

MARCH 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,

The month of March is said to “come in like a lion.” Lions certainly are known to roar while displaying their strength and power. They also are known for courage. In fact, one of my favorite quotations reminds us:

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day that says, I’ll try again tomorrow.”

Mary Ann Radmacher

It is important to recognize and appreciate the courage it takes to tackle the challenges we face each day. It is normal to feel nervous and anxious, as we question our abilities, compare our progress with others, and second guess our goals. We may think that we should find ways to avoid these feelings when, in fact, we can meet with much success while moving forward in spite of them. Courage is not the absence of fear. Courage is in each of us and we need to continue to find ways to tap into its strength. Let’s start this month with the strength, personal power, and courage of a lion, knowing we can manage the thoughts and feelings that may make us think otherwise.

Students: As you continue to face and embrace much new learning during this second semester along with rigorous academic expectations, challenging competitions, worthy athletic opponents, and planning for the unknown after high school, please also know how much support you have around you and how much strength, determination and courage you possess within you. Whether you roar loudly, or follow that quiet voice deep down inside, you have an entire school community behind you cheering you on.

Warm regards,

Mona E. Hecht



Important Dates:

3/6: Junior Biography due in the counseling center for college planning meetings

3/10: Registration Deadline for April 15 ACT

3/11: SAT

3/12: Daylight Saving Time Begins

3/24: Late Registration Deadline for April 15 ACT



Ignite Your Passion

**Cold Spring Harbor
Central School District**

Be an Inspiration for Excellence



WELCOME Ms. Jennifer Herold!

The CSH High School Counseling Center is welcoming another new face this month. Ms. Jennifer Herold joins our team on March 1, 2023. Ms. Herold will be serving as our new wellness counselor as Ms. Ferraro moves into the school counselor role left by the retirement of Ms. Hannity.

Ms. Herold is a native Long Islander who has spent the last eight years living and working in Florida as a school counselor and guidance department chairperson. She also served most recently as the IB (International Baccalaureate) and Pre-IB counselor in her school, guiding students through some of the most rigorous and engaging high school coursework. Ms. Herold has addressed and supported a variety of student needs, and is a strong advocate for all students.

The high school community will get to know Ms. Herold as she begins her work in Cold Spring Harbor at the beginning of March. We look forward to all that Ms. Herold will bring to this role.

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

March Counseling Center Announcements

While the February recess period has provided a well-deserved and much-needed break, March is filled with a full month of school days and many activities. The third marking period will end on March 31, so it is important to focus on staying strong to the end. During this month we look forward to the junior high school musical and include the following additional reminders:

- * Grade 11 students must complete and submit their Junior Bios
- * Grade 8 and Grade 11 students' honor society applications are due this month
- * A new sports season begins for JH, JV and Varsity teams

Please be reminded that the course selection process for the 2023-2024 school year is coming to a close. All chosen courses will be used to build the master schedule for next school year. As has been shared multiple times already, **no changes to course selections will be made after March 6** while the master schedule is being built. It is important for all students and parents to review the chosen selections now and see your counselor before March 6 if any changes need to be made.

Thank you for your cooperation and careful review of all course selections.

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College Planning Process



The college exploration process can be exciting and daunting all at the same time. The CSH Counseling Center has created a timeline and checklist to assist students and families. Your school counselor is your most important resource during this time, but this checklist can help too. Below is a condensed version of the March - June activities included in the complete list.

See the entire checklist [HERE](#). S: Student P: Parent B: Both

March 2023: Planning Kickoff

- S__ Complete your **Junior Biography** and submit it to The Counseling Center
- S__ Schedule a Junior Planning Conference with your counselor before June
- B__ Research colleges that seem to match your academic achievement, academic interests, locations and extracurricular preferences
- B__ Begin to familiarize yourself with college websites
- S__ Think about which two teachers you will ask to write letters of recommendation for you. Before you decide: Think about who can best provide the best letter for you (it may not be a course in which you earned an A; it might be a course you struggled with and prevailed in at the end!) Make an appointment to speak with the two teachers you choose and ask if they would be so kind as to support your college applications by writing a letter. If the teachers agree send them a thank you note (not an email) on nice stationery.
- B__ Decide whether you will use the April break to visit colleges and make your plans.
- B__ Register with the NCAA Eligibility Center if you hope to play a sport at the Division I or Division II level. Arrange to have your transcript sent to the Eligibility Center at the end of Junior year.
- B__ Read the Guide for the College-Bound Student Athlete. It is a good idea to print this and keep it in your Athletics folder. You will refer to it many times, especially if you are a recruited athlete. The Guide is updated every July.

April 2023

- S__ Look at the Common Application essay topics. The essays change from time to time, but these will give you a sense of the kinds of essays that are possible.
- B__ Continue your college research.

May 2023

- P__ Check financial aid websites of the colleges to which you think you will apply.
Note required forms; they can differ. Mark your calendar so that your forms will be sent to each college at least one week before any official deadlines.
Assemble documentation that will be necessary. The Federal Aid form is called the FAFSA.
The student must establish an account and then complete the FAFSA in October 2023.
- P__ Some private colleges have their own funds that are available to students. They require the CSS/Profile. Next year's form will be available in summer 2023.

