

MAY 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,

The month of May brings with it many positive and energizing changes: longer daylight hours, warmer temperatures, the vibrant colors of blooming flowers, and the cheerful songs of birds. It's also a time filled with meaningful end-of-year activities that celebrate hard work and accomplishments. As the school year winds down, we all begin to feel the anticipation of summer—and for our seniors, the excitement (and sometimes uncertainty) of what lies ahead.

For the Class of 2025, this season is especially poignant. The joy of college acceptances and future plans is often accompanied by a sense of nostalgia and apprehension. Leaving behind family, friends, and the Cold Spring Harbor community can be challenging, even as new opportunities await.

This emotional complexity makes May the perfect time to recognize **Mental Health Awareness Month**. It's a reminder that our mental well-being deserves attention and care, especially during times of transition. Throughout this month, our school is emphasizing the importance of building a personal "toolkit" of strategies to help manage emotions, navigate change, and support overall wellness.

In this edition of our newsletter, we highlight the specific resources and activities our student support team is sharing with students. These initiatives are designed to raise awareness, identify individual needs, and promote practical ways to care for mental health. We know that physical and mental health go hand in hand. When students are equipped with coping strategies and surrounded by a strong support system, they're more likely to thrive.

We're especially excited about the **May Mental Wellness Challenge**—a series of simple, daily activities that encourage mindfulness, connection, and self-care. We invite all members of the CSH community to take part in this meaningful effort.

May is also a milestone month for seniors, as they finalize college decisions and prepare to take their next steps. We are incredibly proud of the Class of 2025. This group of students has distinguished itself through academic excellence, creative achievements in the arts, powerful performances in athletics, and most importantly, through their generosity, leadership, kindness, and collaborative spirit. As they leave Cold Spring Harbor to begin new journeys, we send them off with our warmest wishes for happiness, fulfillment, and continued success.

