

JUNE 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,

Here we are, with the month of June in front of us and the summer of 2023 just around the corner. What a year it has been! Students have engaged in exciting and challenging learning opportunities, achieved so many successes and developed new habits and skills.

The month of June includes opportunities to recognize the hard work that went into this school year. There are awards ceremonies and student recognitions, musical and art performances and exhibits, and celebrations of the important milestones recognized at the moving up ceremonies and graduations. Of course, the hard work is not over yet, and our students still will tackle their finals and Regents exams.

This year's final issue of our counseling center newsletter includes information to support students and families reflect on this year and begin to think about the next one. There is information about the many activities our counselors have been leading with students across grade levels. There are important updates about changes to PSAT and SAT testing for next year. There are reminders about the importance of mental as well as physical well-being, and resources to access along with activities that may spark joy. The newsletter ends with a special TRIVIA section this month - in cross-word form. I hope you have been reading along each month to help complete the puzzle!

I look forward to coming together again for the 2023-2024 school year. Until then, I wish you and your family a healthy, enjoyable, active, restful and wonderful summer.

Warm regards,

Mona E. Hecht



Ignite Your Passion

**Cold Spring Harbor
Central School District**

Be an Inspiration for Excellence



Important Dates:

6/3: SAT Exam (at CSH)

6/10: ACT Exam

6/16: Registration Deadline for July 15 ACT (Not administered in NYS)

6/23: Late Registration Deadline for July 15 ACT (Not administered in NYS)





SCHOOL COUNSELING PROGRAM

The school counselors are continuing to work with students individually, in small groups and in classroom sessions to the very end of this school year. Ms. Conlon, Ms. Friedland, Ms. Ferraro and Ms. Kovach-Devlin are facilitating classroom sessions for our juniors. Students in 11th grade will be introduced to the **Common App** and will begin creating their personal accounts with the guidance and support of their school counselor during classroom sessions. Also during these sessions, the students will hear from seniors who have volunteered to share their own experiences of the college process. We are grateful that our seniors **are paying it forward** in this way as they have so much to share now that they have been through it. Many questions and emotions are connected to the college search and we are certain that the juniors will benefit from this time together with the members of the Class of 2023!

Also, seniors are being led through “*How to College*” sessions with our wellness counselor, Ms. Herold. There are many things to think about, look for, and prepare for as students make the transition from high school to college. Ms. Herold will lead students through the many items they will need to consider as they prepare for life on a college campus in the fall.



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

Laurie Conlon

Angelica Ferraro

Heather Friedland

Jennifer Herold

Jacqueline Kovach-Devlin

Jennifer Pickering

June Counseling Center Announcements

Congratulations to the Class of 2023!

Final transcripts will be sent to the one college you have indicated you will be attending. We wish all students much success and happiness - and we look forward to hearing about your post-high school experiences.

SENIORS: The Counseling Center will be planning an Alumni Day event next school year. If you would like to return to share your experiences, please complete this **FORM**.

SUMMER SCHOOL INFORMATION

Summer school is available through Western Suffolk BOCES at the locations listed below.

- **STIMSON MIDDLE SCHOOL** - 401 Oakwood Road, South Huntington
- **NORTH BABYLON HIGH SCHOOL** - 1 Phelps Lane, North Babylon

INFORMATION CAN BE FOUND HERE

JUNE 2023



THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



SUMMER PLANS



Summer plans have been made and many students already have very full schedules for July and August. We hope the time is spent on activities that build upon an area of interest, explore a passion, serve a community, or are just plain fun. Summer should include a bunch of fun! It is also a time to reflect, regroup, recharge, reorganize, and reenergize. This past month of May, we were reminded by our junior high school team that our mental wellness is just as important as our physical wellness. What a wonderful opportunity we have to continue into the summer months those healthy practices we incorporated into our daily routines during the month of May.

Ms. Pickering has shared some ideas below to consider as we all look ahead to a little more time to ourselves.

Summer Bucket List

What's on your bucket list for this summer? Don't have one?? This list includes some great ideas. Take a look at this one (it's printable!) or start your own list.

WRITE, Write, write

Have you thought about keeping a journal? Do you already write down your thoughts and ideas? This list of prompts can help all writers - those who already actively journal and those who wouldn't know where to start. There are so many great notebook and journal options so you can easily find one that matches your personality. Imagine sitting back on Labor Day, flipping through all your summer thoughts on the pages in front of you. You might even find your college essay topic!

