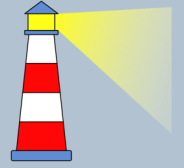




JANUARY 2024

# 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,

***Happy New Year!***

Returning to school and work after the holiday break can be met with a variety of emotions - excitement to see those we were separated from during the school recess, renewed energy and inspiration as we reflect on our new year's resolutions, and maybe some trepidation as we remember all that is ahead of us during the next several months of this school year.

This issue of our newsletter includes information to guide families through some important decisions that will need to be made soon. Course selection for the 2024-2025 school year takes place during the months of January and February. The CSH counselors will complete the course selection process with students in all grade levels followed by individual college planning conferences with juniors and parents starting in March. We have included specific guidance in this newsletter for families that we believe can help when making these decisions. We invite and encourage parents of students in grades 8-10 to participate in the course selection meetings, in person or by phone. We have included links for parents to share date and time preferences as we schedule those meetings. It is my hope that each family will review carefully the important guidance provided in this issue. The pages ahead include:

- ♦ specific steps to follow as courses are considered
- ♦ reminders and links to resources that can guide the process
- ♦ suggested questions to consider as these individual decisions are made

Also, counselors will be reaching out to juniors and their parents later this year to schedule the important junior college conferences. In preparation for those meetings, all juniors are encouraged to begin working on the Junior Bio. See inside for more information!

Warm regards and best wishes for a very happy and healthy New Year,

*Mona E. Hecht*



**COLD SPRING HARBOR  
CENTRAL SCHOOL DISTRICT**

*Soaring Higher • Growing Stronger • Achieving Greatness*



### **Important Dates:**

**1/5:** Registration Deadline  
for February 10 ACT

**1/19:** Late Registration  
Deadline for February 10  
ACT

**1/22: "*FINDING the  
RIGHT FIT COLLEGE*"**  
with Rob Franek, Editor in  
Chief, Princeton Review  
7 pm PAC



# COURSE SELECTION TIMELINE

*Important Dates to Remember*

## I. January/February 2024:

- ⇒ Course recommendations for all core content area courses are visible to students/parents on the eSchool portal.
- ⇒ School counselors meet with students to review course recommendations and choose elective courses. Parents of students in grade 8-10 are invited and encouraged to participate. Please share your availability through the grade-specific form and the counselor will confirm your appointment date and time:

[Grade 8 Appointment Preferences](#)

[Grade 9 Appointment Preferences](#)

[Grade 10 Appointment Preferences](#)

**Please note:** Juniors will meet with their counselor in early January. Parents will be invited to participate in the junior conference (March - May) to discuss post high school plans and review course selections for senior year.

**II. March 4, 2024:** 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

Assistant Superintendent for Counseling,  
Student Services and Human Resources

### COUNSELORS

Angelica Ferraro

Heather Friedland

Jennifer Herold

Jacqueline Kovach-Devlin

Jennifer Pickering

Gerard Spennato



## January Counseling Center Programs

### *FINDING YOUR BEST FIT COLLEGE*

#### **Parent/ Student Workshop with Rob Franek**

Monday, January 22 at 7pm in the PAC

There are a number of factors to consider as students explore the many available college options. Rob Franek is the Editor in Chief of The Princeton Review and a prominent expert in higher education. Rob's experience and insights will provide valuable direction to families during this informative and entertaining program. We hope all high school families will plan to attend.

**Please note:** Attendance on the evening of January 22nd is free of any obligation to participate in The Princeton Review programs. The Princeton Review is offering opportunities for CSH students to engage in their test prep programs and services at reduced rates, but there is no obligation to do so at any time. If interested, please contact Elyssa Cooke at [Elyssa.cooke@review.com](mailto:Elyssa.cooke@review.com).

*We look forward to seeing families on the evening of  
January 22*



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# 2024 - 2025 COURSE SELECTION

## *Where Do We Begin?*


Learning occurs when students are clear about what they should know (FACTS), what they should understand (CONCEPTS) and what they should be able to do (SKILLS). The academic planning process includes these same important components. As counselors meet with students and families, the framework below will assist in guiding this important process.

**FACTS:** We begin with collecting and reviewing the student's individual academic record and discussing their current and previous school experience. We ensure all information is available and ready for use: course recommendations, grade-specific course options, Program of Study to reference for more information about courses, scheduling timeline and student academic record.


**CONCEPTS:** The counselors then assist students in understanding the information that should impact the decision-making process including, time commitments related to personal in-school and out-of-school schedules, the expectations of various course offerings, how students' strengths and interests connect with available options, current personal goals and possible future plans.

**SKILLS:** When done well, students are able to apply knowledge (facts) and understanding (concepts) to create a personalized academic program that is appropriately rigorous and challenging. Students also will know if and when they need to access support, and where they can find it within our school. The ability to know their own strengths, the areas in which they need to improve, their own personal goals, and how and when to turn to others for assistance and support will help maximize their success.

We hope this framework will assist all students and families as we embark on this year's course selection and academic planning process.