Warm regards,

*Jeannette Alomia*

#



### **Important Dates:**

**5/1:** College Decision Day

**5/3:** SAT Exam

**5/9:** Registration Deadline for June 14 ACT

**5/22:** Late Registration Deadline for June 7 SAT

**5/26:** Late Registration Deadline for June 14 ACT

**5/27:** Late Registration Deadline for June 7 SAT



**COLD SPRING HARBOR  
CENTRAL SCHOOL DISTRICT**

*Soaring Higher • Growing Stronger • Achieving Greatness*



# 2025 CSH

## College Acceptances

**Cold Spring Harbor Jr/Sr  
High School  
Counseling Center  
(631) 367-6840**

Jeannette Alomia  
Director of Counseling, K-12

### COUNSELORS

Angelica Ferraro

Heather Fried-  land  
Jennifer Herold

Jacqueline Kovach-Devlin

Jennifer Pickering

Gerard Spennato

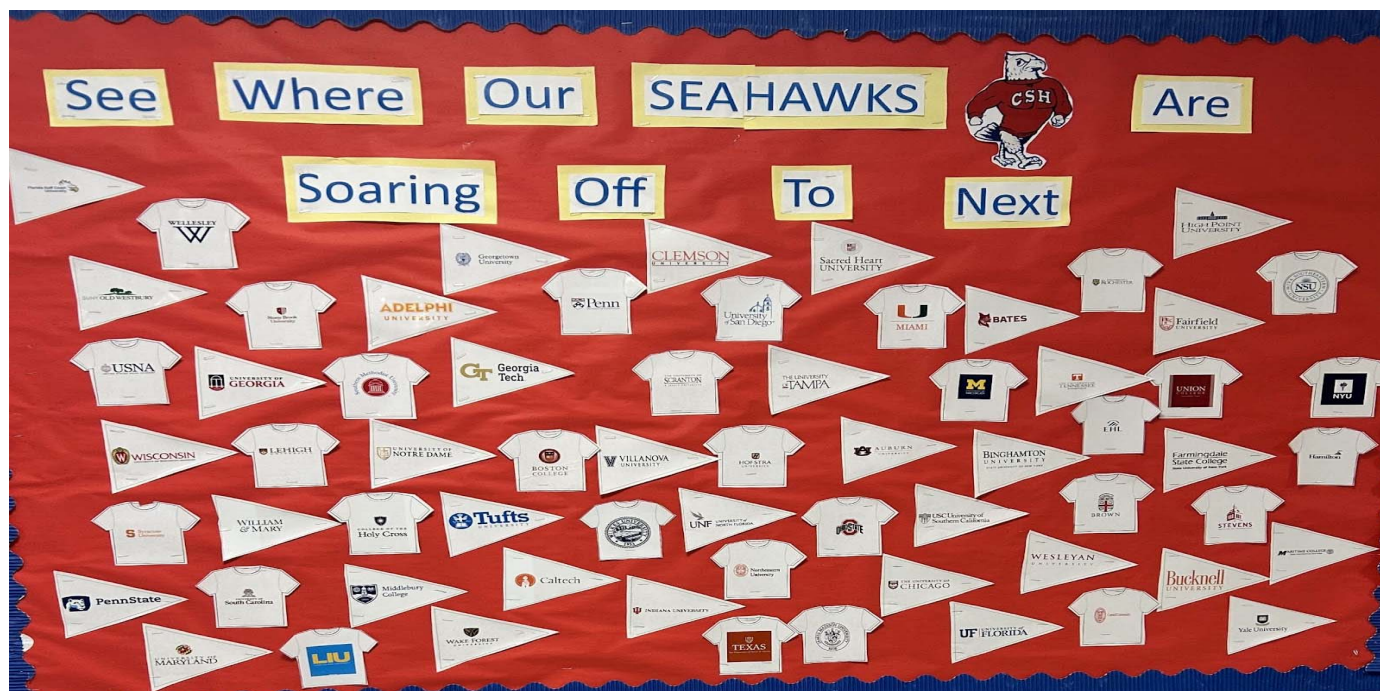
## May Counseling Center Announcements

Many students will be busy preparing for and taking Advanced Placement (AP) exams during the first two weeks of May. We wish all of them the best of luck!

College planning meetings for juniors and their families are ongoing. Counselors will continue scheduling these important conversations throughout the month.

Junior high students are actively engaging in self-discovery by exploring their interests and strengths through the Naviance program. You can find more details about this initiative in this newsletter.

Once AP exams have concluded, Ms. Herold, our wellness counselor, will be meeting with seniors to explore the variety of support services available on college campuses. These discussions will focus on helping students navigate their first year and beyond with confidence and awareness of available resources. Ms. Herold is available in the Counseling Center to answer any questions related to college wellness and support services. She can be reached at [jherold@csk.k12.ny.us](mailto:jherold@csk.k12.ny.us)



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# ***MENTAL HEALTH AWARENESS MONTH***



## ***CSH Jr/Jr HS is Lighting it up GREEN!***

Ms. Pickering and Dr. Main are excited to launch the May 2025 Mental Wellness Challenge beginning Thursday, May 1. A special calendar of daily activities has been created to highlight the importance of mental health and to offer simple, practical strategies that can be incorporated into daily life to support emotional well-being.

In addition, Ms. Herold and Ms. Navarro are actively working to promote mental wellness throughout the high school, encouraging all students—across all grade levels—to take time this month to prioritize their mental health.

To show support and raise awareness, students and staff are encouraged to wear green every Tuesday in May. It's a great way to remind ourselves and others of the importance of caring for our mental well-being.

Some calendar highlights include mindfulness exercises, movement breaks, acts of kindness, and tips for managing stress. Be sure to check out the full calendar and try each day's activity!

### ***May 2025 Calendar Mental Wellness May 2025 Calendar***

***May 1st ~ Commit to engaging in the exercises and strategies included on the Mental Wellness***

***May 2nd ~ Wellness Fair***

***May 7th (date change) ~ Mental Wellness Kick-Off (lunch periods in cafeteria B)***

***Month of May ~ Mrs. Pickering and Dr. Main will facilitate mini lessons focused on the following topics: Stress Management ~ Kindness ~ Gratitude ~ Self-Care***

Will you join the junior high and high school communities in this challenge? We all benefit from learning and practicing techniques to help us manage stress, anxiety, and everyday pressures. Building these habits now ensures we can rely on them when we need them most!

