

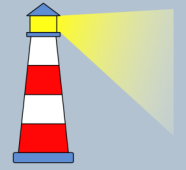


NOVEMBER 2023



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:

The month of October was filled with many activities, including Bullying Prevention Month events, college testing (PSAT and SAT) for many high school students, recognizing the many achievements of students, participating in activities during Red Ribbon Week to raise awareness of substance abuse and addiction while working to promote positive decision making skills, and adjusting to increasing academic expectations and assignments as this school year moved full steam ahead. The counseling office also was buzzing with college representatives, students working with counselors to finalize and submit applications, and counselors pushing into classrooms to deliver lessons on topics including career awareness and exploration, making good decisions, and substance abuse/addiction awareness.

This issue of *The Guidance Light* includes information for all grade levels, 7-12, including details from our classroom student sessions and evening parent/student programs. The 10th grade parent/student night on October 16 was well attended and well received. The presentation can be found [HERE](#). Our 8th grade parent/student night is just around the corner on November 29 when we will share information about the high school transition process and academic offerings. Our entire building team will be there to present this information along with a glimpse into the high school transcript and the many ways our counselors support students. Stay tuned for upcoming information about our junior night program in early December and some important activities and events we have planned to follow that event!

Please reach out to your counselor or me with questions or specific needs. Working together, we can ensure all students have opportunities to engage in, enjoy, and find success during this school year.

I wish you and your loved ones a very happy and healthy Thanksgiving.

Warm regards,

Mona E. Hecht



Important Dates:

- 11/2:** Registration Deadline for December 2nd SAT
- 11/3 :** Registration Deadline for December 9th ACT
- 11/4:** SAT Exam (Not at CSH)
- 11/17:** Late Registration Deadline for December 9th ACT
- 11/21:** Late Registration Deadline for December 2nd SAT
- 11/29:** Grade 8 Guidance Parent/Student Meeting 7PM - PAC

LOOKING AHEAD:

- December 4: Grade 11 College Planning Kick-Off Parent/Student Workshop 7pm - PAC



**COLD SPRING HARBOR
CENTRAL SCHOOL DISTRICT**

Soaring Higher • Growing Stronger • Achieving Greatness



College Rep Visits: College representatives are completing their Fall travel season and will be returning to their campuses to continue the important work of reading applications. We welcomed a number of representatives to our high school over the last couple of months and there are still a few opportunities for students to meet with the representatives who are scheduled through the month of November.

These visits allowed our students to learn about individual campus programs, college learning environments, and specific admission criteria. Students embraced the opportunities to ask questions, learn about various majors, explore individual preferences, and expand their options while also narrowing down their choices.

Although the college visit season is ending, students and families are reminded that there are still opportunities to connect with admission officials. Reaching out via email to a specific representative who is assigned to our school or region is a great way to have questions answered and learn about the important factors that will help make a decision. Also, these connections can demonstrate interest, which is considered by many colleges in the admission process.



Connecting with college representatives can continue throughout the year via email and social media

Cold Spring Harbor Jr/Sr High School

Counseling Center
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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

Grade 8 Parent/Student Workshop: *Planning for a Successful High School Transition*

Wednesday, November 29 at 7pm in the PAC

The transition to high school includes a variety of course offerings, more extracurricular options, and opportunities to set personal and academic goals. This evening presentation will include information from our high school team as families begin to plan for this transition. Course options, high school expectations, and making the most of this current school year will be included in this program.

We look forward to seeing students and parents on the evening of November 29



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First Marking Period Ends on November 9: Now is the time to review course progress, assignments on CANVAS, and personal schedules. How are you feeling? Are you able to manage all coursework and expectations, extracurricular activities, and personal time successfully? Some students need help creating or adjusting a plan and schedule to meet all obligations. Your counselor can assist you in determining if any changes should be made to your course schedule, and they can help you set up a plan to address all your responsibilities. We want you to be successful and there is much support available to help. Remember: In addition to your school counselor, Ms. Herold, our wellness counselor is available to help. She can be found in the counseling center conference room throughout the day.

Counselors in the Classroom: The school counselors have been working proactively this Fall, meeting with students in classroom sessions and then following up with students individually to address specific questions and needs. During the month of October, 9th and 10th grade students were engaged in classroom sessions on topics that pertained to their current school experience. The counselors conducted **“Making the Most of High School”** sessions with **9th graders** which included information about the difference between junior high and high school, how 9th grade “counts,” and how to access resources in order to start the high school years strong.