### ACADEMIC ADVISEMENT



<b>FACTS:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Course offerings – grade-specific scheduling sheet and Program of Study</li><li><input type="checkbox"/> Graduation requirements and student progress</li><li><input type="checkbox"/> Timeline for course selection and deadlines</li><li><input type="checkbox"/> Academic record – individual courses taken, grades earned, challenges and successes</li></ul>	<b>CONCEPTS:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Time commitments of all courses and activities</li><li><input type="checkbox"/> Course expectations</li><li><input type="checkbox"/> Vertical alignment of content and skills</li><li><input type="checkbox"/> Differences between Regents, honors and AP</li><li><input type="checkbox"/> Connections among disciplines</li><li><input type="checkbox"/> Current decisions aligned with future goals</li></ul>	<b>SKILLS:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Access support and guidance</li><li><input type="checkbox"/> Make choices that align with:<ul style="list-style-type: none"><li><input type="checkbox"/> Personal goals</li><li><input type="checkbox"/> Current performance and progress</li><li><input type="checkbox"/> In-school and out-of-school commitments</li><li><input type="checkbox"/> Understanding of interests, strengths, goals and areas of growth</li></ul></li></ul>
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**CLARITY IN ADVISEMENT**



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# 2024 - 2025 COURSE SELECTION

As students and parents begin to explore the many course options available for next school year, it is important to be aware of the valuable resources that have been created for this purpose. These **steps** can provide the pathway to a successful course selection process:

**First**, each grade level has a specific planning sheet that includes all core content area courses (on the front) and all elective options (on the back). As families explore the needs and wants to fill our school's nine period day, these grade-specific sheets provide a snapshot of all that is available.

**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](#)



**Next**, as families review course offerings, questions arise regarding content covered, course expectations and prerequisites. All of this and more can be found in the

[2024 - 2025 Program of Study.](#)

Additional specific information regarding high school courses can be found in our

[Scope and Sequence Documents.](#)

**Then**, students and parents are encouraged to discuss expectations related to academic achievement, student activities, time constraints, and personal obstacles. Working together to identify areas of interest and strength while understanding what can be difficult and challenging, can assist when making final decisions. An important resource that can help students and families determine the time commitment for certain courses can be found [HERE](#). Please reference this important document during these conversations.

**Finally**, students and parents will meet with the counselors to review the teacher recommendations, course offerings, individual student time commitments in and out of school, and personal goals and challenges. It is a good idea to find **BALANCE** - an appropriate level of rigor and challenge that will excite you and help you maximize your potential while also building in opportunities for achievable success, downtime, and fun.

*The course selection process will close on Monday, March 4, 2024*



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## SUMMER GUIDE: Programs for High School Students

Students and families are encouraged to review the

### CSH Counseling Center Summer Guide for HS Students

The guide contains information about a variety of programs students may engage in during the Summer 2024. The document will be updated as we receive additional information but we want to share it now since many programs open their registration during the winter months and fill up quickly.

## SENIORS:

### Mid-Year Grades Reminder

After second quarter grades are posted, the counseling center will submit mid-year grade reports to all colleges each student has applied to thus far. Please be aware of the following:

- ◊ *Grades must be finalized at the end of the marking period. Any grade changes that are made after report cards are posted risks an inaccurate report being sent to a college. Reports will be re-sent if grade changes are made, but this can be disruptive to the application process.*

\* Check your current performance, assignments and assessments. If you need to make up work, hand in assignments and/or take an assessment, make sure all are addressed before the end of the marking period (January 26).



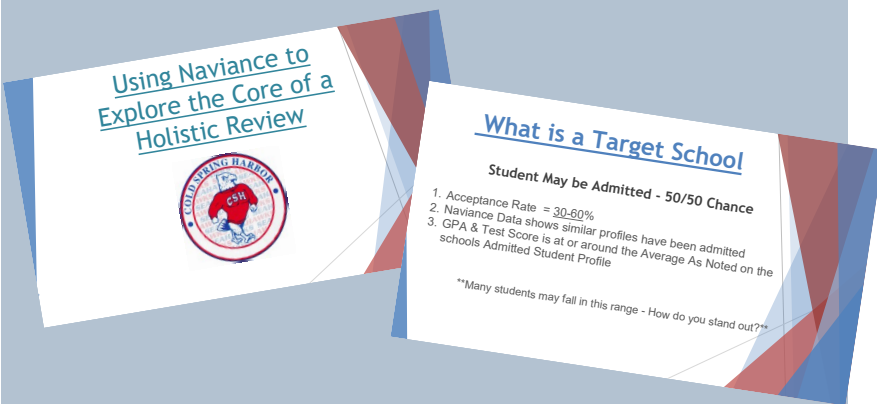
## Winter and Spring with the Class of 2025!

The high school counselors will be working with students in classroom sessions on January 3rd and 4th during the **College Kick-Off Part III** classroom sessions. These final classroom sessions will allow students to engage in individual Naviance college searches as they are guided by our school counselors to use this program most effectively.

During these sessions, students will be told more about the **JUNIOR BIO** which is a cornerstone of the college exploration and planning process. Most of the Junior Bio includes information from the student, but there is also a section for parents. The information shared will help as the students, families and counselors work together over the next several months to navigate the college application process.