Let us know how you're doing with the challenge—we're in this together!

**MENTAL  
HEALTH  
AWARENESS  
MONTH**

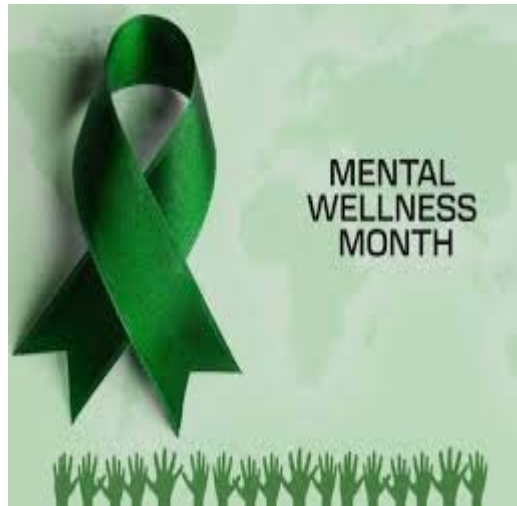


# **THE GUIDANCE LIGHT**

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## Understanding What Impacts Teen Well-Being

In a previous edition of the Guidance Light, we introduced *The Science of Well-Being for Teens*, a free online course developed by Yale University professor Dr. Laurie Santos. The course takes a close look at what happiness actually is, the factors that influence it, and what can interfere with our overall sense of well-being.

One significant point highlighted in the course is the rising rate of loneliness among young people. Between 2012 and 2018, reports of loneliness among teens doubled—a trend that began even before the COVID-19 pandemic. This raises important questions about how these numbers may have changed in recent years and what contributes to this shift.

Research suggests several key areas that can reduce feelings of isolation and disconnection: **1) Engaging in conversation** and seeking out opportunities to interact with others, **2) Maintaining close friendships**, **3) Becoming involved in group settings** such as clubs, teams, or other shared-interest activities, and **4) Volunteering time to support others**.

As students begin considering summer plans or thinking ahead to next school year, community service can be a meaningful option—not just for helping others, but also for staying connected, engaged, and involved in the world around them.

### Community Service Opportunities in Cold Spring Harbor



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# CAREER DAY

On April 23, students in grades 7–12 participated in our second annual Career Day — a day filled with inspiration, exploration, and future-focused conversations! Led by Class of 2025 Nicole Schrock with the support and guidance of Ms. Herold, our incredible School Counselor/ 504 Chairperson, the event featured a diverse group of presenters including parents, staff, and even our very own superintendent, Mr. Monastero! Students had the chance to hear from professionals in business, education, engineering, law, medicine, psychology, science, and wellness. Grades 7–9 also took part in a dynamic assembly with Ms. Herold, covering key topics like resume building, career paths, and the value of extracurriculars in preparing for college and beyond.

A big thank you to our dedicated CSH High School student volunteers who helped with planning, setup, and facilitation — and an extra special thank you to Ms. Herold for her leadership and passion in bringing this event to life! We also extend our thanks to the administrators and faculty whose support and assistance helped make this event possible.

We are truly grateful to all the professionals who took the time to come in and speak with our students — their stories made a lasting impact!



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# College Essay Writing Workshops



The college application essay is one of the few opportunities a student has to share their voice in the application process. The essay may serve as the thread that pulls components of your application together. It provides an opportunity to share how an event, activity or person impacted your thinking, feelings and/or actions. The essay can speak to the reader, explaining why something matters so much to you, or why it doesn't matter in the same way anymore. The college essay is a personal reflection of who you are, as an individual, a student, a family member, a friend, a helper, a performer, a team member, an advocate, a participant, a leader, a learner...and a unique applicant.

Cold Spring Harbor High School students have much support during the college application process, as counselors work with students and families every step of the way. Additionally, English teachers, Ms. Henry and Mr. Miller, provide essay writing workshops for all grade 11 students as they embark on this journey.

During the month of May, Ms. Henry and Mr. Miller will be conducting informational seminars that include tips for planning and writing your college admissions essays and supplements. These seminars are followed by individual essay writing conferences with Ms. Henry and Mr. Miller.

