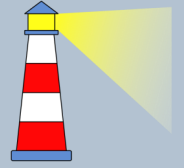


MAY 2024

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,

The month of May includes many positive things: longer hours of sunlight, warmer temperatures, vibrant colors of blooming flowers, loudly singing birds, end-of-year activities that recognize hard work and achievements, and the satisfaction of another school year soon coming to a close. For seniors, this time can be bittersweet as the excitement of college and other post high school pathways await, and yet there can be some trepidation about entering the unknown while leaving family, friends and the CSH community.

May provides a backdrop for many mixed emotions, and it is fitting that we recognize ***Mental Health Awareness Month*** at this time. We need to build and use our own individual toolkits to manage the variety of experiences and emotions that will be included in this month, and those to come. This edition of the newsletter includes 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 manage it all and 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 student support 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 2024 - they have achieved great academic successes, performed in outstanding dramatic productions, produced creative artistic displays, pursued fantastic athletic achievements, and demonstrated generosity, kindness, strong leadership and collaboration daily. We wish them so much happiness and success as they embark on exciting adventures beyond Cold Spring Harbor.

Warm regards,

Mona E. Hecht



Important Dates:

5/1 : Common Reply Date for college enrollment decisions and deposits (Many colleges have changed their reply date due to FAFSA delays, so check individual colleges for guidance)

5/3: Registration Deadline for June 8 ACT

5/4: SAT Exam

5/16: Late Registration Deadline for June 1 SAT

5/19: Late Registration Deadline for June 8 ACT

5/21: Late Registration Deadline for June 1 SAT

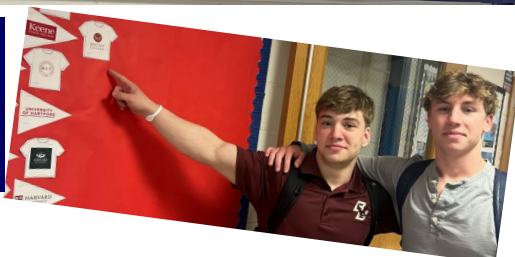


**COLD SPRING HARBOR
CENTRAL SCHOOL DISTRICT**

Soaring Higher • Growing Stronger • Achieving Greatness



2024 CSH College Acceptances



**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

May Counseling Center Announcements

Many students are going to be busy preparing for and taking **Advanced Placement (AP)** exams starting on May 6. We wish them all *Good Luck!*

College Planning Meetings are continuing for juniors and their parents. Counselors are scheduling those meetings throughout the month as Junior Bios are received.

Junior high school students have been exploring their own interests and strengths using the **Naviance** program and the **May Mental Wellness Challenge** begins! Ms. Pickering and Dr. Main will be conducting classroom sessions with students in grades 7 & 8 during the month of May, addressing the following mental wellness topics with corresponding activities:

Week 1: Emotional Regulation

Week 2: Gratitude

Week 3: Stress Management

Week 4: Self Care

Week 5: Kindness

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Cold Spring Harbor Central School District



MENTAL HEALTH AWARENESS MONTH



CSH Jr/Jr HS is Lighting it up GREEN!

Ms. Pickering and Dr. Main are kicking off the 2nd annual **May Mental Wellness Challenge** on Wednesday, 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. In order to continue this work with high school students, Ms. Herold and Ms. Navarro are working to bring Mental Wellness Awareness to the high school also during the month of May, so all students in all grades are encouraged to take this opportunity to focus on mental wellness.