Much time and attention goes into finding the right home for students after high school. There are many wonderful options that can be a great match for a student. When students begin to use Naviance as one tool in this process, they can narrow down this list of options and begin to find their optimal group of choices.

**Junior college planning conferences** will begin with students and parents in early March, after the course selection process is completed. We look forward to working together during this exciting time!



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# CSH JUNIOR HIGH SCHOOL SCHOOL COUNSELING PROGRAM

**Grade 6 to 7 Course Selection Process:** Students transitioning from Lloyd Harbor School or West Side School will be assigned to their 7th grade courses over the winter months. There are a few options for students/families to choose, and information regarding these choices will be shared with students and parents. Students will meet the junior high school team during visits to 6th grade classrooms in early February. During these visits, Ms. Harman (assistant principal), Ms. Pickering (school counselor), Dr. Main (school psychologist) and faculty from the junior high school will share information about academic and transition issues. Students will learn about the courses they can choose (e.g., Spanish Language, French language, band, orchestra, chorus and general music) as well as courses they may be recommended for or identified to take in grade 7 (e.g., math lab, English lab, and/or Pre-Algebra 1). Information will be shared with parents and choices will be requested from families in early February for world language and music options.



**Grade 7 to 8 Course Selection Process:** Students currently in grade 7 will be assigned their courses from grade 8 during the winter months. The few options students/families choose include music, art and/or TV Production and Broadcasting (Hawk Talk). Ms. Pickering will provide information to families about these options and the process for making choices; the [Grade 8 Program Planning Sheet](#) will be used for each student.

**Grade 8 to 9 Course Selection Process:** Students currently in grade 8 begin to have more choices regarding their course selections as they enter the high school. All families are encouraged to review the [grade-specific course selection sheet for grade 9](#). Parents are invited to participate when Ms. Pickering meets with each student, and parents can request dates/times for these meetings using this [FORM](#).

**Junior High School Counseling CANVAS Pages:** Please note that the 7th and 8th grade CANVAS pages that Ms. Pickering has been maintaining and sharing with students and families will be merged into one (1) junior high school counseling CANVAS page starting in January 2024. All the important information, and more, that has been available to families on both pages will continue to be found on the new page. Please review this page regularly!

**Mental Wellness Month:** As we move into 2024, we look forward to continuing to address wellness for all students - mental wellness as well as physical wellness. Last spring, our junior high school team initiated Mental Wellness Month in May. This will be repeated in May 2024 with even more activities, reminders and practices to support each member of our school community. Stay tuned for more information over the next few months, and please remember to make personal wellness an ongoing priority.



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# *Mark Your Calendars!*

## *All High School Families are Encouraged to Attend*



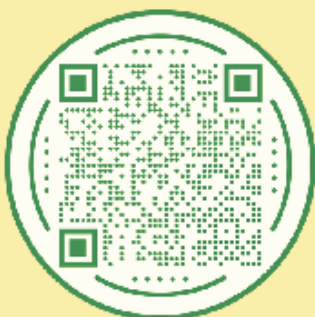
### Cold Spring Harbor High School Presents

## **Finding Your Best Fit College**

Please join us at CSH High School for a discussion on the topic of finding your ideal college fit, featuring Robert Franek, the Editor in Chief of The Princeton Review.

**Monday, January 22nd, 2024 at 7:00PM**

Rob Franek is a prominent expert in higher education, delivering over 50 college lectures annually and providing insights to major media outlets like The New York Times, The Wall Street Journal, ABC, NBC, CNN, and NPR. His 26-year career has encompassed roles as a college admissions administrator, educator, publisher, lecturer, and author.



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## Course Selection Reminders:



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.

**DID YOU KNOW?**

## COLLEGE TRIVIA!!

1. CSHHS teachers have been very busy supporting this Class of 2024. In addition to the school counselors, this number of teachers wrote letters of recommendation to support students' applications:
  - A. 17
  - B. 24
  - C. 29
  - D. 41
2. As of the last week of December 2023, CSHHS teachers have been asked to write this number of letters of recommendation for the Class of 2024:
  - A. 123
  - B. 175
  - C. 243
  - D. 284
3. When college representatives visited CSHHS this fall, these two colleges had the most students sign up (21 and 20 respectively) to meet with the representatives:
  - A. Univ. of Michigan - Ann Arbor and Binghamton Univ.
  - B. University of Florida and University of Georgia
  - C. University of Michigan - Ann Arbor and Univ. of Florida
  - D. Penn State and University of Georgia
4. These colleges have a **blue** devil for a mascot, except this one which has a **red** devil:
  - A. SUNY Fredonia
  - B. Dickinson College
  - C. Duke University
  - D. Central Connecticut State University



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

## FAFSA: Free Application for Federal Student Aid

The FAFSA (Free Application for Federal Student Aid) is scheduled to be released on December 31, 2023. This anticipated launch date was postponed this year from the usual October date due to changes that have been made to the FAFSA. All families who are seeking financial aid for college must submit the FAFSA. Please note: Some colleges require the FAFSA to be submitted for consideration of any/all aid on campus, so it is important to review individual college guidelines on their financial aid webpages. See your counselor for more information.

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