

JUNE 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 turn the calendar to June and the summer of 2025 draws near, it's a perfect time to pause and reflect on the incredible journey of this school year. It's been a year filled with learning, growth, and achievement. Our students have embraced challenges, built new skills, and celebrated many personal and academic successes.

June brings a special opportunity to honor all the hard work that has taken place. Across our school, you'll find awards ceremonies, student showcases in the arts and music, and milestone celebrations at moving up ceremonies and graduations. And while the finish line is in sight, students are still working diligently to prepare for finals and Regents exams.

In this final edition of our counseling center newsletter for the school year, we've included a variety of resources to help families and students reflect on the past year and begin planning ahead. You'll find highlights of counseling activities and reminders about maintaining both mental and physical wellness—plus ideas to inspire summer joy and connection.

We will miss our Class of 2025. We are looking forward to welcoming everyone back for the 2025–2026 school year. Until then, wishing you and your family a summer that is healthy, active, restful, and full of happiness.

Our school counselors continue to stay actively engaged with students right through the final days of the school year, offering support through individual meetings, small groups, and classroom sessions.

Warm regards,

*Jeannette Alomia*



### **Important Dates:**

**6/6:** Registration Deadline for July 12 ACT (Not administered in NYS)

**6/7:** SAT Exam (at CSH)

**6/14:** ACT Exam (Not at CSH)

**6/20:** Late Registration Deadline for July 12 ACT (Not administered in NYS)



*Ignite Your Passion*

**Cold Spring Harbor  
Central School District**

*Be an Inspiration for Excellence*





## SCHOOL COUNSELING PROGRAM

Ms. Ferraro, Ms. Friedland, Ms. Herold, Ms. Kovach-Devlin, and Mr. Spennato will be leading classroom workshops for our 11th graders. These sessions are focused on preparing students for the college application process. Juniors are being introduced to the Common Application and guided through setting up their personal accounts with the support of their counselors. Adding a personal touch to the experience, seniors have volunteered to visit these sessions and share their own college application journeys. We are deeply grateful to these members of the Class of 2025 for giving back in this way—they offer valuable insights and reassurance that only come from firsthand experience. Their stories and advice help demystify a process that is often filled with big questions and emotions.

Meanwhile, our seniors are also participating in “**How to College**” workshops, led by our wellness counselor, Ms. Herold. These sessions are designed to help students prepare for life beyond high school, with a focus on the transition to college life. From managing time and money to navigating campus resources and staying healthy, Ms. Herold is guiding students through the many practical and emotional aspects of this exciting next chapter.

Additionally, Mrs. Pickering will be facilitating discussions with our 8th grade students, focusing on their transition to high school. These sessions are designed to help students understand what to expect and how to prepare for the academic and social aspects of high school life.

As part of this effort, current high school students will join the sessions to share their personal experiences—offering insight into managing coursework, participating in extracurricular activities, and finding balance. We truly appreciate these student volunteers for generously giving their time and perspective. Their advice is invaluable in helping our 8th graders feel more confident and informed as they take this important next step.

Our counseling team remains committed to supporting students at every stage of their high school journey—and beyond.



**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

## June Counseling Center Announcements

### *Congratulations to the Class of 2025!*

Final transcripts will be sent to the college you’ve identified as your intended destination. Please remember to complete the Class of 2025 Survey in your Naviance account by June 13th. Click [here](#) for instructions on how to complete the survey. We wish each of you continued success and happiness as you take the next step in your journey. We can’t wait to hear about all the great things you’ll do beyond high school!

### *Summer School Information*

Summer school is available through Western Suffolk BOCES and St. Anthony’s High School. Please [contact your school counselor](#) for more information. Click on the hyperlinks below for details.

[WS BOCES Summer Program](#)  
[St. Anthony's HS Summer Program](#)

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# See Where the Class of 2025 is Soaring Off to...

