



NOVEMBER 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:

October has been a vibrant and busy month filled with activities and accomplishments. From Bullying Prevention Month events to college testing (PSAT and SAT) for many of our high school students, we have celebrated student achievements, engaged in Red Ribbon Week to raise awareness about substance use prevention, promoted positive decision-making, and supported students as they adjust to increasing academic expectations. The counseling office was especially active, with college representatives visiting, students collaborating with counselors to finalize and submit college applications, and counselors conducting classroom lessons on topics such as career exploration, decision-making, and substance use awareness.

This issue of The Guidance Light offers information relevant to all students, grades 7-12, including highlights from our classroom sessions and evening programs for parents and students. We were thrilled to see a great turnout at the 10th-grade Parent/Student Night on October 28th. The presentation is available [HERE](#). Looking ahead, we're excited to welcome families to our 8th-grade Parent/Student Night on November 20, where we'll discuss the high school transition process, academic programs, the high school transcript, and the extensive support available to students. Stay tuned for details on our 11th grade Night in early December and additional events planned for later in the year!

Please don't hesitate to reach out to your counselor or me with any questions or specific needs. Together, we can help every student engage in, enjoy, and thrive during this school year.

Wishing you and your loved ones a joyful and healthy Thanksgiving.

Warm regards,

Jeannette Alomia



Important Dates:

11/2: SAT Exam (Not at CSH)

11/8 : Registration Deadline for December 14th ACT

11/20: Grade 8 Guidance Parent/Student Meeting
7PM - PAC

11/22: Late Registration Deadline for December 14th ACT

11/22: Registration Deadline for December 7th SAT

11/26: Late Registration Deadline for December 7th SAT

LOOKING AHEAD:

December 2: 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: As college representatives wrap up their fall travel season, they're returning to campus to dive into the important work of reading applications. Over the past few months, we had the pleasure of hosting many of these representatives at our high school, providing students with invaluable opportunities to learn about individual programs, campus environments, and specific admission criteria. There are still a few remaining visits scheduled through November, so students have a final chance to connect in person.

Through these visits, students have been able to explore different majors, understand college learning environments, ask questions, and clarify their preferences, helping them refine their choices for the next steps in their education.

As the college visit season winds down, students and families are reminded that they can still connect with admission officials by reaching out directly via email. Contacting the representative assigned to our school or region is a great way to get personalized information and have questions answered. Additionally, these connections often demonstrate interest—something many colleges consider in their admissions process.

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



Cold Spring Harbor Jr/Sr High School

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Director of Counseling, K-12

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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 20 at 7pm in the PAC

Transitioning to high school opens up a range of new course offerings, expanded extracurricular activities, and valuable opportunities to set personal and academic goals. In this evening's presentation, our counseling team will share essential information to help families plan for this important transition. The program will cover available course options, high school expectations, and strategies for making the most of the current school year.

