

APRIL 2025

# 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:

Dear Students and Families,

As we welcome April and look forward to the upcoming school recess, it's also a pivotal time to remain focused on the tasks ahead. With the third quarter ending on April 4, this moment presents an excellent opportunity to finish strong—whether it's catching up on any outstanding assignments, staying organized, or preparing for upcoming exams. While much has been accomplished, the final months of the school year are crucial in shaping academic progress, grades, and overall success. Staying engaged now will truly make a difference.

The counseling office continues to be a supportive hub for students across all grade levels, offering guidance and assistance. Career exploration lessons for 7th and 8th graders are in full swing, providing valuable insights into future opportunities. For seniors, the final college admission decisions are rolling in, marking the exciting conclusion of their application journeys—something they should be incredibly proud of. Meanwhile, juniors are starting to navigate the post-high school planning process, with the school community ready to support them through each step.

As we continue through the spring, it's important to keep the momentum going. With the end of the school year in sight, every effort made now will pave the way for future success. Whether you're finalizing college choices, preparing for exams, or staying on top of assignments, remember that the journey itself is just as important as the destination. Continue to face challenges with resilience, use the resources at your disposal, and finish the year strong. We are all here to support our students and families, and together, we will make the most of this season of growth.

Wishing you all a productive and rewarding month!

Warm regards,

*Jeannette Alomia*



### Important Dates:

**4/5:** ACT (at CHS HS)

**4/18:** Registration Deadline for May 3 SAT

**4/22:** Late Registration Deadline for May 3 SAT



**COLD SPRING HARBOR  
CENTRAL SCHOOL DISTRICT**

*Soaring Higher • Growing Stronger • Achieving Greatness*

# COLLEGE DECISION DAY AND FINANCIAL AID

May 1 is the National College Decision Day, the deadline for admitted students to notify their chosen college of their decision to attend and submit their deposit. If you've already completed the Free Application for Federal Student Aid (FAFSA), keep in mind that financial aid packages are often sent out at different times during the spring. This means it's essential for students and their families to have enough time to compare aid offers, understand the final cost of attendance for each school, and factor in other important elements before making a final choice.

Remember, your school counselors are here to support you. Feel free to reach out with any questions so you can make the most informed decision and meet your college's deposit deadline.

## April Counseling Center Announcements

### Cold Spring Harbor Jr/Sr High School

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

Jeannette Alomia  
Director of Counseling, K-12

#### COUNSELORS

Angelica Ferraro

Heather Friedland

Jennifer Herold

Jacqueline Kovach-Devlin

Jennifer Pickering

Gerard Spennato



Junior high students have begun to engage in career exploration activities led by Mrs. Pickering and school counseling intern Paul Lehesté. Below are some of the key questions students will be exploring during these sessions.

- **Identify Interests and Passions:** What subjects do you enjoy in school? What activities do you find yourself drawn to outside of school? What do you admire about people who have certain jobs?
- **Assess Strengths and Skills:** What are you naturally good at? What skills do you want to develop? Think about both academic and non-academic skills, like communication, problem-solving, and creativity.
- **Explore Different Career Paths:** Research various careers that align with your interests and strengths. Consider different industries, job roles, and required education or training.
- **Consider Work Environments:** Do you prefer working indoors or outdoors? Do you like working independently or in a team? Do you want to travel for work?
- **Understand the Value of Work:** Learn about different types of jobs, the importance of work ethic, and the value of earning a living.

The junior college planning process is officially underway, and counselors are meeting with 11th-grade students and their families to create personalized action plans. Each student brings unique strengths, interests, goals, and talents to this process, which are all carefully considered. While exploring and applying to colleges can be an exciting yet overwhelming experience, remember that there is plenty of support available. By managing time wisely and tackling each step of the process carefully, students can stay on track—and counselors are here to help every step of the way.

For seniors, final college admission decisions are starting to come in. We are incredibly proud of this exceptional class and celebrate the great news they've received. The counseling center remains a busy and supportive space throughout the year, where students often stop by to share their excitement, seek guidance during challenging times, or discuss next steps, whether it's navigating waitlists or revising plans. Senior year isn't over yet, and your school counselor is here to help with whatever comes next in these final months.



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## ***WAIT LIST... Now What????***

When college decisions come in, you'll typically hear one of three responses: Accepted (Yay!), Denied (Ugh), or Waitlisted (Now What?). Being waitlisted can be tough, but it's simply a way for colleges to gauge how many students will actually attend before finalizing spots.

