

SEPTEMBER 2022

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



## Introducing the *NEW* CSH Counseling Center Newsletter!

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

As the summer comes to an end, and a new school year begins, the CSH Jr./Sr. High School counselors and I look forward to working together with students, faculty, administrators and families to help make this a positive and successful year.

We have some changes to announce as we welcome Ms. Jacqueline Kovach-Devlin and Ms. Angelica Ferraro as new counselors to our school. Ms. Kovach-Devlin is excited to meet the students in her caseload and will be working closely with these students and families in the next few weeks to learn about each students' program, plans and needs. Ms. Ferraro has assumed the role of a wellness counselor and will be supporting students in a variety of ways through informational sessions, college outreach, and individual support to ensure all students are poised for a successful school year.

The next few weeks will include many opportunities for the counseling staff to interact with students individually and in groups, including addressing questions about classes and schedules, conducting classroom sessions to kick-off the college application process for our seniors, following up with new students to address questions and concerns that may arise at the start of the year, and working with incoming 7th grade students to ensure the transition to the junior high school is successful for all.

This *NEW* Newsletter includes information about upcoming activities, reminders about evening counseling programs, deadlines for registering for SAT, PSAT and ACT, grade-specific information to assist planning for the school year, and a number of other items to support students and families throughout the year.

Please reach out to your school counselor or me if questions arise or if we can be of assistance. We look forward to working together this year.

Warm regards,

*Mona E. Hecht*



### Important Dates:

- 9/2:** Registration deadline for October 1 SAT (at CHS)
- 9/10:** ACT (at CSH)
- 9/16:** Registration deadline for October 22 ACT
- 9/20:** Late registration deadline for Oct 1 SAT
- 9/21:** College Application Process Parent/Student Workshop 7pm in the PAC
- 9/23:** Registration deadline for Oct 15 PSAT (at CSH)
- 9/28:** College Financial Aid Night 7pm in the PAC
- 9/30:** Late registration deadline for Oct 22 ACT



*Ignite Your Passion*

**Cold Spring Harbor  
Central School District**

*Be an Inspiration for Excellence*

## College Representatives Visit Cold Spring Harbor High School

**What do these colleges and universities have in common:** Bucknell University, University of Chicago, University of Southern California, Dickinson College, Penn State, University of Richmond, Worcester Polytechnic Institute, Endicott College, University of Miami, Boston University, George Washington University, SUNY College at Geneseo, Vanderbilt University...?

**Answer:** These institutions, and *so many more*, are sending representatives to CSH High School this fall to visit with interested students.

**How can students meet with these representatives?**

**Answer:** The list of college rep visits can be found under the “Colleges” link in Naviance. Students can sign up through Naviance.

These meetings provide an opportunity to learn about the college environment, programs and student life, ask questions, and *demonstrate interest*. Demonstrated interest can be a factor in the admission process for some colleges and universities.

### 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

## September Counseling Center Programs

### Grade 12 College Application Process Parent Workshop

Wednesday, September 21, 7pm in the PAC

The college application process will be presented during this evening counseling center program. The following topics, and more, will be addressed:

- Process and procedures for submitting applications
- Common Application, other application options and Naviance
- Letters of Recommendation: Teacher and Counselor
- College Testing: SAT/ACT
- Essays
- College rep visits
- *And more...*

**College Financial Aid Night** (All interested families are invited to attend to learn about the Financial Aid Process)

Wednesday, September 28, 7pm in the PAC

A Financial Aid official from a local college will present information about the process, forms and timeline. This presentation will not be college-specific but will address the process in general.



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## Senior Transcripts

**Attention Seniors:** A copy of your high school transcript will be sent home at the start of the school year with a yellow form titled *“Authorization for Release of Records.”* After you and your parents have carefully reviewed your transcript and verified that the information is correct, please complete/sign the form and return it to the counseling center. This form is required to release your transcript to colleges. The transcript and letters of recommendation from your counselor and teachers will be sent when you submit your applications and again at the mid-year with your updated grades. A final transcript will be sent at the end of this school year to the college in which you plan to enroll. If you have any questions about your transcript, please see your counselor as soon as possible.

*Remember to review your transcript and return the **Authorization for Release of Records** form!*

## The PSAT/NMSQT

The PSAT/NMSQT will be administered to students in grades 10 and 11 on Saturday, October 15, 2022.

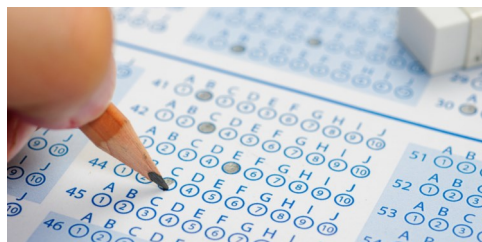
Registration is open and online at:

[www.totalregistration.net/PSAT/331437](http://www.totalregistration.net/PSAT/331437)

There is a \$35 exam fee that will be charged through the registration process.

The PSAT is a risk-free exam and scores will not be released to colleges. The test is recommended for juniors; sophomores are invited to participate for an early practice experience. Only scores earned by juniors will be considered for the National Merit Scholarship Program.

Test takers will receive their scores and score reports in mid-December online via their College Board account. If you do not have a College Board account, you are encouraged to create one prior to taking the PSAT. Create your account by visiting: <https://www.collegeboard.org/>



## Junior High School Counseling Program

Mrs. Pickering will spend much of the month of September meeting with 7th grade students, getting to know them individually, assisting with the transition to the junior high school, answering questions, addressing concerns, and providing guidance to ensure that each student is prepared for the exciting and new expectations of this school year in the junior high school.

All 8th grade students will work closely with Mrs. Pickering as they return for the 2022-23 school year. Mrs. Pickering will guide students through academic planning sessions and will assist them as they explore ways engage in school activities outside the classroom.

The Junior High School offers many opportunities for students to discover interests and talents while working toward individual and group goals.



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## Student Athletes - NCAA Eligibility Center

All senior student athletes who may participate in Div I or Div II college athletics must register with the NCAA Eligibility Center and submit a transcript for review. Student athletes should create an account online and see Ms. Groeninger in the counseling center to request a transcript.



KEEP  
CALM

AND

HAVE A GREAT  
SCHOOL YEAR

## School Success - Making the Most of the 2022-2023 School Year

**Schedules:** Much time and attention was paid to creating individual student schedules that matched the choices and decisions students and families made over the last several months. We hope all students begin the school year with a schedule that supports their personal strengths and individual goals. If a change needs to be made, the **“Drop/Add Form”** is available in the counseling center and on the counseling center page of the website. Schedule errors are being addressed at this time; all other requests for changes will begin to be addressed on Monday, September 12.

**Extra Help, Learning Center, Counselor Appointments, The Nest, H-1, the Library:** There are so many people who are available to support you this school year, and so many opportunities to seek the help you may need at different times. As this school year begins, please know that your teachers are available to provide extra help, the learning center may be an option to support your academic needs, your counselor is here to assist as you develop time management and organizational habits, and there are locations in the building that you can use to engage in group activities, find quiet study time or prepare for your next class or activity.

*“Unless commitment is made, there are only promises and hopes, but no plans”*



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