We look forward to seeing students and parents on the evening of November 20



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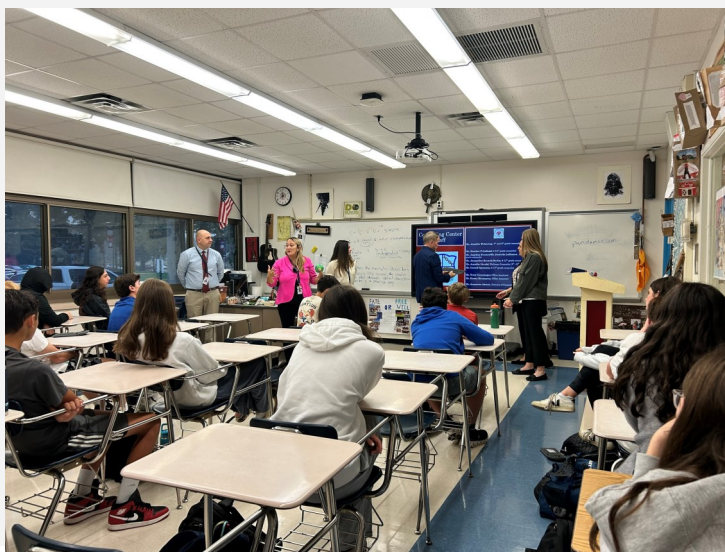
First Marking Period Ends on November 8: Now is the time to review course progress, assignments on CANVAS, and personal schedules. How are you feeling? Are you able to manage all coursework and expectations, extracurricular activities, and personal time successfully? Some students need help creating 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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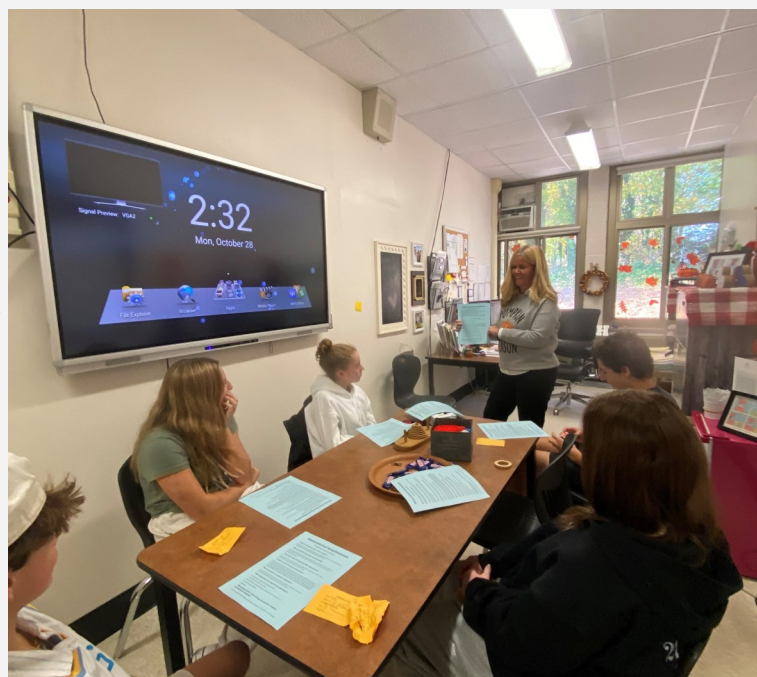
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Junior High School: Throughout October, Ms. Pickering, our junior high school counselor, has been actively supporting 7th graders as they settle into their new school environment. Through three small group meetings, students have the chance to ask questions, discover the resources available to them, and explore ways to get involved in school life, both in and out of the classroom. Leading groups on building tours, Ms. Pickering introduces students to various offices and staff members, emphasizing the supportive team ready to help them navigate junior high. Upcoming group topics of discussion include course planning (January/February) and career exploration and introduction to Naviance (April/May).

Ms. Pickering also works closely with 8th-grade students, tailoring her guidance to address their unique needs. While tours are no longer necessary, 8th graders participate in small group meetings throughout the year, focusing on topics such as meeting the demands of coursework, developing independence and responsibility, understanding high school expectations, and preparing for the transition ahead. Other topics include the Dignity for All Students Act and eligibility requirements for the National Jr. Honor Society. She also led discussions on the essential aspects of high school, including transcript components and how to best prepare for the next phase of their academic journey.

DID YOU KNOW: By the end of 8th grade, students can already have high school credits on their transcripts. Most earn credit in a world language (Spanish or French) and Biology, provided they successfully complete these courses. Students enrolled in Algebra I also receive a high school math credit upon successful completion. These early credits become a part of each student's high school transcript, helping them begin high school with a strong foundation.



COUNSELING TEAM MEMBER: Ms. Herold, Wellness Counselor

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, to inform students about mental health 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

started conducting small group sessions on study skills and test taking techniques for students in grade 7 through 10. Students are encouraged to stop in the counseling center and seek out Ms. Herold!