June 2023

- B__ Continue your college research online and by visiting colleges.
- S__ Check with your teacher recommenders to make sure they have the information they need from you to write your letters. (Many write their letters during the summer.)
- S__ Create a resume of all your in- and out-of-school activities since the beginning of grade 9



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Junior High School Counseling Program



Ms. Pickering works closely with junior high school students on a variety of topics throughout the school year. The springtime allows for specific activities that assist students in learning about their own specific strengths and interests.

During the months of March and April, students will meet with Ms. Pickering in small group workshops to focus on career exploration activities. These workshops will include an introduction to the Naviance program, which students will use each year from grades 7 through 12.

Grade 7 students will learn about personal areas of interest as they complete a valuable Interest Inventory in the Naviance program. This activity will assist students in connecting their interests to opportunities inside and outside of school.

Grade 8 students will use the Naviance program's "Strengths Explorer" to identify their personal areas of interest and abilities that may assist them in exploring personal goals.

The junior high school years include many opportunities for students to learn about themselves, explore areas of interest, try different activities and engage in meaningful learning experiences. Ms. Pickering continues to assist students with all of this, and more, as she leads students through these valuable activities.

Honor Roll and High Honor Roll

Students in the Junior/Senior High School are eligible for Honor Roll and High Honor Roll each marking period when report card grades are posted. Honors and AP courses are not weighted in determining eligibility for Honor Roll. Students with any incomplete grades cannot be considered for Honor Roll until the incomplete work has been made up and a grade determined.

The lowest average required for making HONOR ROLL is B or 3.00

The lowest average required for making HIGH HONOR ROLL is A - or 3.66



Additional information about Honor Roll can be found in the CSH Junior/Senior High School Agenda Book on page 26.



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Attention Student Athletes: NCAA Information

Students who may be interested in participating in collegiate athletics should refer to the NCAA Eligibility Center's information on Division I, Division II and Division III athletics. Students who will participate at the Division I or Division II level must register with the NCAA Eligibility Center and must meet specific criteria. Information about each division can be found on the links below and on the NCAA Eligibility Center's website.

[DIV I Facts Sheet](#)

[DIV II Facts Sheet](#)

[NCAA Center High School Newsletter](#)



JUNIORS: COLLEGE and POST HIGH SCHOOL PLANNING

The counselors look forward to meeting individually with students in grade 11 to discuss the college exploration process.

All grade 11 students are reminded that the **Junior Bio** is due in the counseling center by **March 6, 2023**. This important document is used by your counselor to prepare for your individual junior college meeting.

Appointments will be scheduled after the Junior Bios are received.

SPRING COLLEGE FAIRS: In-Person and Virtual Options



As the spring college exploration season gets underway, college fair offerings are being announced. The National Association of College Admission Counseling's annual college fair program will continue to be offered virtually this year as well as in-person.

NACAC - Long Island Fair:

March 4, 2023 - 11:30am - 3:00pm
Nassau Veterans Memorial Coliseum

NACAC Virtual College Fair

March 19, 2023
April 23, 2023

Nassau Counselor's Association: The Nassau Counselor's Association will be hosting the annual **SPRING COLLEGE EXPO** at Hofstra University on April 25, 2023 from 5:30 - 8:30pm. 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.



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MANAGING ANXIETY

The Counselor's Role

Students in our schools manage many responsibilities and often juggle schedules that appear to hold more activities and expectations than hours in the day. While the levels of achievement among students are high, the increasing levels of stress and anxiety are rising too.

Maintaining a manageable course load and reasonable schedule of extra-curricular activities is ideal, but it is often difficult to keep the perfect balance of both. School counselors can assist students in making decisions when faced with multiple options, planning for the future, addressing current challenges and trying to balance it all.

It is normal to feel stressed and being able to manage the stress while also managing the responsibilities is a positive goal. Specific strategies can assist students when the stress of it all starts to get in the way. Creating a tool kit of strategies that work for you, such as an exercise break, breathing techniques, a nap, or reaching out to a counselor or a teacher can help.

Counselors help students develop useful strategies, and they are available for more specific and targeted support. Our wellness counselor, Ms. Herold, also is looking forward to getting to know our students and is available in the counseling center.

Counselors are here for all students



**DID YOU
KNOW?**

COLLEGE TRIVIA!!

1. Over a five year period (Class of 2018 thru 2022), the average number of college applications submitted per CSH student was:
A. 5.7
B. 8.4
C. 12.2
D. 15.7
2. Over a five year period (Class of 2018 thru 2022), how many CSH students enrolled in college outside the United States?
A. 4
B. 6
C. 9
D. 12
3. Over a five year period (Class of 2018 thru 2022), how many CSH students enrolled in an Ivy League university (i.e., Brown, Cornell, Columbia, Dartmouth, Harvard, Univ. of PA, Princeton, and Yale)?
A. 27
B. 46
C. 68
D. 92
4. This college's mascot is a **banana slug**:
A. UC Santa Cruz
B. University of Texas
C. University of South Carolina
D. University of Mississippi



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



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