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:

Practicing “Box Breathing”

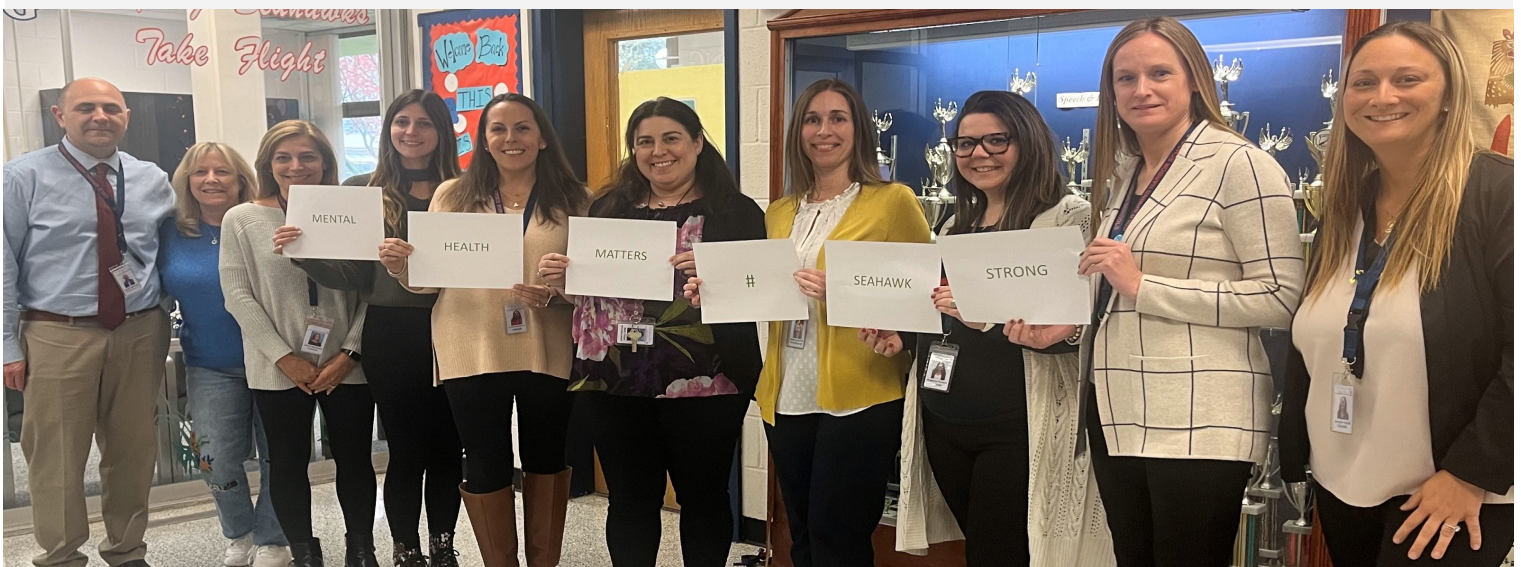
Spending Less Time on Cell Phones

Practicing Gratitude

Creating a Personal *Calm Space*

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?** The high school student support team members (pictured below) are joining Ms. Pickering and Dr. Main. We hope you will too! 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!**



MAY 2024



THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



Trends in College Admission



Another college admission cycle is coming to a close. While we celebrate with our seniors and support them as they begin the post-high school transition, there is much information we can share with those students who are just beginning the process.

Last spring, members of the Class of 2023 spoke with students in grade 11 classrooms, sharing their college exploration and application stories with the now-seniors. We look forward to bringing members of the Class of 2024 to grade 11 classrooms in a few weeks to share their own stories now that they have completed the process. Students gain so much from hearing from their peers and learning about the highlights, the pitfalls, the challenges and the successes. The college process includes many questions along with some trepidation. The advice and support students give one another goes a long way, and we are so grateful that our students readily engage in this process.

So, what have we learned?

- ⇒ **Application numbers are still rising.** We have seen an increase in college application submissions over the last several years and that trend continues. Colleges are getting record numbers of applications, so students are unsure where they stand in the process. These large numbers of applications can continue to make the process even harder to navigate - for students and for colleges. Take a look at the number of colleges our students were accepted to, but will not be attending on page 5 of this newsletter. Careful exploration, identifying good college matches, and connecting with individual colleges during the process can help. Your counselor can guide you.
- ⇒ **Early applications continue to rise.** Many students are applying early and even submitting a binding Early Decision application when a student and family are confident that this is the one school to attend if admitted. However, making this commitment so early in the college application process has shifted the exploration and decision-making process to a very early starting point. Much work must be done well before senior year to really know that the choice is the right one. This can put a lot of pressure on students and families. If applying early, make sure the work has been done to confirm that the choice is the best one.
- ⇒ **Large out-of-state state schools and schools in the south have garnered a lot of interest in recent years.** Students are willing to travel farther and many students are looking for larger schools. It is important for students to strongly consider their own strengths and style as a student when considering college size, location and academic setting. A large state university may be just what one student is looking for while a smaller, contained campus with no lecture-style classes may be the right setting for another student. Knowing yourself as you embark on this process will help when narrowing down the options.

