



FEBRUARY 2025

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,

The second semester of the 2024-2025 school year begins on Monday, February 3. This marks an exciting time for students enrolled in semester-long courses as they transition to new subjects. It also offers a fresh start as the new quarter begins for all students. As families look ahead to the activities in the month of February, our wellness counselor, **Ms. Herold**, will be facilitating another **wellness group starting Monday, February 10th** for students in grades **7-10**. These small group sessions will focus on: test-taking strategies, study techniques, staying organized and time management, and stress relief techniques. If you believe your child could benefit from these sessions, please complete this [form](#) by **February 5th**. Additionally, **12th-grade student Nicole Schrock**, under the advisement of Ms. Herold, will be coordinating the **second annual Career Fair** in late April during the school day at the high school. This event is an incredible opportunity for students to explore various career pathways. To make this event as impactful as possible, we invite **community members** who are willing to share their career experiences with our students. This would involve giving a short presentation to small groups of students covering topics such as: certification/Education required, job responsibilities, favorite aspects of the career, career journey and inspiration, typical workday description, salary range (if comfortable sharing). If you are interested in participating, please fill out this [form](#). Your involvement can help shape the future of our students!

As we reflect on the important relationships in our lives this February and celebrate Valentine's Day, we are also reminded to honor the contributions and legacy of African Americans during Black History Month. Additionally, February provides an opportunity to recognize our school counselors for their invaluable work during National School Counseling Week (February 3-7, 2025). This year's theme is "School Counseling: Helping Students Thrive." You'll find specific information about the role of our counselors here at Cold Spring Harbor in this newsletter. We are deeply grateful for the individual relationships they build with each student and for their collaborative approach to helping students meet their goals.

Please also note that the course selection process for the 2025-2026 school year at the Jr/Sr High School will close on March 5th. Families can access the eschool portal to view current course recommendations and selections. If you have any questions during this process, please feel free to reach out to your counselor, teachers, or department directors/chairpersons.

Warm regards,

Jeannette Alomia



Important Dates:

February: 2025-2026 course selection meetings with counselors

2/4: College Essay Workshop
7 pm High School Library

2/8: ACT Exam (not at CSH Jr Sr HS)

2/13: Suggested registration date for June SAT and ACT exams to ensure preferred test center availability

2/25: Late Registration Deadline for March 8 SAT



**COLD SPRING HARBOR
CENTRAL SCHOOL DISTRICT**

Soaring Higher • Growing Stronger • Achieving Greatness

SPRING SEMESTER



It may not feel like spring just yet, but the start of the spring semester is here—an excellent opportunity to evaluate our progress and refresh our goals. This is a perfect time to reorganize, reassess priorities, and adopt new habits that set us up for success. Staying on track can be challenging, and it's easy to fall into less productive routines. Use this moment to reflect on your current practices and consider adjustments to make meaningful progress. Here are some tips to help you thrive:

- **Stay consistent:** Complete homework and review materials daily to reinforce your learning.
- **Address challenges early:** Identify areas of difficulty and ask questions as they arise.
- **Seek support:** Reach out to teachers for extra help, visit the homework center, ask a friend, or explore online resources for guidance.
- **Go the extra mile:** Review graded assignments and assessments, read ahead, or revisit challenging topics to ensure deep understanding.

By making thoughtful adjustments and staying proactive, you can take full advantage of this fresh start and work toward achieving your academic and personal goals.

Cold Spring Harbor Jr/Sr High School

Counseling Center
(631) 367-6840



Jeannette Alomia
Director of Counseling, K-12

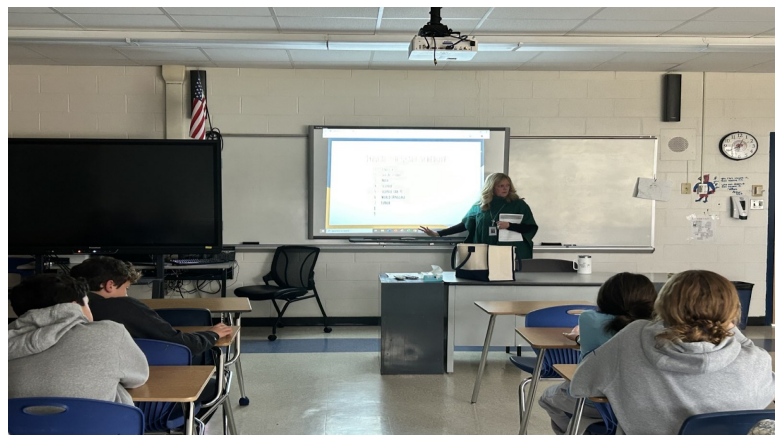
COUNSELORS

Angelica Ferraro
Heather Friedland
Jennifer Herold
Jacqueline Kovach-Devlin
Jennifer Pickering
Gerard Spennato

February Counseling Center Announcements

Counselors in Action...

