

MAY 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,

As we welcome warmer temperatures, longer daylight hours, and sprouting flowers, we are reminded that another school year is winding down. Although it may not feel like it's winding down, as there is still so much to attend to before the end of June, the final weeks are on the horizon. We want to make sure all students have the support and tools to finish strong.

May is Mental Health Awareness Month. On the next few pages, you will see information about specific strategies and activities that our school team is sharing with students to raise awareness, identify needs, and help build a personal toolkit to address challenges as they arise. Physical health and mental health go hand in hand. Engaged students who have personal strategies to use when needed, along with a support system around them, are poised for success. Our junior high school faculty team will be leading students and staff in the May Mental Wellness Challenge and we hope our entire school community joins in this worthwhile series of activities. A wonderful calendar of easy daily activities has been created and is certain to lead to positive outcomes.

May also marks the deadline for high school seniors to make final college decisions. We are so proud of the accomplishments of each member of this Class of 2023 - their academic successes, outstanding dramatic productions, creative artistic displays, athletic achievements, and their demonstrated kindness, leadership and collaboration have been evident daily. We wish them so much happiness and success as they embark on exciting adventures beyond Cold Spring Harbor.

Warm regards,

Mona E. Hecht



Ignite Your Passion

**Cold Spring Harbor
Central School District**

Be an Inspiration for Excellence



Important Dates:

**5/1 : Common Reply Date
for all college enrollment
decisions**

5/4: Registration Deadline
for June 3 SAT

5/5: Registration Deadline
for June 10 ACT

5/6: SAT Exam

5/19: Late Registration
Deadline for June 10 ACT





Cold Spring Harbor Jr/Sr High School Counseling Center (631) 367-6840



Mona E. Hecht

Assistant Superintendent for Counseling,
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COUNSELORS

Laurie Conlon

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Jennifer Pickering

May Counseling Center Announcements

Many students are going to be busy preparing for and taking **Advanced Placement (AP)** exams during the first two weeks of May. We wish them all *Good Luck!*

College Planning Meetings are ongoing for juniors and their parents. Counselors will continue to schedule those meetings throughout the month.

Junior high school students are exploring their own interests and strengths using the **Naviance** program. More information is included in this newsletter.

Ms. Herold, our wellness counselor, will be working with students in May/June to address test-taking strategies, managing emotions that come with taking assessments, and developing strong organizational skills. Interested students can **SIGN UP HERE**. Remember also - Ms. Herold can be found in the counseling center and can be reached at jherold@csh.k12.ny.us.

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MENTAL HEALTH AWARENESS MONTH



The JUNIOR HIGH is Lighting it up GREEN!

Ms. Pickering, Dr. Main and the entire junior high school faculty team are kicking off the **May 2023 Mental Wellness Challenge** on Monday, May 1. A [calendar](#) of daily activities has been created to raise awareness of the importance of mental health and to provide strategies and tools to use in a regular practice of mental care.

Each Monday, students and staff are encouraged to wear **green** to support mental wellness and remind all school members of this important topic. Some activities included on the calendar are:

[Mindful Breathing](#)
[Progressive Muscle Relaxation](#)

[Mindful Stretching](#)
[An Attitude of Gratitude](#)

Check out the [calendar](#) for a simple activity each day of the month!

Will you join the junior high school community by participating in the **Mental Health Challenge**? We all benefit from learning and practicing strategies to use when we are stressed, overwhelmed, anxious or just need a break. Practicing these strategies regularly will help us remember to use them when we need them. Let us know how you are doing with the **CHALLENGE!**



Secrets to Well-Being and Happiness

In last month's newsletter, information was shared about "The Science of Well-Being for Teens," a free online course offered by Yale University professor, Dr. Laurie Santos. Through this course, we are learning about what happiness really looks and feels like, what leads to happiness, and what gets in the way of our happiness and well-being. According to data shared in the course, between 2012 and 2018, loneliness was reported to double among young people. These data were recorded before the COVID pandemic; how would those data look today?

There is much that can be done to address levels of well-being and happiness. Some of the most impactful are: **1.) Talking to people** (taking advantage of opportunities to interact with others), **2.) Maintaining friendships**, **3.) Participating in group endeavors** (shared interests, clubs, teams, religious groups, etc.) and **4.) Helping others**. The impact of giving our time and talents to help others can help us as well.