Students have many choices - counselors are here to help!



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Cold Spring Harbor Central School District



Congratulations Seniors!



Members of the CSH Class of 2024 have been accepted to these colleges and universities:

(Students plan to attend those in ***bold italics*** - as of 4-29-24)

Adelphi University
University of Alabama
University of Alaska
American University
Arizona State Univ.
University of Arizona
University of Arkansas
Auburn University
Binghamton University
Boston College
Boston University
Brandeis University
Bryant University
Bucknell University
Cal Poly
UC - Berkeley
UC - Davis
UC - Irvine
UC - San Diego
UC - Santa Barbara
UC - Santa Cruz
Carnegie Mellon Univ.
Case Western Reserve Univ.
Univ. of Central Florida
Chapman University
Univ. of Cincinnati
Clemson University
Coastal Carolina
College of Charleston
Colgate University
College of the Holy Cross
University of Colorado
Connecticut College
Univ. of Connecticut
Cornell University
Culinary Institute of America
Dartmouth College
University of Delaware
University of Denver
Drexel University
Duke University
East Carolina University
Elon University
Fairfield University
Farmingdale State College
Florida Atlantic Univ.

Florida International Univ.
Florida Southern Univ.
Florida State Univ.
University of Florida
Fordham University
Franklin & Marshall College
George Mason University
Georgia Institute of Tech.
The George Washington Univ.
University of Georgia
Gettysburg College
Hamilton College
University of Hartford
Haverford College
Hawaii Pacific University
Herkimer County Comm. College
High Point University
Hofstra University
University of Illinois
Indiana University
Ithaca College
James Madison Univ.
Johns Hopkins University
Johnson and Wales Univ.
University of Kansas
University of Kentucky
Lafayette College
Lehigh University
Liberty University
Long Island University - Post
Louisiana State Univ.
Loyola University Maryland
University of Lynchburg
Marist College
University of Maryland
Marymount Manhattan College
University of Massachusetts - Amherst
McGill University
Mercyhurst University
Miami University
University of Miami

Michigan State Univ.
University of Michigan
Middlebury College
Univ. of Minnesota
Univ. of Mississippi
Univ. of New Hampshire
University of New Haven
New York Institute of Tech.
The New School
New York University
University of New Mexico
Univ. of North Carolina - Chapel Hill
Nova Southeastern Univ.
Northeastern Univ.
Univ. of Notre Dame
The Ohio State Univ.
Pace University
Pennsylvania State Univ.
Pepperdine University
University of Pittsburgh
Plymouth State University
Providence College
Purdue University
Quinnipiac University
Rensselaer Polytechnic Inst.
Univ. of Rhode Island
Univ. of Richmond
Riverside City College
Roanoke College
University of Rochester
Roger Williams University
Rose-Hulman Inst. of Tech.
Rutgers University
Sacred Heart Univ.
Saint Joseph's Univ.
Salve Regina University
San Diego State Univ.
Santa Clara University
Savannah College of Art and Design - SCAD
Seton Hall University
University of Scranton
University of South Carolina
Univ. of Southern California
Southern Methodist Univ.