In December, Mrs. Pickering delivered classroom presentations to the 8th-grade students, providing an overview of the high school course offerings. Students gained valuable insight into the various electives available in 9th grade. Currently, Ms. Pickering is meeting individually with students and families to discuss not only the range of electives but also the extracurricular activities, academic support, and resources available at the high school. Similar meetings are being held with the grade 7 students and families.

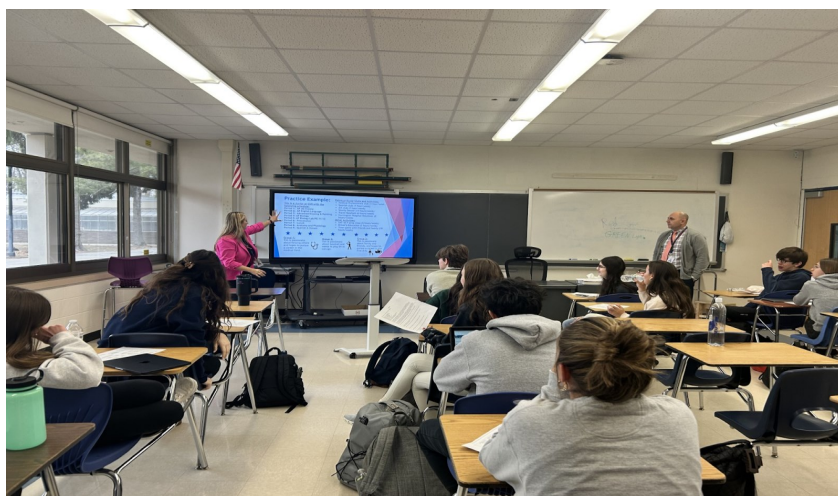
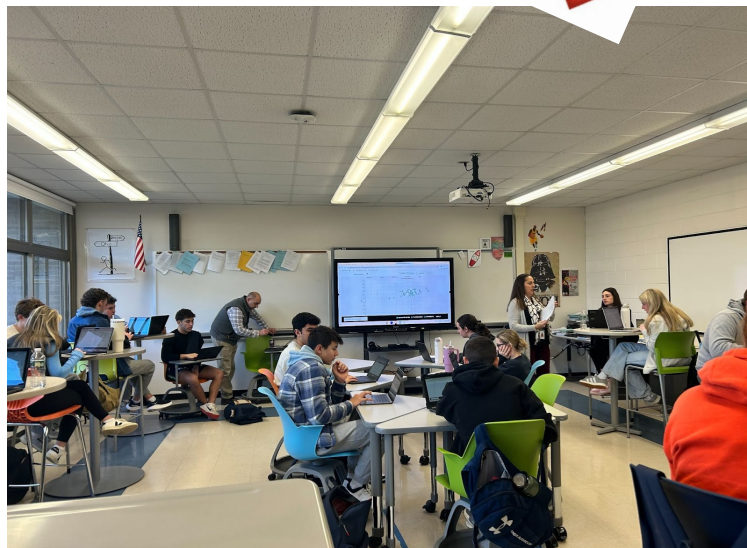
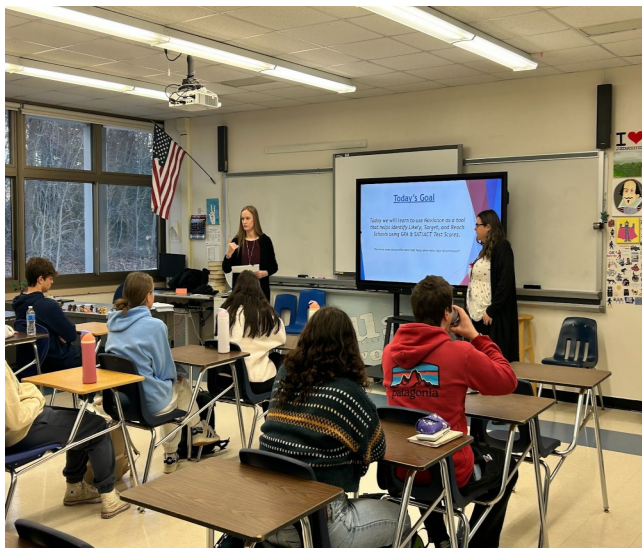
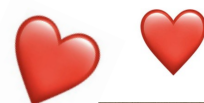


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February Counseling Center Announcements



This month, the CSH High School Counselors: Mrs. Ferraro, Ms. Friedland, Ms. Herold, Ms. Kovach-Develin, and Mr. Spennato will conclude a three-part series of classroom sessions designed to support students at key milestones in their academic journey. For 11th-grade students, these sessions marked the beginning of the college exploration process, offering an overview of the steps involved and the resources available to assist them, including Naviance. For 10th-grade students, the counselors presented on how to make the most of their high school experience, focusing on maximizing academic opportunities and preparing for future goals.