Another Chance at the Mental Wellness Challenge

Maybe you joined in, or maybe you didn't. The May calendar of ideas for the Mental Wellness Challenge is still available. You can add these activities to your days ahead. We hope you find strategies and tools that become habits. Deadlines, increasing expectations, stress and normal levels of anxiety exist for all of us - we need to keep building our personal toolkits.



JUNE 2023

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



COLLEGE BOARD NEWS

Digital PSAT and SAT



Students currently in grades 9 and 10 in this 2022-2023 school year will be facing new versions of the PSAT and SAT college entrance exams starting in fall 2023. The College Board has announced changes to the PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) in October 2023 and subsequent SAT exams starting in spring 2024. The *NEW* Digital PSAT/NMSQT will be administered to all students who choose to take the exam in the fall. This exam is only offered once per year, in October, and is typically taken by students in grades 10 and 11 as a practice for the SAT exam. It is also a qualifying test for the National Merit Scholarship Program for students in grade 11. Students will take the test on their school-issued device at the high school on Saturday, October 14, 2023 and will use the “Bluebook” app to complete the test. The Bluebook app is already available to students on their school device and can be used now to practice for the test. The Counseling Center will share information about signing up to take the PSAT/NMSQT at the start of the school year. In the meantime, a brief video from the College Board includes additional information on the new PSAT/NMSQT:

PSAT/NMSQT Video

The New digital SAT will begin to be administered in spring 2024. It will follow the format of the PSAT/NMSQT and is a shorter version of the current SAT. The exam will take approximately two (2) hours instead of the current three (3) hour exam. The reading passages will be shorter and there is a built-in calculator which will be permitted for the entire math section.

Practice and preparation information can be found on the College Board website:

Digital PSAT and SAT Practice and Preparation

Additional information can be found on this presentation which has been shared by the College Board:

NEW Digital PSAT and SAT



JUNE 2023

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

SCHOOL COUNSELING GROUPS



Students were offered an opportunity to meet with our wellness counselor in small groups to address time management needs and the many end-of-year stressors students face as final exams are on the horizon. An electronic sign-up sheet was shared in our last month's newsletter and directly with students through classroom notification by Ms. Herold. This program got off the ground with a group of junior high school students who volunteered to join in during their lunch periods. Ms. Herold provided guidance on strategies students can learn and use as part of their own personal toolkits to manage their time effectively and address their own needs. The feedback from the students was very positive! We all face challenges and our daily schedules often seem overwhelming. Our school counseling program will continue to provide students with instruction on important strategies to use as needed to manage time and manage stress.

STUDENT WELLNESS REMINDERS

There is nothing more important than the health, safety and well-being of each and every student. Cold Spring Harbor Jr/Sr High School has an outstanding student support team that includes our school counselors, wellness counselor, school psychologists and school social worker. In addition to this team of people, additional outside resources are available to students. Please see the list of resources below and check out the links. Also, please visit our CSH [Virtu-
al Wellness Room](#). Thank you to our school psychologists for preparing this valuable resource!

Suicide and Crisis Lifeline: Help is available 24 hours a day via phone or chat, through the [988
Suicide and Crisis Lifeline](#).

Long Island Crisis Center: Students in crisis can speak with a counselor through a LIVE chat, 7 days a week, from 5:00pm - 11:00pm through the [LI Crisis Center](#).

LICADD: [The Long Island Council on Alcohol and Drug Dependence](#) offers support and referral services for individuals, families and children regarding alcohol and drug-related problems. Additionally, counseling related to eating disorders, grief support, and a 24 hour hotline are available.

NYS Office of Alcoholism and Substance Abuse Services *Hopeline*: 1-877-846-7369

The Trevor Project: Information and support for LGBTQ young people is available 24 hours a day/7 days a week through phone, text or chat at [The Trevor Project](#).