Also in October, **10th grade students** participated in classroom sessions with their counselors to learn ways to identify and use their personal goals, strengths and achievements to help define their own academic and future plans. Naviance is a tool that was used in this session and will be repeatedly accessed by students and parents alike. More information about Naviance is included in this issue of the newsletter.

All **11th grade students** will participate in classroom sessions during the months of November and January as the “college kick-off” process is introduced by the counselors. There is much information to share: getting started on the college search process, finalizing a testing calendar, completing a Junior Bio and identifying personal fit and possible matches.

We welcome questions - We are here to help



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Junior High School: During the month of October, our junior high school counselor, Ms. Pickering, continued to support **7th grade students** with the transition to junior high school. Meeting in small groups, the students had opportunities to ask questions, learn more about the many resources and people who are available to support them in the building, and how to get involved in and out of the classroom. As she led small groups of students through tours of the building, Ms. Pickering introduced them to various offices and staff members, reminding them that there is a large team ready and willing to help.



Ms. Pickering works just as closely with **8th grade students**. While not guiding them on tours of the building, she addresses topics that relate more directly to these students' specific needs. All 8th grade students participate in small group meetings with Ms. Pickering throughout the year. During these meetings, they discuss the increasing expectations and challenges of their coursework, increased levels of responsibility and independence, the anticipated expectations of high school, how to prepare best for the transition to high school, the components of the high school transcript, and many other topics that are important to students and relevant to their junior high school experience. **DID YOU KNOW:** students in grade 8 complete the year with high school credit? Most students in grade 8 earn a high school credit in world language (Spanish or French) and a high school credit in Biology when they successfully complete these two courses. Also, students who are enrolled in Algebra I in grade 8 earn a credit of math when this course is completed successfully. **These credits are included on a student's high school transcript.**

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COUNSELING TEAM MEMBER: Ms. Herold, Wellness Counselor

Ms. Herold joined the CSH counseling team in March 2023. As the wellness counselor, Ms. Herold



works with students across grade levels to ensure students are able to engage in all aspects of their school experience. For example, during Red Ribbon Week in October, Ms. Herold conducted classroom push-in lessons, along with social worker, Ms. Navarra, to inform students about substance abuse/addiction awareness and discuss ways to proactively make positive decisions. Ms. Herold also serves as the building's Section 504 chairperson, leading meetings to identify student needs and determine appropriate support/accommodations. Additionally, Ms. Herold facilitates activities in the counseling center conference room,

including college rep visits and small group activities to support a variety of students' school success needs. Ms. Herold will be conducting small group sessions on study skills and test taking techniques for students in grade 9 and 10 starting in late November. Interested students should sign up on this **FORM**. **Please note: students, parents, teachers and counselors can recommend students by submitting the form.** Students are encouraged to stop in the counseling center and seek out Ms. Herold!



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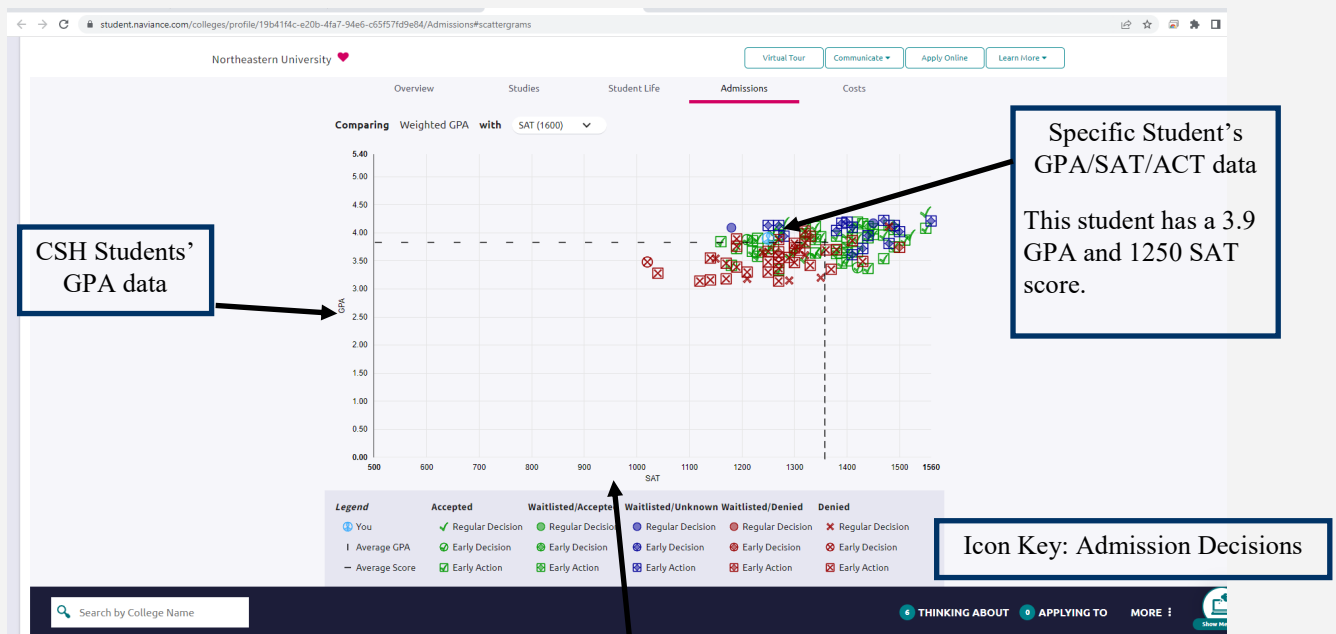