St. John's University
Stony Brook Univ.
SUNY Albany
SUNY Brockport
SUNY Buffalo
SUNY College of Tech - Canton
SUNY Cortland
SUNY Fredonia
SUNY Geneseo
SUNY New Paltz
SUNY Old Westbury
SUNY Oneonta
SUNY Oswego
SUNY Plattsburgh
SUNY Polytechnic Inst.
SUNY Purchase
Stevens Institute of Tech.
Suffolk Comm. College
Syracuse University
University of Tampa
Temple University
Univ. of Tennessee
University of Texas - Austin
Texas Christian University
Towson University
Trinity College
Tufts University
Tulane University
Union College
University of Vermont
Villanova University
Virginia Tech
University of Virginia
Wake Forest University
Washington and Lee Univ.
Wesleyan University
West Virginia Univ.
William and Mary
Univ. of Wisconsin
Worcester Polytech. Inst.
Yale 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

JUNIOR COLLEGE PLANNING: Letters of Recommendation

As students begin the college application process, they will begin to ask teachers for letters of recommendation. Colleges typically require one (1) or two (2) letters of recommendation in addition to the counselor recommendation. Counselors write letters for every student so there is no need to officially request those. Teachers should be asked this spring so they have plenty of time to compose the letter. Remember: many teachers write letters for many students.

When requesting teacher letters of recommendation, it is important to remember the following:

1. ***Who knows you best as a student?*** The letter of recommendation should speak to your experience in that course: work habits, level of engagement, how you addressed challenges, etc.
2. ***How recently did you have this teacher?*** Recent and relevant experiences are typically more valuable than a letter from teacher whose class you took in 9th grade.
3. ***Less is more:*** Do not ask more teachers than you need. Colleges are very specific about what they want - check individual college application requirements for the number of letters to be submitted. Additional letters are typically not accepted so it is unnecessary to ask multiple teachers for letters.
4. ***Letters are confidential:*** Students do not have access to the letters as they waive their rights to reading them so colleges value the contents of the letters.



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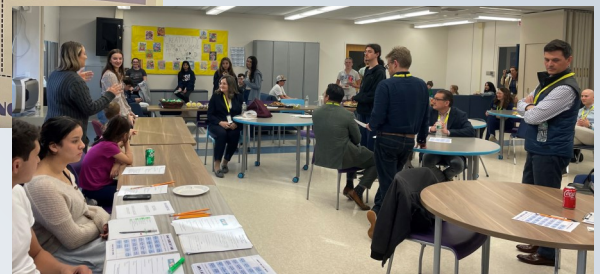
CAREER FAIR

On the evening of April 15, grade 11 student Nicole Schrock facilitated an outstanding event for Cold Spring Harbor students: **Career Fair 2024!** This event featured members of the CSH community who generously donated their time and expertise to this event.

After much planning and preparation, Nicole welcomed twenty-two (22) presenters who shared information about their individual career paths, educational backgrounds, successes and challenges, and advice for others who may want to explore similar job opportunities in the future. Students from all grade levels in the junior/senior high school along with some elementary students and parents participated by attending a rotation of at least four of the presentations. Our wellness counselor, Ms. Jennifer Herold, supported Nicole as she addressed all aspects of planning and preparation for the career fair. This was quite an undertaking, with many details to attend to, and Nicole managed it all, resulting in an organized, valuable and enjoyable evening. Thank you to the administrators and faculty who attended along with the students and families. The information and guidance that was shared certainly will benefit the students as they explore future career options.



