

OCTOBER 2022

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



## Cold Spring Harbor Jr/Sr High School NEWSLETTER

### A Message from the Director's Desk:

As the fall season begins, our schools are buzzing with a flurry of activity. The school counselors have been meeting with students individually and in groups during classroom push-in sessions. There is much information to share with our students, and we hope this *Newsletter* brings some of that home to families as well.

During the senior college application classroom sessions, students shared how they were feeling about the process. As you can imagine, there were a variety of answers, but two words were shared most often: **stressed** and **excited**. This process certainly can be daunting and students feel that pressure. The pressure of looming deadlines, the steps that must be completed, the essays...and waiting for that admission decision. BUT, there is also the anticipation and excitement for that next step in the journey. The journey to find those college options that can be a **great fit** and the anticipation of all that comes with embracing the college experience, or the other possible paths that exist beyond high school.

We know how **stressful** this time can feel for students, and we know how **exciting** it can be at the same time. Our goal is to help each student find the **balance** between stress and excitement. We cannot eliminate all of the stress, but we can help students manage it. We are here to support our seniors in this process. We can help organize, plan and structure the process while assisting with decision-making strategies and prioritizing activities. We can help you find the fun in your day as well, and help you to focus on all that can bring you **joy!**

Please remember we are here for **all students** so please reach out to your school counselor or me if we can be of assistance. ***Ignite your passion and be an inspiration for excellence!***

Warm regards,

*Mona E. Hecht*



### Important Dates:

**10/1:** SAT Exam

**10/3:** Grade 9 Guidance Parent/Student Meeting - 7PM - PAC

**10/6:** Nassau Counselors' Association Fall College Expo 5-8pm - Adelphi University

**10/7:** Registration Deadline for November 5th SAT

**10/15:** PSAT/National Merit Scholarship Qualifying Test 7:30am - PAC

**10/22:** ACT Exam (Not at CSH)

**10/25:** Late Registration for November 5th SAT Exam

### REMINDERS:

**Seniors:** Check the Counseling Center list of college representatives visiting CSH HS this fall!



*Ignite Your Passion*

**Cold Spring Harbor  
Central School District**

*Be an Inspiration for Excellence*





**GRADE 9 Students:** On Tuesday, October 4, the high school counselors will be visiting students' classrooms and conducting guidance sessions on the transition to high school. We look forward to seeing the students in their classrooms, continuing to learn more about this Class of 2026, and supporting students to get off to a great start. While most 9th grade students have become familiar with the junior/senior high school

building over the past two years, many new opportunities and important changes occur when students officially enter high school: greater levels of independence, more choice related to course options, increased levels of responsibility, and challenging expectations to manage school work, activities and friends. School counselors are here to help and support students during this transition. The classroom sessions will introduce students to some of these topics, and counselors will meet with students individually over the next few weeks to follow up. Parents are encouraged to reach out with questions as the year unfolds. We want to make sure all students get started on the right foot.

## Cold Spring Harbor Jr/Sr High School

**Counseling Center**  
(631) 367-6840



Mona E. Hecht

Assistant Superintendent for Counseling,  
Student Services and Human Resources



### COUNSELORS

Laurie Conlon

Angelica Ferraro

Heather Friedland

Jacqueline Kovach-Devlin

Mary Jo Hannity

Jennifer Pickering

## October Counseling Center Programs

**Grade 9 Introduction to High School** Parent/Student Workshop



Monday, October 3, at 7pm in the PAC

The transition to high school includes greater freedom and responsibility, more opportunities in and out of the classroom, and decision-making for what's next. This evening presentation will include information on the following topics:

- Getting Involved and Finding Your Path
- High School Courses and GPAs
- The High School Transcript
- How Can My Counselor Help?
- What Support is Available - and How to Find It
- *And more...*

This evening presentation will include a **High School Guide** with information to help every freshman succeed.

*We look forward to seeing students and parents on the evening of October 3rd in the PAC!*



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## *Dear Sophomores and Juniors,*

As your high school journey continues, grades 10 and 11 provide a chance to more deeply explore coursework that interests you and activities you enjoy. Many students are thinking about life after high school and the upcoming college process. Here are some reminders as you prepare for a successful and enjoyable school year:

1. **College Testing:** Most students in grades 10 and 11 are taking the PSAT on October 15. The SAT and ACT exams will soon follow. There is time to register and to sit for these exams. See your counselor to plan when they are right for you. There are also many opportunities to prepare for them. ***Did you know:*** Every CSH HS student has access to a helpful program called ***Methodize***. This program has practice lessons and practice exams for both the ACT and SAT, and can be used on your town time. Log into your Castle Learning account and you will see Methodize on the left-hand menu. *Give it a try!*
2. **College Admission Factors:** College admission officials review a variety of information when making admission decisions. The most important factors are the courses taken in high school and the grades earned. Additionally, test scores, activities, essays, letters of recommendation, and other factors may be considered. Balancing the right level of rigor and challenge with opportunities to explore interests and manage your overall well-being are all important. Your school counselor can assist you when making decisions and setting goals.

*We wish you an enjoyable and successful school year!*



## **JUNIOR HIGH SCHOOL COUNSELING PROGRAM - Grades 7 and 8**

Mrs. Pickering maintains active and informative **CANVAS** pages for grades 7 and 8. Parents are encouraged to access these pages through their children's Canvas accounts.

Now that the first month of school is coming to an end, students in grade 7 have spent some time meeting with Ms. Pickering, gaining valuable information about the transition to high school and learning about Ms. Pickering's role as their school counselor. There will be many **fun adventures**, a number of **exciting events** and some **challenging times** as students embrace all that 7th grade includes. The entire junior high school team is ready and able to assist.