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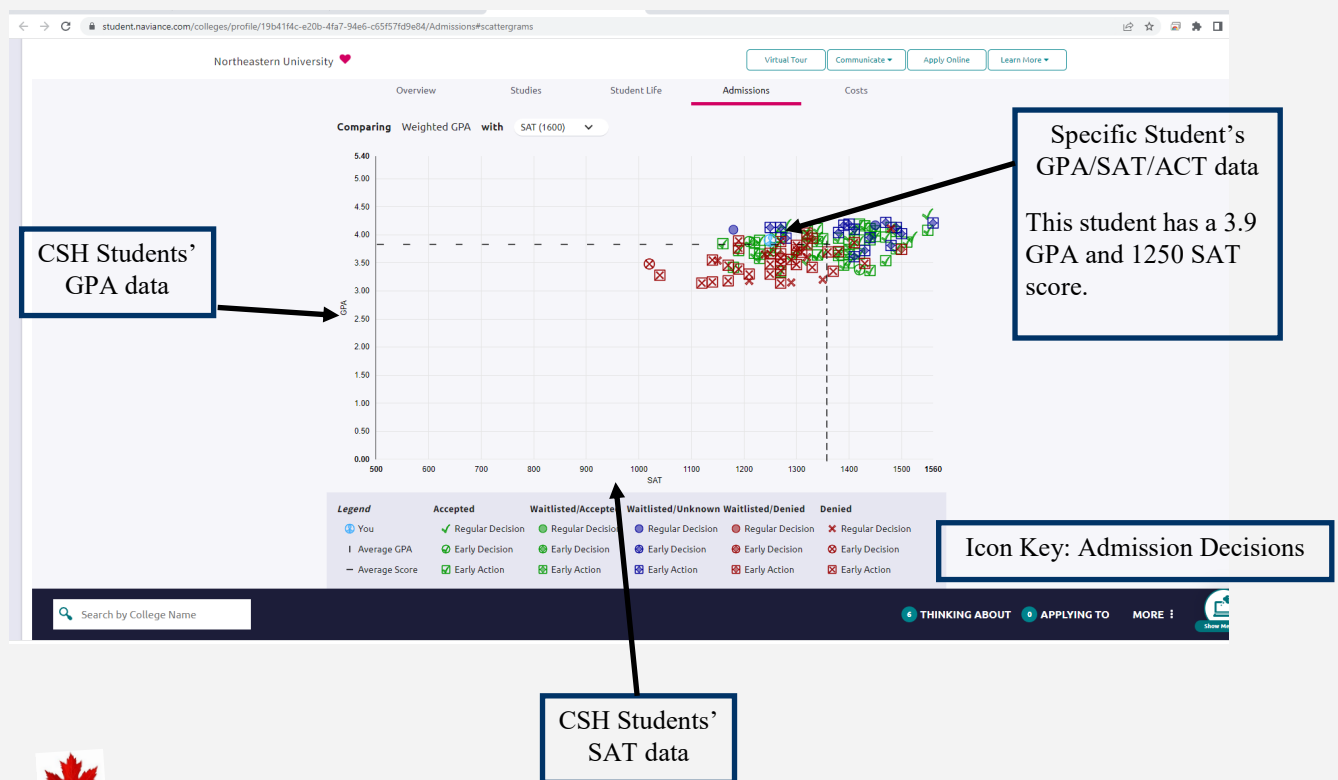


WHAT IS NAVIANCE - and How Can We Use It?



NAVIANCE is a college and career online platform used by our counselors to support students as they explore their interests, engage in the college search process, and submit applications. At Cold Spring Harbor Junior/Senior High School, students begin using Naviance in 7th and 8th grade, guided by Ms. Pickering through personal and career interest inventories. In high school, counselors continue this work, helping students in grade 10 to further identify personal interests and strengths as they begin exploring post-high school options. Grade 10 parents also receive a Naviance account to foster a strong home-school connection throughout this important process. Additional information was shared at the Grade 10 parent/student program and more will be presented at the Grade 11 evening program on December 2.