As students look for summer activities and begin to plan for next school year, community service activities can provide an opportunity to give needed help to others while also benefitting personally in positive and productive ways.

[Community Service Opportunities in Cold Spring Harbor](#)



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College Essay Writing Workshops



The college application essay is one of the few opportunities a student has to share their voice in the application process. The essay may serve as the thread that pulls components of your application together. It provides an opportunity to share how an event, activity or person impacted your thinking, feelings and/or actions. The essay can speak to the reader, explaining why something matters so much to you, or why it doesn't matter in the same way anymore. The college essay is a personal reflection of who you are, as an individual, a student, a family member, a friend, a helper, a performer, a team member, an advocate, a participant, a leader, a learner...and a unique applicant.

Cold Spring Harbor High School students have much support during the college application process, as counselors work with students and families every step of the way. Additionally, English teachers, Ms. Henry and Mr. Miller, provide **ESSAY WRITING WORKSHOPS** for all grade 11 students as they embark on this journey.

During the month of May, Ms. Henry and Mr. Miller will be conducting informational seminars that include tips for planning and writing your college admissions essays and supplements. These seminars are followed by individual essay writing conferences with Ms. Henry and Mr. Miller.

Students should attend one of the following seminars in order to be ready to meet for an individual conference in June. Students may attend any of the four (4) seminars listed below.

1. **Monday, May 15th @ 2:30 p.m. in H-16**
2. **Tuesday, May 16th @ 7:00 a.m. in H-18**
3. **Wednesday, May 17th @ 2:30 p.m. in H-16**
4. **Thursday, May 18th @ 7:00 a.m. in H-18**

After attending a seminar, you will have an opportunity to meet individually with Ms. Henry or Mr. Miller in June in an effort to brainstorm ideas or correct, focus, and further craft your draft.

Ms. Henry and Mr. Miller will provide passes to sports practice and club meetings for those who wish to attend an after school session.



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Congratulations Seniors!



Members of the CSH Class of 2023 have been accepted to these colleges and universities:

(Students plan to attend those in ***bold italics*** - as of 4-27-23)