WHAT IS NAVIANCE - and How Can We Use It?



NAVIANCE is a college and career technology platform that our counselors use to support students as they explore interests, engage in the college search process and submit applications to college. All students in Cold Spring Harbor Junior/Senior High School begin to use Naviance in 7th and 8th grade as Ms. Pickering leads them through personal and career interest inventories. In high school, the counselors guide students in grade 10 to identify more personal interests and strengths as they begin to explore post-high school options. In grade 10, parents also are provided with a Naviance account in order to connect school and home for this important process. Additional information was shared at the **Grade 10 (10/16/23) parent/student program** and more will be presented at the **Grade 11 evening parent/student program** on December 4.

One of the most engaging components of Naviance is the **Scattergram** section. This allows students and families to assess college options by exploring college acceptance data for Cold Spring Harbor students. These anonymous data are maintained using GPA and SAT/ACT information for former students along with their college acceptance decisions. A sample Scattergram can be seen below. The individual student data are included along with the acceptance data (i.e., admit, deny, waitlist, etc.) for CSH graduates. Students in grades 10 and 11, and parents, are encouraged to reach out to your counselor with questions and for additional guidance.



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FINANCIAL AID



- ◆ The **New FAFSA** (Free Application for Federal Student Aid) form is expected to be available in December 2023. Students applying for financial aid are required to submit this free form. Beginning in the 2024-25 Award Year (students entering college in Fall 2024), the FAFSA will provide a “Student Aid Index” (replacing the former “EFC: Expected Family Contribution) for each student/family completing the form.
- ◆ The **CSS Profile** (College Scholarship Service Profile) form is available now - it opened on October 2, 2023. *SOME* colleges require the CSS Profile in addition to the FAFSA in order to obtain more information from families about individual financial circumstances. Colleges that require the CSS Profile indicate this on the college’s Tuition/Fees and financial aid webpages so students/families should review each one carefully. This year’s list of colleges that require the CSS Profile can also be found on the College Board website [HERE](#).
- ◆ FAFSA website: studentaid.gov
- ◆ CSS Profile website: cssprofile.collegeboard.org



COLLEGE APPLICATION REMINDERS

- ◆ **Early Decision (ED)** and **Early Action (EA)** are two early application programs that colleges may use. Early Decision is a **binding** process whereby a student submits their application by an early date (most common ED and EA date: Nov 1) and receives an admission decision early as well. Under **Early Decision**, the student commits to attending that college if admitted. If applying Early Decision, check with the college regarding the possibility of receiving an early estimate for financial aid, if needed. **Early Action** is a **non-binding** process whereby a student submits the application by the EA deadline and is informed of the admission decision early, but the student does **not** have to commit to attending the college if admitted. Colleges determine their individual application deadlines and processes. All admission procedures are found on college websites and colleges offer different options, so do your homework. The typical admission cycles that may be offered are Early Decision, Early Action, Rolling Admission and Regular Decision. Additionally, you may find Early Action I and II, Early Decision I and II, and Restrictive Early Action. *Your counselor is here to help so reach out with questions!*
- ◆ **REMINDER Seniors:** When applying to college through an **Early Decision** process, the student commits to attend the school if admitted. While students may submit other applications while waiting for the admission decision, **all other applications are expected to be rescinded** if the Early Decision school admits the student. Rescinding all other applications is an expectation of the Early Decision agreement. **Students must contact all other admission offices to inform them that they have been accepted Early Decision at another school and want to withdraw their application.** Counselors can assist students by guiding them through this process.



