the master schedule and course placement. It is important to make thoughtful decisions while factoring in the level of rigor of each course, the overall commitment of the entire course schedule, and the ability to balance school and other commitments. Student transcripts ultimately reflect courses taken and grades earned. Careful planning with the end in mind can lead to success.



NEW SCHEDULING RESOURCES



Grade-Specific Scheduling Forms:

Students and parents are able to view all course options, by grade level, using our *NEW* Grade Level Scheduling Forms (see below). These forms provide a list of courses available to students in each grade level. Families are encouraged to review the forms carefully, with specific attention to the expectations of individual courses, the individual student's interests, and both short and long term goals. The Program of Study is a great resource to access in order to learn more about course pathways and specific course topics. The [current Program of Study](#) is available as a reference and the 2023-2024 Program of Study will be posted, and available in printed copy, before the end of December.

GRADE 9 (for current 8th grade students):

[GRADE 9 COURSE SELECTION FORM](#)

GRADE 10 (for current 9th grade students):

[GRADE 10 COURSE SELECTION FORM](#)

GRADE 11 (for current 10th grade students):

[GRADE 11 COURSE SELECTION FORM](#)

GRADE 12 (for current 11th grade students):

[GRADE 12 COURSE SELECTION FORM](#)



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PSAT Scores and Next Steps

Students in grades 10 and 11 who took the PSAT/NMSQT in October are now able to view their score reports. Students can log into their College Board account for their full report. Also, scores have been uploaded into Naviance and can be viewed there. This [brief video](#) can help guide students through the score report.

Next Steps: All Cold Spring Harbor HS students have access to the *free* **Methodize Test Prep** Program. Students can access this program through the menu in their Castle Learning accounts. Methodize provides SAT and ACT prep tools including diagnostic tests, full length exams, a vocabulary builder and a complete self-paced preparation program for both exams - SAT and ACT - with informative videos and instruction on specific test question types with tips to address them.

Watch a [video](#) from creator/founder Mr. Tom Ehlers.

Give Methodize a try!



DID YOU KNOW?

COLLEGE TRIVIA!!

1. Cold Spring Harbor HS seniors in the Class of 2020 submitted the most applications to this college:
A. University of Michigan
B. Penn State
C. Binghamton University
D. University of Delaware
2. How many colleges representatives visited Cold Spring Harbor High School this fall?
A. 37
B. 52
C. 63
D. 81
3. How many colleges are in the Big 10 athletic conference?
A. 9
B. 10
C. 12
D. 14
4. The mascot for this college is an Anteater:
A. UC Irvine
B. University of Rhode Island
C. Lewis and Clark
D. Oberlin



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



NCAA College Athletics: CORE COURSE GPA

All Cold Spring Harbor HS students have free access to the **Core Course GPA** Program. Students athletes who are interested in playing collegiate athletics can find helpful guidance through these [available resources](#).

Additionally, more than a dozen [brief videos](#) on recruiting and the NCAA Eligibility process.



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