

COLD SPRING HARBOR HIGH SCHOOL

Counseling Center

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Mona E. Hecht

Assistant Superintendent for Counseling, Student Services and Human Resources

Laurie Conlon, Angelica Ferraro, Heather Friedland, Mary-Jo Hannity, Jacqueline Kovach-Devlin

Dear Class of 2024:

We cordially invite Juniors and their families to meet with their school counselor to discuss postsecondary plans. Counselors wish to see all Junior families even if the student is unsure about directions for the years after high school.

The Junior Conference is a meeting where students, parents, and counselors will work collaboratively to begin the post-secondary planning process. Though the specific goals of the Junior Conference look different for each student, you should expect the following:

Review	Discuss	Collaborate
<ul style="list-style-type: none">Stakeholders and responsibilitiesPost-secondary timelineCurrent academic progressUsing Naviance to further college search	<ul style="list-style-type: none">Your GPA and course rigorCurrent SAT/ACT ScoresYour list of reach, target, and likely collegesThe unique characteristics you are looking for in a college	<ul style="list-style-type: none">Future testing timelineStudent's goals for college/careerFind additional colleges that align with your goalsKey factors impacting your college decision

Juniors must submit the **Junior Biography** to The Counseling Center in order to schedule a Junior College Conference. These documents are needed so that the counselor can prepare appropriately for the meeting and write a comprehensive letter of recommendation on behalf of the student. The **Junior Biography** consists of two parts: (1) The **Student Biography** starting on page 1, and (2) the **Parent Statement** on page 12. Much of the Junior Biography mirrors the Common Application and thus completing this packet will prepare you well for future college applications.

Submit the **2** completed portions of the **Junior Biography and the Appointment Availability page** to Ms. Groeninger or Mrs. Mezzapesa in the Counseling Center as soon as they are complete. **The priority deadline to submit these materials is March 6, 2023.**

Sincerely yours,

Ms. Hecht, Ms. Conlon, Ms. Ferraro, Ms. Friedland, Ms. Hannity, and Ms. Kovach-Devlin

STUDENT BIOGRAPHY

_____ Student's last name	_____ Student's first name
_____ Student's email address (Using a non-CSH email is required)	

_____ Mother's name	
_____ College Mother Attended	_____ Profession
_____ Mother's email address	

_____ Father's name	
_____ College Father Attended	_____ Profession
_____ Father's email address	

_____ Sibling name	_____ College Sibling Attended
_____ Sibling name	_____ College Sibling Attended
_____ Sibling name	_____ College Sibling Attended

Answers to the following questions are very helpful for your counselor to assist you in developing a list of colleges that suits your preferences. All information is confidential.

Type(s) of institution you will consider:			
<input type="checkbox"/> 4-year college	<input type="checkbox"/> 2-year college	<input type="checkbox"/> 2-year technical college	<input type="checkbox"/> Private
<input type="checkbox"/> Public	<input type="checkbox"/> SUNY	<input type="checkbox"/> CUNY	<input type="checkbox"/> Out-of-state
<input type="checkbox"/> In New York	<input type="checkbox"/> Co-ed	<input type="checkbox"/> Single-sex	<input type="checkbox"/> Religious Affiliation

Under which categories might you apply to college? You may check more than one:

<input type="checkbox"/> Agriculture	<input type="checkbox"/> Fine Art
<input type="checkbox"/> Architecture	<input type="checkbox"/> Hospitality
<input type="checkbox"/> Business	<input type="checkbox"/> Law
<input type="checkbox"/> Computer	<input type="checkbox"/> Liberal Arts
<input type="checkbox"/> Dance	<input type="checkbox"/> Medicine
<input type="checkbox"/> Design	<input type="checkbox"/> Music
<input type="checkbox"/> Elementary Education	<input type="checkbox"/> Nursing
<input type="checkbox"/> Secondary Education	<input type="checkbox"/> Theatre
(specify): _____	<input type="checkbox"/> Veterinary / Animal Science
<input type="checkbox"/> Engineering (General)	<input type="checkbox"/> Undecided
<input type="checkbox"/> Engineering	<input type="checkbox"/> Other
(specify): _____	(specify): _____

Please share your future career and/or major goals. If undecided, please feel free elaborate on your thoughts and future interests.

Are there any special programs in college that are important to you? (ROTC, performing arts, athletics, writing, robotics, etc.)