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Your School Counselor



As we celebrate *National School Counseling Week*, February 3-7, we would like to share information about the role of the school counselor here in Cold Spring Harbor. Our counselors work closely with students, families, faculty, staff and administrators to ensure that each individual student has the opportunity to meet with much success in and out of the classroom.

At the junior high school level, Ms. Pickering addresses the many transition needs students have as they move from the elementary buildings to the junior high school. She works closely with these students through grades 7 & 8 to ensure the continuity of services through junior high school and appropriate preparation for the transition to high school.

As students move into high school, they are assigned a school counselor with whom they work for all four years: Ms. Ferraro, Ms. Friedland, Ms. Kovach-Devlin or Mr. Spennato. Additionally, our wellness counselor, Ms. Herold, supports students as the 504 chairperson and in a variety of ways through small group and individual activities. All counselors address the needs of all students by presenting classroom sessions on pertinent grade level topics throughout the year. Counselors then work individually with each student to create a personalized plan that includes and addresses each of the areas listed below. The comprehensive school counseling program is developmentally appropriate and serves all students.

ACADEMIC

Monitor Academic Progress
Course selection advisement: balancing rigor, interests and goals
Managing transcripts
GPA calculation
Attendance: monitoring and providing support
Monitoring graduation Requirements
Managing diploma types
Providing academic support and guidance: identifying barriers and creating action plans for success
Honor society information

PERSONAL/SOCIAL

Exploring students' interests, skills and talents
Encouraging engagement in junior and senior high school activities: in-school and/or out-of-school
Providing guidance to develop organizational, problem-solving, positive decision-making, and time management skills
Supporting the development of positive interpersonal skills
Ensuring compliance with DASA (Dignity for All Students Act)



COLLEGE/CAREER

Exposing students to options through college/career exploration and learning opportunities
College testing advisement: PSAT, SAT and ACT
Naviance: college and career exploration and application tool
College exploration process
Classroom information sessions and parent/student evening programs
Letters of recommendation for college applications
College athletics: NCAA
Assist students with Financial Aid information and process

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The College Essay

JOIN OUR COLLEGE ESSAY WRITING WORKSHOP AND TURN YOUR
IDEAS INTO A COMPELLING NARRATIVE THAT SHOWCASES WHO
YOU ARE!

PRESENTED BY COLLEGE ADMISSIONS REPRESENTATIVES



★ What You'll Learn:

- Insights on choosing your topic
- Tips on brainstorming, drafting and revising
- Advice on how to captivate your reader
- Learn how to weave your personal story into a powerful statement

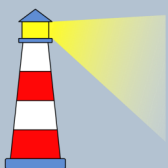
**TUESDAY, FEBRUARY 4
AT 7 PM IN THE PAC**

New Location: HS Library

**WE LOOK FORWARD
TO SEEING YOU!**



HOSTED BY THE CSH JR./SR. HS COUNSELING CENTER



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COLD SPRING HARBOR COUNSELING CENTER PRESENTS:

FINDING YOUR BEST FIT COLLEGE

WITH GUEST SPEAKER ROBERT FRANEK
EDITOR-IN-CHIEF OF THE PRINCETON REVIEW

MONDAY, MARCH 24TH, 2025 7-8PM

AT COLD SPRING HARBOR HIGH SCHOOL

WHAT WE'LL COVER:

- College hopes and worries
- What makes a college a best fit
- Test optional admissions
- Truth & misconceptions around tuition costs

ABOUT ROB:

- National expert on colleges and higher education
- Gives 100+ lectures yearly
- Featured in major media: NYT, WSJ, ABC, NBC, CNN, NPR
- 26-year career: publisher, editor, author, college admissions administrator

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JUNIORS: COLLEGE and POST HIGH SCHOOL PLANNING



The counselors are excited to meet individually with grade 11 students to begin discussions about the college exploration and post-high school planning process. A key reminder: **JUNIOR BIO** is due in the Counseling Center by **March 7, 2025**. This document is essential for your counselor to prepare for your personalized junior college meeting.

Both students and parents are encouraged to review and complete their sections of the Junior Bio thoroughly. The information you provide helps your counselor tailor recommendations, establish timelines, and develop a unique plan that aligns with your goals and interests. Individual meetings will be scheduled after the Junior Bios are submitted.

While the college exploration and application process can feel exciting yet overwhelming, planning ahead and utilizing available resources, including your counselor, will make the journey more manageable and rewarding. We look forward to partnering with you every step of the way.