During the month of October, Mrs. Pickering will be meeting with 8th grade students in small groups to review the academic expectations of this school year. Most students are enrolled in at least one high school level course which will be included on the students' transcripts as they begin to develop this important academic document. Ms. Pickering will share information about the **transcript** along with **success skills** and strategies to ensure students have the best chance for a positive and productive school year.



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# CLASS OF 2023



## SENIORS: Reminders, Tips and Strategies for Success

The school counselors and the members of the senior class connected in September to kick-off the college application process. **Counselors conducted group guidance sessions** in students' English classes. These sessions included step-by-step instruction on starting the Common App, matching the Common App to Naviance, requesting teacher letters of recommendation, and submitting applications. These classroom sessions were followed by our annual **College Application Process evening PROGRAM for parents**. Seniors are now prepared to address their own process and timeline, depending on individual plans and needs and **counselors are here to help**. In addition to the students' assigned school counselor, our new wellness counselor, Ms. Ferraro, is located in the counseling center conference room or H-1 throughout the day to answer questions and/or walk students through specific parts of the application process. Many students have already found her.

We hope students and families use the Senior Year CHECKLIST to guide the process, as well as connect frequently with your school counselor every step of the way.

### REMINDERS:

- ♦ **10/6/22 COLLEGE EXPO at Adelphi University 5-8pm:** Nassau Counselors' Association annual college fair. A list of colleges attending can be found here: [COLLEGE EXPO](#)
- ♦ **COLLEGE VISITS:** More than 75 college representatives are scheduled to visit Cold Spring Harbor High School. Seniors can sign up in the counseling center and on Naviance. Please see the list of [College Rep Visits](#).
- ♦ **FINANCIAL AID:** The Free Application for Federal Student Aid (FAFSA) is available after October 1 at [www.FAFSA.gov](http://www.FAFSA.gov) (required by all colleges when applying for aid) and the CSS Profile is available at [cssprofile.collegeboard.org](http://cssprofile.collegeboard.org) (required by some private colleges, in addition to the FAFSA).
- ♦ **SCHOLARSHIPS:** Naviance contains information about many available scholarship opportunities. See the "Scholarships" tab in Naviance and check it out. New scholarships are added throughout the year, so check in often.



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## Progress Reports Available on the Portal: October 6



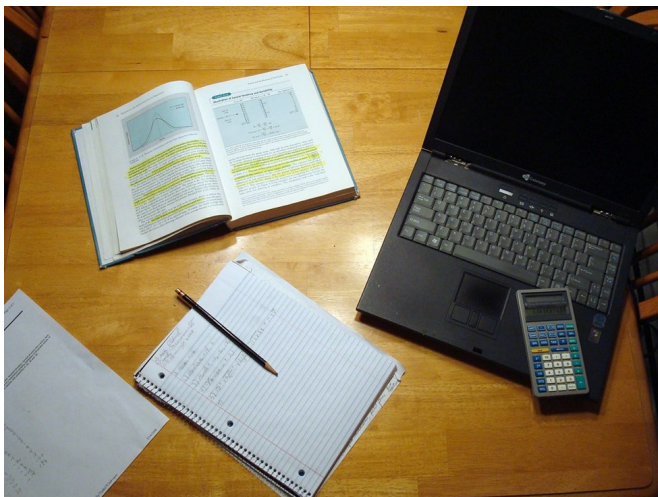
The first marking period is well underway and students will receive their first progress reports on Thursday, October 6. Along with quarterly report cards, progress reports provide valuable information and feedback that can assist students and parents as the school year unfolds.

Take the time to review the comments carefully. Celebrate the feedback that is positive and think about how you have succeeded so far in establishing good habits and managing assignments. If there is feedback included that addresses areas in need of improvement, try to reflect on what can be done to make necessary changes now. Good time management habits, organizational skills and spending regularly-scheduled time studying can result in significant learning and strong grades.

Remember: There are many people available to support you.

- ⇒ Seek out a teacher for extra help. Try to identify where you got stuck and ask for help.
- ⇒ Use the after-school homework center during the week.
- ⇒ See your counselor about study strategies and developing solid school success skills.

***Use your Progress Report to set goals for the 1st REPORT CARD!***



## ***DIGNITY FOR ALL STUDENTS ACT (DASA)***

New York State's Dignity for All Students Act (The Dignity Act) seeks to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.

The Dignity Act went into effect on July 1, 2012 and provides that no student shall be subjected to discrimination based on his or her actual or perceived race, color, national origin, ethnic group, religion, religious practice, disability, weight, sexual orientation, sexual identity, or sex.

All school buildings in the Cold Spring Harbor Central School District have established procedures for addressing reports of discrimination, harassment and/or bullying. Incident report forms are available and staff are trained to respond to all reports made by students, staff and/or parents.



## **THE COLLEGE *FINANCIAL AID* PROCESS**



The college financial aid process starts early. Seniors who are applying to college should submit financial aid forms in the Fall of senior year. There are two (2) forms for all families to explore:

1. **FAFSA:** The FAFSA (Free Application for Federal Student Aid) is a **free** form and is required by colleges if you are applying for aid. This form can be found at **www.FAFSA.gov**. Completing the form will result in determining the "EFC" - Expected Family Contribution - which colleges will use to determine eligibility for aid and to create a financial aid package. The FAFSA opens on October 1, 2022 for this year.
2. **CSS Profile:** Some colleges will require the CSS Profile in addition to the FAFSA. The Profile is required by private colleges and is used by colleges to obtain additional information about a family's individual financial circumstances. If required, students and families are encouraged to submit both forms as soon as possible. The CSS Profile is already open for this year.



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