One of the most engaging features of Naviance is the Scattergram tool, which allows students and families to explore college acceptance data specific to Cold Spring Harbor students. This tool uses anonymous data—including GPA and SAT/ACT scores—along with past college admission decisions (e.g., admit, deny, waitlist) to help assess college options. A sample Scattergram is shown below. Students in grades 10 and 11, as well as their parents, are encouraged to reach out to their counselors with questions or for additional guidance.



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FINANCIAL AID

- The **new FAFSA** (Free Application for Federal Student Aid) form is anticipated to open in December 2024. Students applying for financial aid must submit this free form. Starting with the 2025-2026 award year (for students entering college in Fall 2025), FAFSA will generate a “Student Aid Index” (SAI), which replaces the former Expected Family Contribution (EFC) metric.
- The **CSS Profile** (College Scholarship Service Profile) form is already available, opening on October 1, 2024. Some colleges require the CSS Profile in addition to the FAFSA to gain a more detailed view of each family’s financial situation. Colleges that require the CSS Profile will indicate this on their Tuition/Fees and financial aid webpages, so families should check each college’s requirements carefully. The full list of colleges requiring the CSS Profile is also available on the College Board website [HERE](https://collegeboard.org/).
- FAFSA website: <https://studentaid.gov/>
- CSS Profile website: <https://cssprofile.collegeboard.org/>

PAYING FOR COLLEGE



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 During Red Ribbon Week, held from October 21 to October 28, 2024, CSH Unites addressed the challenges of substance abuse and addiction with a series of impactful events and activities at the Junior/Senior High School. Social worker Ms. Navarra organized a comprehensive schedule that included classroom push-ins, an assembly for 11th and 12th grade students, and a school-wide "Wear Red" day to raise awareness of this important issue.

Ms. Navarra led targeted push-in sessions for 10th graders in health classes, educating students about the risks associated with substance use and empowering them with positive decision-making skills. Meanwhile, wellness counselor Ms. Herold presented lessons on mental health awareness, self-care, and resources for managing stress and navigating difficult situations.

Throughout the week, students had access to a resource fair that featured local support programs, including interactive art therapy sessions conducted by Erin Barrett, LCAT,

from the Charles Evans Mental Health and Substance Use Clinic. Representatives from Gooding Wellness provided information about their services, while Unique Health and Fitness shared resources on yoga and personal training programs. Additionally, James Hellen, LMT, introduced students to reiki and massage therapy services.

Highlighting the week's events, Dr. Gregory Garra presented to the 11th and 12th grade students on opioid overdose awareness. His daughter, Isabella Garra, a 10th grader, opened the assembly with a presentation on the opioid epidemic.

CSH counselors, psychologists, and social workers remain dedicated to supporting students' academic, personal, and transitional growth. Fostering positive decision-making is a vital part of their mission to equip students with the tools for lifelong success and resilience.



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 (12/2/24) 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 digital PSAT provided a glimpse into the digital SAT. 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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VOLUNTEER OPPORTUNITIES

Getting involved in community service is a powerful way to grow, learn, and give back—all while strengthening your college application. ✨ The CSH Library offers a range of projects for students in grades 7-9, providing hands-on opportunities to support your community. Don't miss your chance to make an impact and build skills *that will last a lifetime!* Click [HERE](#) for details.

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. A special recognition goes to Dr. Chase and Dr. Vujeva for leading the various activities on Unity Day. 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

DID YOU KNOW?

1. 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:

- A. Tulane
- B. Clemson
- C. University of Florida
- D. University of Georgia

2. Members of the CSH Class of 2023 applied to every college in the Big 10 (14 colleges), **except** this one:

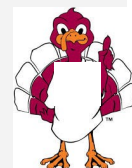
- A. Illinois
- B. Oregon
- C. Rutgers
- D. Iowa, Nebraska

3. Members of the CSH Class of 2023 are attending this number of different colleges:

- A. 35
- B. 51
- C. 79
- D. 81

4. This college has a **TURKEY** for a mascot:

- A. Tulane University
- B. Virginia Tech
- C. Southern Methodist University
- D. University of Texas



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



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