Take a break and take a breath



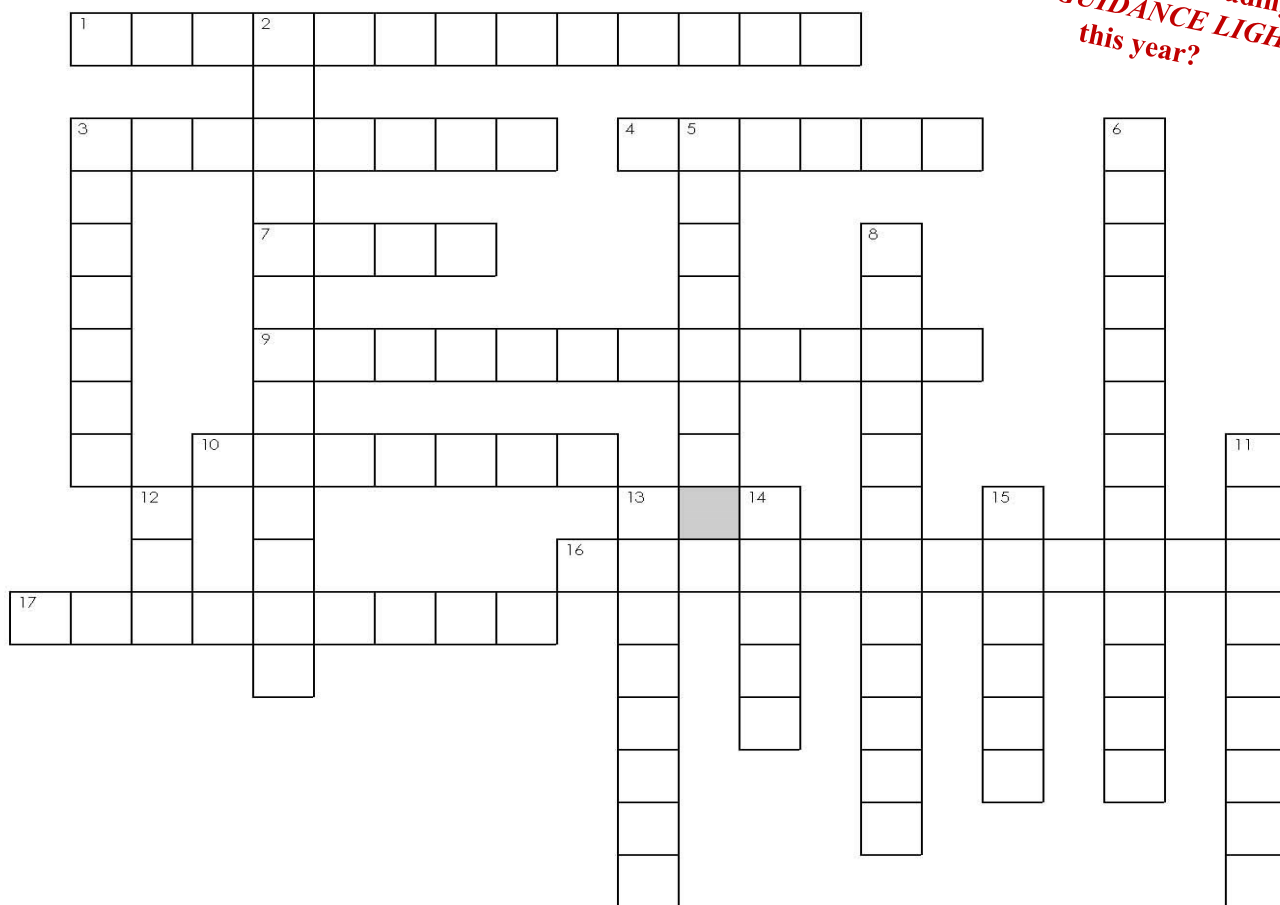
JUNE 2023

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

Counseling Center Trivia

Have you been reading
THE GUIDANCE LIGHT
this year?



Across: →

1. _____-Being: free course
3. Month for National School Couns. Week
4. Univ. of Richmond mascot
7. This college was the first with a mascot
9. Workshops offered by CSH English Teachers
10. The "D" in DASA
16. New CSH Counselor in 22-23
17. Free SAT/ACT practice for all CSH students

Down: ↓

2. Binding College Application Process
3. First Wellness/Now School Counselor
5. Financial Aid Form for some colleges
6. New Counseling Center Newsletter
8. May is _____ Awareness Month
11. Document for Junior College Conference
12. College testing program founded in 1959
13. How many colleges in Big 10 conference
14. Financial Aid Form for all colleges
15. Newest CSH Wellness Counselor

SOLUTION



Created on www.SuperTeacherWorksheets.com



JUNE 2023

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District