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Red Ribbon Week

CSH Unites recognized the challenges of substance abuse and addiction through **Red Ribbon Week** activities, October 23, 2023 - October 27, 2027. At the Jr/Sr High School, social worker, Ms. Navarra, planned a schedule of important activities and events for students of all grade levels. This schedule included classroom push-in sessions, an assembly for juniors and seniors, and members of our school community wearing RED to recognize this important topic. Ms. Navarra and Ms. Herold, our wellness counselor, planned and presented push-in lessons for students in grades 7 and 10 during their health classes. These lessons informed students of the risks of substance use and abuse while assisting students to be proactive when faced with positive decision making options.



Also during the week, a **resource fair** was held, representing a variety of local support programs and services, and an art therapist from Charles Evans Mental Health and Substance Use Clinic conducted interactive art therapy lessons with students.

CSH counselors, psychologists and social workers provide guidance and support to students as they navigate their academic programs, personal and interpersonal development, and transition experiences between buildings and ultimately to their post high school endeavors. Positive decision making is one aspect of this important work.

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JUNIORS: We Have Much Planned for You!

Students in grade 11 have much to look forward to this year and our counselors are excited to kick off these activities with the evening parent/student program (12/4/23) followed by classroom sessions in early December. Before we get to all that, we anticipate PSAT scores will be available during this month of November. The new digital PSAT provided a glimpse into the new digital SAT that will start this coming spring. We will share information when the scores are available, including how to interpret the score report and how to plan for the upcoming SAT and/or ACT.

Reminders:

All CSH High School students have access to **free** ACT and SAT test prep using the **METHODIZE** program. Students can access the Methodize program through their Castle Learning accounts. Please see your counselor with questions or if you cannot find it.

Course selection information for senior year will be available in December. Student progress and performance in the first half of this year will drive teacher recommendations and counselor guidance when choosing courses so stay focused, work hard and make this year the best one yet!



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STUDENT SUCCESS



HONOR ROLL and HONOR SOCIETIES

HONOR ROLL: At the end of each marking period, four times per year, students with an average of 3.00 are notified that they are on the “Honor Roll” and those with an average of 3.66 are placed on the “High Honor Roll.” Honors and AP courses are not weighted for the Honor Rolls.

NATIONAL HONOR SOCIETY: Students are selected for membership based upon scholarship (weighted cumulative grade point average of 3.66 as of the end of the first semester of a student’s junior year for senior applicants), leadership, service (*see requirement below), and character. Selection takes place by a Faculty Council appointed annually by the Principal. Parents are notified if their children are academically-eligible.

A list of academically eligible candidates is prepared and distributed to the entire faculty. The faculty (including coaches, club and activity sponsors) complete and return Candidate Evaluation Forms providing their judgment on the criteria areas of leadership, service, and character. The specific evaluation material received from the faculty is considered confidential and for use only by the Principal and Faculty Council. In general, each candidate must receive a majority of positive evaluations from the total number of faculty assessing the student in order to be given serious consideration for induction.

*Service Requirements: 60 hours of verifiable, unpaid community service as follows:

- 20 hours combined for Freshman year (July – June) from two different organizations;
- 20 hours combined for Sophomore year (July – June) from two different organizations; and
- 20 hours combined for Junior year (July – February for Spring applicants) from two different organizations.

Note: Seniors applying in the Fall have from July – June of their Junior year.

TRI-M MUSIC HONOR SOCIETY: Students must be a junior in high school to apply and must have a current overall GPA of 3.0 or higher with a current GPA in music courses of 4.0. Students must:

- be enrolled full-time in at least one major performance ensemble for academic credit. The eligible courses are band, chorus, or orchestra.
- must demonstrate active participation in NYSSMA every year of High School, and achieve a score of A- or higher in level 5 or 6. Certain activities, such as the Piano Guild, may qualify in lieu of NYSSMA, upon approval by Tri-M advisors.
- must at all times exhibit the highest level of citizenship in school and in their music classes and should maintain active participation in a musical activity outside the high school curriculum. Student must fill out a Tri-M application, including a student essay, and submit by the deadline.

ART HONOR SOCIETY: Students must be at least a sophomore with at least one semester of art and must have at least a B+ average in an art class and:

- commit to coming to meetings and events.
- remain active and enrolled in an art class to stay a member.
- complete 10 hours of community service in the visual arts each year once membership begins.

Continued on next page...