Which campus setting(s) will you consider:

Urban

Suburban

Rural

Preferred enrollment at your college:

No preference

Small
1,000-5,000

Medium
5,000-15,000

Large
15,000+

Please check which region(s) of the United States you will consider for college. Please be specific. If there are several states within each region you will consider, please circle them.

_____ **New England**

(Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island)

_____ **Mid-Atlantic**

(New York, New Jersey, Pennsylvania, Washington, D.C., Maryland, Delaware)

_____ **South**

(Virginia, Tennessee, North Carolina, South Carolina, Georgia, Louisiana, Florida)

_____ **Mid-West**

(Illinois, Indiana, Ohio, Michigan, Wisc., Minn., Iowa, Missouri, Kansas, North/South Dakota)

_____ **West**

(Texas, Colorado, Arizona, Nevada, Montana, California, Washington, Oregon)

Please list the colleges you are considering at this time. Be sure to include at least two colleges in each of the three categories.

*****Be sure to use Naviance's "Compare Me" and Scattergram" tools to assist you in best categorizing the below schools*****

Reach: _____

Reach: Any school with less than 30% acceptance rate. Any school where Naviance demonstrates a GPA/test scores below the avg accepted student.

Target: _____

Target: Acceptance rate 30-60%. Any school where Naviance demonstrates GPA/test scores are at or around the average accepted student.

Likely: _____

Likely: Acceptance rate 60-100%. Any school where Naviance demonstrates similar student profiles were admitted consistently. GPA/test scores are above the average accepted student.

Some students are considering other plans after high school. Please circle any of the options you are considering:

Post graduate year (prep school)

Military service

Gap year

Enter the work force

Vocational training school

Other, please specify:

Common App Preparation Questions

The following section will mirror the questions you will be asked on the Common App and other universal application platforms.

Religious Preferences for College

If religious preferences will play a role in your college selections (e.g. religious specific colleges, campus culture, scholarship considerations, etc.), please share your religious preference and/or ethnic background.

Will you apply for financial aid?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Undecided
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Please indicate most recent Standardized Test Scores:			
SAT		ACT	
Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:

HONORS

Briefly list any academic distinctions or honors you have received since the 9th grade
(e.g. Honor Roll, Speech Debate – State Qualified, National Merit)

Grade Level (Please circle)	Honor	Highest Level of Recognition (Please circle)
9 10 11 12		School State National International
9 10 11 12		School State National International
9 10 11 12		School State National International
9 10 11 12		School State National International
9 10 11 12		School State National International

EXTRACURRICULAR ACTIVITIES & WORK EXPERIENCE

Extracurricular Please list your **principal** extracurricular, volunteer, and work activities **in their order of importance to you**. Use the space available to provide details of your activities and accomplishments (specific events, varsity letter, musical instrument, employer, etc)

Grade level	Appropriate time spent	When did you participate in the activity?	Positions held, honors won, letters earned, or employer	If applicable, Do you plan to participate in college?
9 10 11 12	Hours Weeks School	Summer/ School Break		
_____	_____	_____		
Activity _____				
9 10 11 12	Hours Weeks School	Summer/ School Break		
_____	_____	_____		
Activity _____				
9 10 11 12	Hours Weeks School	Summer/ School Break		
_____	_____	_____		
Activity _____				

Extracurricular activities & work experience continued...

9	10	11	12	Hours	Weeks	School	Summer/ School Break
_____	_____	_____	_____	_____	_____	_____	_____
Activity _____							

9	10	11	12	Hours	Weeks	School	Summer/ School Break
_____	_____	_____	_____	_____	_____	_____	_____
Activity _____							

9	10	11	12	Hours	Weeks	School	Summer/ School Break
_____	_____	_____	_____	_____	_____	_____	_____
Activity _____							

9	10	11	12	Hours	Weeks	School	Summer/ School Break
_____	_____	_____	_____	_____	_____	_____	_____
Activity _____							

Do you plan to highlight a special talent when applying to colleges?

Please circle: Yes or No

If yes:

Sport or Activity	Position and Division	Are you being recruited? By which college (s)?

Performing Arts	Which area?	Are you preparing a tape/CD?

Visual Arts	Which medium/media?	Are you preparing a portfolio?

Students with Disabilities

Below is a consent form allowing your counselor to discuss and disclose information as it pertains to your disability. **This consent is completely optional.** If you would like to discuss before signing/submitting, please contact your counselor at 631-367-6840.

Please indicate which level services you may be requesting at your future college.