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Adelphi  
American Musical and Dramatic Academy  
Auburn University  
Bates College  
Binghamton University  
Boston College  
Brown University  
Bucknell University  
California Institute of Technology  
Clemson University  
Coastal Carolina University  
College of Charleston  
College of the Holy Cross  
Cornell University  
EHL  
Fairfield University  
Farmingdale State College  
Fashion Institute of Technology  
Florida Gulf Coast University  
Georgetown University  
Georgia Institute of Technology  
Hamilton College  
High Point university  
Hofstra University  
Indiana University-Bloomington  
James Madison University  
Le Moyne College

Lehigh University  
Long Island University - Post  
Marist University  
Middlebury College  
New York University  
Northeastern University  
Nova Southeastern University  
Pennsylvania State University  
Purdue University  
Sacred Heart University  
Savannah College of Art & Design  
Southern Methodist University  
Stevens Institute of Technology  
Stony Brook University  
SUNY Maritime College  
SUNY Old Westbury  
Syracuse University  
The Ohio State University  
The University of Tampa  
The University of  
Tennessee-Knoxville  
The University of Texas at Austin  
Tufts University  
Union College  
United States Naval Academy  
University at Buffalo  
University of Chicago  
University of Florida

University of Georgia  
University of Maryland - College Park  
University of Massachusetts - Amherst  
University of Miami  
University of Michigan - Ann Arbor  
University of North Carolina at Chapel Hill  
University of North Florida  
University of Pennsylvania  
University of Rochester  
University of San Diego  
University of Scranton  
University of South Carolina-Columbia  
University of Southern California  
University of Wisconsin-Madison  
Villanova University  
Wake Forest University  
Wellesley College  
Wesleyan University  
Wilkes University  
William & Mary  
Yale University



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# ***SUMMER PLANS***



Summer is a perfect time for students in grades 7–12 to recharge and reflect while also laying the groundwork for a successful year ahead. Whether you're entering a new grade, preparing for high school or college, or simply looking to grow personally, there are many meaningful and enjoyable ways to make the most of these summer months.

First and foremost, take time to rest and recharge. After a full school year of learning, schedules, and commitments, your mind and body need space to relax. Prioritize sleep, spend time outdoors, and enjoy screen-free moments where you can truly unwind. Mental wellness is essential, so consider incorporating mindfulness or journaling into your routine to help process emotions and reduce stress.

At the same time, summer is a great opportunity to nurture your interests and discover new ones. Pick up a book—maybe something outside of what you'd normally read—or dive into a creative hobby like painting, writing, coding, or photography. For those interested in the arts, check out a local theater production or join a summer music or art camp. These experiences not only build skills but also spark joy and creativity.

To stay academically sharp, consider setting aside a little time each week to review concepts from the past year or preview new topics. Educational apps, online courses, or summer bridge programs can make this both engaging and effective. High school students might also explore ACT, PSAT or SAT prep., especially with changes coming to the paper ACT. Rising seniors can start drafting (or revising) their college essays or researching scholarships to ease the stress in the fall.

Community involvement is another powerful way to grow. Volunteering—even a few hours a week—can build empathy, leadership skills, and a sense of purpose. Look for opportunities that align with your interests, whether it's helping at an animal shelter, community garden, library, or summer camp.

For students considering their future paths, summer is a great time to explore careers. You might shadow someone in a field you're curious about, attend a career-focused workshop, or even conduct informational interviews with professionals. These experiences can help clarify your goals and inspire new possibilities.

Above all, have fun and make memories. Spend time with friends and family, visit new places (even local ones), and savor the slower pace of summer. Whether it's going to the beach, biking with friends, trying new recipes, or stargazing, these simple joys are just as important as the productive moments.



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ThePrincetonReview®

## College Readiness Summer Series!

Join Us This Summer For Free Virtual Events!

### SAT®, ACT®, or Both?

Wednesday, June 11th @ 7-8 PM

Should you take the SAT? The ACT? Both? Neither? In this session, one of our test-prep experts will explore the similarities and differences between these college admissions exams, highlight the truths and debunk the myths, and introduce you to key strategies we use in our courses to crack standardized tests.