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HONOR SOCIETIES (cont'd)

SOCIEDAD HONORARIA HISPANICA (Spanish Honor Society) and **SOCIETE HONORAIRE DE FRANCAISE** (French Honor Society): Students must be a current language student and must have maintained an A or A- final average in language class in the 9th, 10th and 11th grades. If they have taken an honors class, they may include their weighted average. Students also must:

- have maintained an overall cumulative average of at least a B for each of his/her years in high school.
- be a person of good character, in good standing in the school and the community.
- submit an original 150 word essay in their designated foreign language telling us about themselves and why it would be meaningful to be inducted into this society. If there is doubt as to the originality of the student composition submitted, the application will be withdrawn.
- must submit a copy of their transcript with their final average in the language highlighted for each year, as well as their essay and application signed by themselves, a parent and their current teacher. The application will be due in May and the ceremony will take place in the fall.
- must continue the study of language in their Senior Year. If a student chooses to withdraw from their language class at any point during their senior year, membership in the Honor Society will be rescinded immediately.



NATIONAL JUNIOR HONOR SOCIETY: The National Junior Honor Society (NJHS) membership is an outstanding opportunity for junior high school students. Students must:

- have a cumulative grade point average of at least 3.5 for the first two (2) marking periods of a student's 8th grade classes.
- have completed 20 hours of community service. Students can begin collecting community service hours the summer following their graduation from 6th grade.



Eligibility for NJHS is released in February to 8th graders so students could begin the application process. During this time students will take the community service they collected since the summer following their 6th grade graduation and transfer it to their NJHS log.

**For those students that are in 7th grade it is important to maintain proof of community service until the application opens during February of 8th grade.*

INTERNATIONAL THESPIAN HONOR SOCIETY: Students must:

- complete 10 "points" of theater service in Cold Spring Harbor School productions. A point is roughly equal to 10 hours. Points need to be earned in at least two categories: On Stage Performing, Backstage "working" (stage crew, set painting, building playing in orchestra pit, spotlight operator, etc.) or Design (directing, choreographing, costume or scenic design). A minimum of 2 points is required in the "secondary" category (i.e. You can have 8 points on stage and 2 backstage). take a minimum of one credit of the HS Theatre Workshop class (either full-time once, or half-time over two years).

NATIONAL SPEECH and DEBATE HONOR SOCIETY: As students attend a speech or debate event, they begin accruing points for participation with additional points added for wins (more for first place, etc.). Students become members in their first year, and then receive additional honors as they progress through the years.



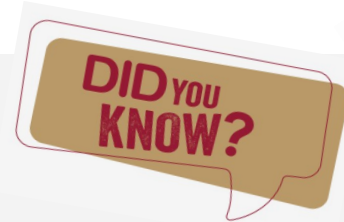
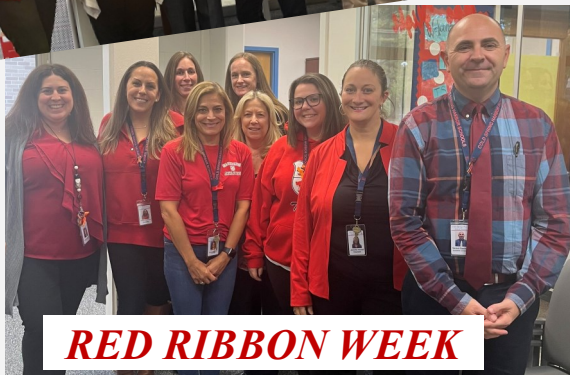
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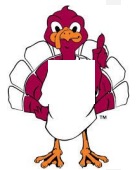
COUNSELORS LEADING THE WAY

The month of October included many opportunities for our school community to come together and support one another. Designated as Bullying Awareness Month, October reminded us of the importance of positive interactions, explicit support, and increased awareness of positive interpersonal interactions. Counselors, psychologists, our clerical staff and social worker also supported the many other efforts that were highlighted in October, including Breast Cancer Awareness, Unity Day, and Red Ribbon Week. Leading by example, our team is available to support all students.



COLLEGE TRIVIA

- Members of the CSH Class of 2023 applied to many colleges in the southeast region of the US. This college received the most CSH applications in this region from the Class of '23:
 - Tulane
 - Clemson
 - University of Florida
 - University of Georgia
- Members of the CSH Class of 2023 applied to every college in the Big 10 (14 colleges), *except* this one:
 - Illinois
 - Nebraska
 - Rutgers
 - Iowa
- Members of the CSH Class of 2023 are attending this number of different colleges:
 - 35
 - 51
 - 68
 - 81
- This college has a **TURKEY** for a mascot:
 - Tulane University
 - Virginia Tech
 - Southern Methodist University
 - University of Texas



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



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