<i>Adelphi University</i> University of Alabama Alfred State College <i>Arizona State Univ.</i> <i>University of Arizona</i> <i>Ashland University</i> Auburn University Baylor University Bentley University <i>Binghamton University</i> <i>Boston College</i> <i>Boston University</i> Bryant University <i>Bucknell University</i> UC - San Diego UC - Santa Barbara UC - Santa Cruz Carnegie Mellon Univ. Chapman University <i>Clemson University</i> <i>College of Charleston</i> CUNY Baruch College CUNY Brooklyn College CUNY City College CUNY Hunter College CUNY John Jay College of Criminal Justice CUNY Queens College Clark University Clemson University Coastal Carolina Univ. Colgate University University of Colorado Colorado State Univ. Connecticut College Univ. of Connecticut <i>Cornell University</i> <i>Dartmouth College</i> <i>University of Delaware</i> University of Denver DePaul University Drexel University University College Dublin Duke Kunshan University <i>Duke University</i> Elon University	Embry- Riddle Aero. Univ. <i>Emerson College</i> <i>Emory University</i> <i>Fairfield University</i> Fairleigh Dickinson Univ. Farmingdale State College Florida Atlantic Univ. Florida Institute of Tech. Florida State Univ. <i>University of Florida</i> Fordham University <i>Georgetown University</i> <i>The George Washington Univ.</i> <i>University of Georgia</i> Gettysburg College High Point University <i>Hofstra University</i> University of Illinois Indiana University University of Iowa Ithaca College <i>James Madison Univ.</i> <i>Lehigh University</i> Long Island University - Post Louisiana State Univ. Loyola University Chicago <i>Loyola University Maryland</i> Manhattan College Manhattanville College <i>Marist College</i> Maryland Institute of Art <i>University of Maryland</i> Marymount Manhattan College University of Massachusetts - Dartmouth University of Massachusetts - Amherst University of Massachusetts - Boston <i>Massachusetts Institute of Technology</i> McGill University Mercy College Miami University	University of Miami Michigan State Univ. <i>University of Michigan</i> Univ. of Minnesota <i>Univ. of Mississippi</i> <i>Molloy University</i> Montclair State Univ. Nassau Community College Univ. of New Hampshire New York Institute of Tech. <i>New York University</i> <i>North Carolina State Univ.</i> Univ. of North Carolina - Chapel Hill University of North Florida <i>Northeastern Univ.</i> Northwestern Univ. <i>Univ. of Notre Dame</i> The Ohio State Univ. Pace University <i>Pennsylvania State Univ.</i> Pepperdine University <i>University of Pittsburgh</i> Point Park University Providence College Purdue University <i>Quinnipiac University</i> Rensselaer Polytechnic Inst. Univ. of Rhode Island Rhodes College <i>Univ. of Richmond</i> Rider University <i>Roanoke College</i> Rochester Institute of Tech. Rollins College Rutgers University Sacred Heart Univ. Saint Joseph's Univ. San Diego State Univ. Sarah Lawrence College <i>Savannah College of Art and Design - SCAD</i> <i>University of Scranton</i> Siena College <i>University of South Carolina</i> <i>University of South Florida</i>	<i>Univ. of Southern California</i> <i>Southern Methodist Univ.</i> St. Francis College St. John's University St. John Fisher Univ. St. Joseph's University NY <i>Stanford University</i> Stony Brook Univ. SUNY Albany <i>SUNY Buffalo</i> SUNY Buffalo State SUNY Cortland SUNY Geneseo SUNY New Paltz SUNY Old Westbury SUNY Oneonta SUNY Oswego SUNY Plattsburgh Syracuse University University of Tampa Temple University Univ. of Tennessee Texas A&M Univ. Texas Christian Univ. Tufts University <i>Tulane University</i> <i>United States Naval Acad.</i> University of Glasgow Vassar College University of Vermont <i>Villanova University</i> <i>Virginia Tech</i> <i>University of Virginia</i> <i>Wagner College</i> <i>Washington and Lee Univ.</i> <i>Wellesley College</i> University of West Florida West Virginia Univ. Western Connecticut State University Western New England Univ. <i>Williams College</i> <i>Univ. of Wisconsin</i> Xavier University
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STUDENT WELLNESS



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 [Virtual 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



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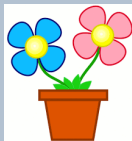


Junior High School Counseling Program

Students in grades 7 and 8 have been working with Ms. Pickering in small groups, using the Naviance program, to explore personal strengths and interests while beginning to identify matching career options. The Naviance program is used with students in both the junior and senior high school as a valuable resource for college and career information.

Ms. Pickering is currently guiding students in grades 7 and 8 through two of the engaging Naviance applications that help students reflect on their current interests and successes. Once identified, students are matched with a variety of possible career options and pathways. Student interests, goals, hopes, and plans change over time, and this information will grow with students as they revisit it with their counselors over the next few years.

Valuable opportunities for personal exploration, awareness and reflection are important components of a developmental school counseling program. We hope students learn a little more about themselves, while also learning about the opportunities available to them, as they engage in these activities.



COLLEGE TRIVIA!!

DID YOU KNOW?

1. Between the Class of 2019 and the Class of 2023 (five-year period), how many different colleges and universities did CSH students apply to?

- A. 216
- B. 305
- C. 480
- D. 607



2. Between the Class of 2018 and 2022 (five-year period), CSH were accepted by but did not enroll in this number of colleges:

- A. 42
- B. 61
- C. 87
- D. 117

3. Between the Class of 2018 and 2022 (five-year period), these are **the most applied to/most attended** colleges on Long Island by CSH students:

Applied To/Attended

- A. Adelphi University/Stony Brook Univ.
- B. Hofstra University/Stony Brook University
- C. Nassau Community College/Adelphi University
- D. Stony Brook Univ./Nassau Community College

4. This college is a NESCAC* member and their mascot is a **PURPLE** cow:

- A. Williams College
- B. Amherst College
- C. Middlebury College
- D. Bates College



*New England Small College Athletic Conference

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



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APRIL 2023

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