_____ Testing accommodations only

_____ A formal learning disabilities services program

By signing below, you are consenting to the following:

- 1) Your disability or learning difference is a private matter and information about it may not be revealed without your permission and that of a parent. If you wish your counselor to reflect on your disability in the letter of recommendation that will accompany your school records, please provide the appropriate signatures below.
- 2) My counselor has permission to discuss my disability in the letter of recommendation for college or in conversations with college admissions personnel.

Student signature

Parent/Guardian signature

Date

Feedback for Your Counselor

Dear Student,

This is your opportunity to provide me with information that you would like a college admissions counselor to know about you. Please answer each of the following questions. Most students typically write between 250 and 500 words, but feel free to write as much as you like. You may use the following page to complete these questions or provide your own document.

1. What are you most proud of (personal or academic)?
2. What is the biggest challenge or obstacle you have overcome and how has it impacted you? These might include any factor that has affected your life or your performance in school. Examples might be your own or family illness, financial hardship, family difficulties, etc. Please explain and add additional sheet if necessary.
3. What extracurricular activity/community activity has been most meaningful to you and why? Have you assumed a leadership position?
4. What are three adjectives that best describe you and why?
5. Please include anything additional you would like to share with your counselor.

USE THIS SHEET TO ANSWER QUESTIONS 1-5

1.

2.

3.

4.

5.

Teacher Recommendations

Teacher recommendations are an important part of any college application. Teachers are asked by colleges to write narratives and complete check-off tables that consider the criteria listed below.

Please consider **all** the categories carefully and think about which of your teachers may be best able to represent you. Understand that the course in which you earned an "A" is not always the best choice – if you had difficulty with a course and worked through it with your teacher and by seeking extra help, **that** teacher might be a very good choice.

While it is not mandatory that your recommenders be chosen from among your junior year teachers, know that **colleges are trying to gauge your current abilities and work habits.**

Teacher letters of recommendation provide feedback on the following categories:

Academic achievement	Intellectual promise
Quality of writing	Creative, original thought
Productive class discussion	Respect accorded by faculty
Disciplined work habits	Maturity
Motivation	Leadership
Integrity	Reaction to setbacks
Concern for others	Self-confidence
Initiative, independence	Overall

Now that you have considered this information, list the names of three teachers you might ask to write on your behalf:

List any other people who know you well that you might ask to write a recommendation letter:

The Parent Statement

Dear Parents,

The Parent Statement you write for your son or daughter will help us to write a thorough and positive college recommendation letter. Please think about your son or daughter's personal attributes and qualities and give us **concrete examples**, not just adjectives. You may describe your son or daughter's achievements, creativity, maturity, motivation, leadership, integrity, reaction to setbacks, concern for others, self-confidence, initiative, intellectual promise, discipline, hobbies, or any other factor that might be helpful to colleges in making an admission decision. Please focus your comments to experiences and accomplishments during the high school years.

You may use these questions as prompts:

- What would you most like a college admission officer to know about your son or daughter?
- What qualities do you most admire about your son or daughter?
- Describe specific events that have made you particularly proud of your son or daughter.
- Describe areas of the most growth and personal development.

If your son or daughter had any personal hardships or difficult circumstances, (death, illness, family issues, medication adjustments) the counselors should be reminded of these things and will, of course, use discretion when writing the recommendation letter. Please remind us if there were scheduling difficulties or if your son or daughter had to take a lower level class to make the schedule work.

This is your chance to brag. We ask that you be truthful, but this is not the time to be modest.

We could never hope to know your children as well as you. Please help us do the best possible job of advocating for them. You may submit a handwritten or typed statement.

Be sure to complete the Appointment Availability Form on the next page. **One last thing** – be sure **not** to use your student's Naviance account; **you must use your own**. Contact the Counseling Center if you need to set one up for either parent.

Regards,

Mona Hecht, Laurie Conlon, Angelica Ferraro, Heather Friedland, Mary-Jo Hannity, and Jacqueline Kovach-Devlin

Appointment Availability

Your counselor will make every effort to schedule your Junior Conference at a time that is most convenient for you. Plan to meet for at least 45 minutes.

Name and email address of family member responsible for coordinating the appointment
The email address will be used to create and confirm the appointment.

Parent/Guardian: Please circle the day(s) of the week that you are available:

Monday

Tuesday

Wednesday

Thursday

Friday

Students: Circle the periods you prefer to meet. Try to avoid missing major classes.

1

2

3

4

5

6

7

8

9

Parent/Guardian: Circle which starting time is/are best for you:

7:45 am

8:35 am

9:20 am

10:00 am

10:45 am

11:30 am

12:15 am

1:00 pm

1:45 pm