COLLEGE ADMISSION FACTORS

The college admission process often prompts questions from students and families about the factors that influence admission decisions. The most significant element in this process is a student's academic record, which includes the rigor of courses taken and the grades achieved. However, colleges may also consider additional components such as a student's extracurricular involvement, the personal insights shared through their essay, and recommendations from teachers and counselors who can provide valuable perspectives on the student's character and achievements.

1. Academic Record:

- ☐ Grades Earned
- ☐ Courses Taken
- ☐ Trends in Achievement
- ☐ SAT/ACT (if required/submitted)

Every student's academic and personal profile is distinct. Counselors guide students in exploring options that align with their interests, goals, strengths, and the likelihood of successful admissions.

2. Other Factors:

- ☐ Student voice: ESSAY
- ☐ Student's demonstrated interest
- ☐ Teacher/Counselor voice: Letters of recommendation
- ☐ Extra-curricular activities
- ☐ Work
- ☐ Portfolio (if needed)
- ☐ Interview (if offered)

Students who demonstrate a strong commitment to their interests, take on leadership roles in extracurricular activities, or achieve excellence in a specific area can distinguish themselves from other applicants.



3. Distinguishing Factors:

- ☐ Leadership
- ☐ Deeply exploring an interest
- ☐ Going the extra mile



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SUMMER 2025: Let's Explore the Options

The days may be cold and gray right now, but it won't be long until the sun is shining late into the evening and flowers are peeking from the ground. As we move into the second half of this school year, many students and families are starting to think about summer activities. The Cold Spring Harbor Counseling Center has created a guide that we hope will assist with this exploration process.

Included in the guide is an extensive list of pre-college programs where students can spend time on a college campus and explore areas of interest - creative writing, the arts, sciences, music or technology. Students who may prefer to experience some adventure can explore outdoor opportunities near and far. Additionally, there are a number of athletic options for those who want to focus their energies on sports. While they are not listed in the summer guide, other great summer options may include local job opportunities and community service projects.



CSH Summer Program Guide



This [document](#) will continue to be updated as we receive information about additional programs throughout the spring semester. The counselors are available to discuss options and provide guidance related to individual students' interests and goals, so please reach out with questions.

SAVE THE DATE: 2025 Spring College Expo

The Nassau Counselor's Association will be hosting the annual **SPRING COLLEGE EXPO** at Hofstra University on April 1, 2025 from 5:30 - 8:30pm in the David S. Mack Sports Complex. 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 [FLYER](#) to access the flyer with a QR code and plan for the event.



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**DID YOU
KNOW?**

Counselor Trivia—In Honor of National School Counseling Week!

**THE COLLEGE PROCESS:
Demonstrated Interest**

Colleges are receiving record numbers of applications each year. In an effort to understand an applicant's level of interest, and chance of enrolling if admitted, many admission offices are tracking students' levels of "demonstrated interest."

How can a student "demonstrate interest?"

- ⇒ Connect with the college by getting on the mailing list and opening emails
- ⇒ Follow the college on social media
- ⇒ Connect with the admission representative who visits CSH and/or is the Long Island rep
- ⇒ Attend a college fair and make sure the individual college knows you're there (have a conversation and fill out their contact card)
- ⇒ Visit the campus, take a tour, and join an information session
- ⇒ Participate in virtual or in-person events

Even if a college does not track demonstrated interest, a number of college applications include a supplemental essay, asking "Why Us?" Students who are able to answer that question with very specific information about the college, the desired program or courses of study, and/or opportunities on campus show that they have done their research.

Most importantly, the more contact a student has with a potential college, the better chance they have of knowing it is the right fit. Take the time to learn about the options, ask questions, and connect with admission officers, current students and alumni when possible.

1. Which two counselors served in the role of wellness counselor?
A. Mr. Spennato and Mrs. Pickering
B. Ms. Friedland and Ms. Kovach-Devlin
C. Mrs. Ferraro and Ms. Herold
D. Ms. Herold and Ms. Friedland
2. How many U.S. states has Ms. Kovach-Devlin visited?
A. 5
B. 31
C. 43
D. 50
3. Which counselor is a twin?
A. Ms. Ferraro
B. Ms. Herold
C. Mr. Spennato
D. Ms. Kovach-Devlin
E. Mrs. Pickering
F. Ms. Friedland
4. Which counselor was recently recognized as the 2024-2025 NYS Master Counselor?
A. Ms. Friedland
B. Mr. Spennato
C. Ms. Kovach-Devlin
D. Mrs. Pickering
E. Ms. Herold
F. Ms. Ferraro
5. Which band did Mr. Spennato follow and attend all of their concerts?
A. Dave Matthews
B. Oasis
C. The Grateful Dead
D. Phish



Answers: 1. C, 2. B, 3. F, 4. D, 5. B



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