### ACT® Practice Test

Saturday, June 21st @ 10 AM

Get the experience you need to succeed on test day by taking a full-length ACT® practice test. You'll get an interactive score report to help you evaluate your strengths and areas of opportunity so you can start improving your score right away!

### Essays That Kicked Apps

Wednesday, July 9th @ 7-8 PM

Your transcript and test scores are important, but they're just numbers. Your essays are the part of your college application that really describes you: who you are, where you've been, and where you're going. Join us to learn why your personal statement is so important, see real examples of successful essays, and discover how to avoid common pitfalls and make your essays shine.

### AP® 101

Wednesday, July 30th @ 7-8pm

Taking AP courses is a great way to challenge yourself and boost your high school transcript with college-level work. Join us to learn more about how the AP Program works, how to earn college credit for taking AP courses, and what strategies will help you prepare for AP exams in May.

### SAT® Practice Test

Saturday, August 2nd @ 10 AM

Get the experience you need to succeed on test day by taking a full-length SAT® practice test. You'll get an interactive score report to help you evaluate your strengths and areas of opportunity so you can start improving your score right away!

### PSAT® Practice Test

Saturday, August 30th @ 10 AM

Get the experience you need to succeed on test day by taking a full-length PSAT® practice test. You'll get an interactive score report to help you evaluate your strengths and areas of opportunity so you can start improving your score right away!

Click [HERE](#) or  
scan the QR code  
to register!



### Questions?

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# ***STUDENT WELLNESS REMINDERS***

There is nothing more important than the health, safety and well-being of each and every student. Cold Spring Harbor Jr/Sr High School has an outstanding student support team that includes our school counselors, wellness counselor, school psychologists and school social worker. In addition to this team of people, additional outside resources are available to students. Please see the list of resources below and check out the links. Also, please visit our CSH [Virtu-al Wellness Room](#). Thank you to our school psychologists for preparing this valuable resource!

**Suicide and Crisis Lifeline:** Help is available 24 hours a day via phone or chat, through the [988 Suicide and Crisis Lifeline](#).

**Long Island Crisis Center:** Students in crisis can speak with a counselor through a LIVE chat, 7 days a week, from 5:00pm - 11:00pm through the [LI Crisis Center](#).

**LICADD:** [The Long Island Council on Alcohol and Drug Dependence](#) offers support and referral services for individuals, families and children regarding alcohol and drug-related problems. Additionally, counseling related to eating disorders, grief support, and a 24 hour hotline are available. 

**NYS Office of Alcoholism and Substance Abuse Services *Hopeline*:** 1-877-846-7369

**The Trevor Project:** Information and support for LGBTQ young people is available 24 hours a day/7 days a week through phone, text or chat at [The Trevor Project](#).

***Take a break and take a breath***



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## Counseling Center Trivia



1. What is the purpose of a resume when applying for a job or internship?

- A) To provide a list of your favorite hobbies
- B) To showcase your work experience, skills, and education
- C) To replace an interview
- D) To describe your future goals only

2. What is a common strategy for improving time management skills in school?

- A) Avoid using a calendar
- B) Procrastinate until you feel motivated
- C) Use a planner or digital calendar to schedule assignments
- D) Only work on tasks you enjoy



3. What is "self-awareness" in the context of social-emotional learning?

- A) Knowing how to control others' emotions
- B) Ignoring your feelings to stay focused
- C) Recognizing your own emotions, thoughts, and values
- D) Avoiding emotional conversations

4. What is the Common Application used for?

- A) Applying for summer jobs
- B) Submitting college applications to multiple schools at once
- C) Registering for the SAT
- D) Choosing your college major

5. What is the main purpose of taking notes during class?

- A) To doodle and stay awake
- B) To write down everything the teacher says word-for-word
- C) To help you focus and remember key information
- D) To have something to do when you're bored



Answers: 1. B, 2. C, 3. C, 4. B, 5. C



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