CSH CAREER FAIR			
SESSION ONE	SESSION TWO	SESSION THREE	SESSION FOUR
J-26 JAMIE SUTHERLAND FINANCE	J-26 KAMAL DAGLY ORTHOPEDIC SURGEON	J-26 THOMAS JAMES PRIVATE EQUITY REAL ESTATE INVESTMENT MANAGEMENT	J-26 PHIL CASTELLANO SELF-EMPLOYED BUSINESSMAN
J-27 JUSTIN KANER ONCOLOGIST	J-27 ALLYSON MEIERHANS LAWYER, ASSISTANT DISTRICT ATTORNEY	J-27 CHRISTINA CACCHOLI PHARMACY	J-27 LISA PIANA HEAD OF BRAND STRATEGY, HARPER'S BAZAAR, SELLE MAGAZINES
J-28 LINDA CASTELLANO LIBRARY MEDIA SPECIALIST	J-28 NICHOLAS LAPOMA ENTREPRENEUR	J-28 KRISTIN PROVISERO BROADWAY ACTRESS	J-28 LILLY WYTENBACH HUMAN RESOURCES/ CORPORATE WELLNESS
J-29 MICHAEL ASTA LAWYER	J-29 DAVID COLONNA NETWORK ADVERTISING SALES	J-29 BRENNIA BENVENUTI SPEECH/LANGUAGE PATHOLOGIST	J-29 NICHOLAS HALL DOCTOR OF CHIROPRACTIC
J-32 THERESA BLOCK STRATEGY & MARKETING EXECUTIVE	J-32 JOSEPH LAIMO INSURANCE PROPERTY AND CASUALTY UNDERWRITER	J-32 C. ERIC SCHROCK SOFTWARE ENGINEER	J-32 SUSAN MADIGAN GLOBAL HEAD OF SALES/ENGINEERING- STATE STREET BANK
J-33 JONATHAN WOOD AUTHOR	J-33 CHRISTINA TUOHY ENVIRONMENTAL ENGINEER		



MAY 2024

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Cold Spring Harbor Central School District



ATTENTION: Junior High School Parents!!



Parenting Strategies Workshops

Parenting Strategies for Connecting and Supporting your Emerging Adolescent

A middle school parenting workshop series
presented by Dr. Suzanne Main-Wegielnik
Junior High School Psychologist

Topics will include:

Week One: The Adolescent Brain- Considerations for Parents

***Week Two: Executive Functions and the Adolescent-
Asynchronous Skills and Challenges***

***Week Three: Connecting and Validating- Maintaining
Connections and Emotional Support***

Week Four: Mindfulness Skills- Responding vs. Reacting

Meetings will be held from 8:30 am to 9:30 am in The Nest

Friday May 3, 2024

Friday May 10, 2024

Thursday May 16, 2024

Friday Jun 7, 2024

Please confirm your attendance by emailing Dr. Main directly

smain-wegielnik@csh.k12.ny.us



MAY 2024

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



ATTENTION: Juniors!



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. **Tuesday, May 14th @ 7:00 a.m. in H-18**
2. **Wednesday, May 15th @ 2:30 p.m. in H-16**
3. **Thursday, May 16th @ 7:00 a.m. in H-18**
4. **Thursday, May 16th @ 2:30 p.m. in H-16**

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



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THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

Who Keeps the Counseling Center Running so Well?

When students arrive in the Counseling Center with a question, a pending college application deadline, or a personal concern, they are greeted with a welcoming smile and a helpful greeting. The same is true when a parent calls, a staff member stops by, or an administrator needs information from a member of the department.



Ms. Mezzapesa and Ms. Groeninger are valued members of the counseling center team and vital to ensuring that all students are able to connect with their counselors and support staff, get information they need, and feel welcomed and comfortable in the office.

On Wednesday, April 17, we recognized these two outstanding members of our team for all that they do. So much of their work is visible, yet even more of their roles are completed quietly and behind the scenes. The truth is...we couldn't do it without them!

We Appreciate You!



COLLEGE TRIVIA!!

DID YOU KNOW?

1. Applications submitted by CSH students to colleges located in Florida have increased this percentage between the following five-year periods: 2014 - 2018 and 2019 - 2023:

- A. 10
- B. 20
- C. 30
- D. 50



2. Applications submitted by CSH students to Ivy League colleges have increased this percentage between the following five-year periods: 2014 - 2018 and 2019 - 2023:

- A. 5
- B. 13
- C. 25
- D. 32

3. Applications submitted by CSH students to colleges in the University of California system have increased this percentage between the following five-year periods: 2014 - 2018 and 2019 - 2023:

- A. 18
- B. 35
- C. 55
- D. 93

4. Today, the athletic teams at Lehigh University go by the **Mountain Hawks**, but until the 1990's they were known by this name:

- A. The Redskins
- B. The Professors
- C. The Engineers
- D. The Indians



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

APRIL 2024

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