If you find yourself on a waitlist, here are some steps to consider:

1. **Do you still want to attend?** If you've already accepted an offer from another school, let the waitlisted college know and thank them for the opportunity.
2. **Review the info.** Colleges manage their waitlists differently, but they usually provide clear next steps (or will if you ask).
3. **Communicate your interest.** If it's still your top choice, let the college know. Keep your grades strong and share any new achievements since you applied.
4. **Be patient.** You'll likely need to submit a deposit to another school before hearing back from the waitlist.

*Your counselor is here to help and can assist you through the process*

## **Calling All Speakers: Join Us for the Second Annual Career Fair!**

Senior Nicole Schrock is inviting anyone interested in speaking at the second annual Career Fair, which will take place at the high school in late April during the school day.

This event is so important for our students so they can learn about and explore the various career pathways. Keeping this in mind, we would like to invite all members of our community that have a career that they would be willing to share with our students. This would involve giving a short presentation to small groups of students. Presentations would ideally include information about:

- Certification/Education
- Job Responsibilities
- Favorite aspects of your career
- What led you to this career path
- Description of a typical work day
- Salary range

If you are interested in participating, please fill out this [form](#). Your involvement has the potential to shape the lives of our youth



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# *Post High School Options*



## **SPRING COLLEGE FAIRS**

Each year, the **NASSAU COUNSELORS' ASSOCIATION** provides an outstanding resource to benefit students and parents at our **Spring College Expo**. There will be an extensive array of universities and colleges offering their time and knowledge to support the students and families of Long Island. A LIST OF PARTICIPATING COLLEGES can be found **HERE**. We are fortunate that this event will be continuing at Hofstra University for 2025!

### **The Spring College Expo offers:**

- One-to-one conversations with school and program representatives**
- Experienced counselors to assist in the college search process**

Tuesday, April 1, 2025 // 5:30-8:30PM  
Hofstra University,  
David S. Mack Sports Complex



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COLD SPRING HARBOR COUNSELING CENTER PRESENTS:

# FINDING YOUR BEST FIT COLLEGES

WITH GUEST SPEAKER ROBERT FRANEK  
EDITOR-IN-CHIEF OF THE PRINCETON REVIEW

New  
Date!

**MONDAY, APRIL 28TH, 2025 7-8PM**  
AT COLD SPRING HARBOR HIGH SCHOOL

## WHAT WE'LL COVER:

- College hopes and worries
- What makes a college a best fit
- Test optional admissions
- Truth & misconceptions around tuition costs

## ABOUT ROB:

- National expert on colleges and higher education
- Gives 100+ lectures yearly
- 26-year career: publisher, editor, author, college admissions administrator
- Featured in major media: NYT, WSJ, ABC, NBC, CNN, NPR
- Scan the QR code below to see Rob's latest Today Show appearance (3.4.25)

Scan to register



OR CLICK  
HERE



SCAN



EMAIL [LISA.RUTLEDGE@REVIEW.COM](mailto:LISA.RUTLEDGE@REVIEW.COM) WITH QUESTIONS

# Distinguished Youth Awards

(Registration Begins April 1)

An exciting opportunity exists for students, ages 13-18, in Suffolk County.

The Suffolk County Distinguished Youth Awards program is a challenging and competitive voluntary recognition program, focusing on four categories:

- ◆ Volunteer Service
- ◆ Personal Development
- ◆ Exploration and Physical Fitness.

Program Information is available at this [LINK](#) and students are encouraged to explore this opportunity.

Please contact your counselor if you are planning to engage in this exciting program.



## COLLEGE (TESTING) TRIVIA!!

DID YOU KNOW?

### 1. What does the SAT stand for?

- A. Scholastic Achievement Test
- B. Standardized Aptitude Test
- C. Scholastic Assessment Test
- D. Secondary Academic Test

2. (Question taken from *first SAT*): A steel cylinder, 20 inches in diameter, is being turned on a lathe at a speed of 1000 revolutions per minute. To what speed must the lathe be changed in order to retain the same surface speed on the cylinder when it is turned down from 20 inches to 10 inches?

- A. 2000 RPM
- B. 1000 RPM
- C. 1600 RPM
- D. 2200 RPM



### 3. Which of the following is true about the newly enhanced ACT exam?

- A. The ACT now includes a "critical thinking" section.
- B. The ACT's optional essay is now scored based on a 12-point scale.
- C. The Math section now only includes questions on geometry.
- D. The ACT no longer has a Science section.

### 4. Which of the following is considered one of the most popular college mascots?

- A. Brutus the Buckeye (Ohio State University)
- B. Uga (University of Georgia)
- C. Big Al (University of Alabama)
- D. The Stanford Tree (Stanford University)



Answers: 1.C, 2.C, 3. B, 4. A

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