Students should attend one of these seminars in order to be ready to meet for an individual conference in June. Students may attend any of the four (4) seminars, schedule is forthcoming.

After attending a seminar, you will have an opportunity to meet individually with Ms. Henry or Mr. Miller in June in an effort to brainstorm ideas or correct, focus, and further craft your draft.

***Ms. Henry and Mr. Miller will provide passes to sports practice and club meetings for those who wish to attend an after school session.***



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# Congratulations Seniors!



**Members of the CSH Class of 2025 have been accepted to these colleges and universities:**

(Students plan to attend those in ***bold italics*** - as of 4/30/25)

## **Adelphi University**

University of Alabama

University of Alaska

American University

**AMD**

Arizona State Univ.

University of Arizona

University of Arkansas

**Auburn University**

**Bates College**

**Binghamton University**

**Boston College**

Boston University

Brandeis University

Bryant University

**Brown University**

**Bucknell University**

**Cal. Inst. of Technology**

**California Polytechnic**

UC - Berkeley

UC - Davis

UC - Irvine

**UC - San Diego**

UC - Santa Barbara

UC - Santa Cruz

Carnegie Mellon Univ.

Case Western Reserve Univ.

Univ. of Central Florida

Chapman University

**University of Chicago**

Univ. of Cincinnati

**Clemson University**

**Coastal Carolina**

**College of Charleston**

Colgate University

**College of the Holy Cross**

University of Colorado

Colorado State Univ.

Connecticut College

Univ. of Connecticut

**Cornell University**

Culinary Institute of America

Dartmouth College

University of Delaware

University of Denver

Drexel University

Duke University

East Carolina University

**EHL Hosp/Business School**

Elon University

**Fairfield University**

**Farmingdale State College**

**Fashion Inst. Of Tech.**

**Florida Atlantic Univ.**

Florida International Univ.

Florida Southern Univ.

Florida State Univ.

**University of Florida**

Fordham University

Franklin & Marshall College

**Georgetown University**

**Georgia Institute of Tech.**

The George Washington

Univ.

**University of Georgia**

Gettysburg College

**Hamilton College**

University of Hartford

Haverford College

Hawaii Pacific University

Herkimer County Comm.

College

**High Point University**

**Hofstra University**

University of Illinois

**Indiana University**

Ithaca College

**James Madison Univ.**

Johns Hopkins University

University of Kansas

University of Kentucky

Lafayette College

**Lehigh University**

Liberty University

Long Island University - Post

Louisiana State Univ.

Loyola University Maryland

University of Lynchburg

Marist College

**University of Maryland**

Marymount Manhattan Col-

lege

University of Massachusetts -

Amherst

Mercyhurst University

Miami University

**University of Miami**

Michigan State Univ.

**University of Michigan**

**Middlebury College**

Univ. of Mississippi

**US Naval Academy**

Univ. of New Hampshire

University of New Haven

New York Institute of Tech.

The New School

**New York University**

University of New Mexico

Univ. of North Carolina -

Chapel Hill

**Nova Southeastern Univ.**

**Northeastern Univ.**

Northwestern Univ.

**Univ. of North Florida**

**Univ. of Notre Dame**

**The Ohio State Univ.**

Pace University

**University of Pennsylvania**

**Pennsylvania State Univ.**

Pepperdine University

University of Pittsburgh

Plymouth State University

Providence College

Purdue University

Quinnipiac University

Rensselaer Polytechnic Inst.

Univ. of Rhode Island

Univ. of Richmond

Roanoke College

**University of Rochester**

Roger Williams University

Rutgers University

Sacred Heart Univ.

Saint Joseph's Univ.

Salve Regina University

San Diego State Univ.

**University of San Diego**

Santa Clara University

**Savannah College of Art and**

**Design - SCAD**

Seton Hall University

**University of Scranton**

**University of South Carolina**

**Univ. of Southern California**

**Southern Methodist Univ.**

St. John's University

**Stony Brook Univ.**

SUNY Albany

SUNY Brockport

SUNY Buffalo

SUNY College of Tech -

Canton

SUNY Cortland

SUNY Fredonia

SUNY Geneseo

**SUNY Maritime College**

SUNY New Paltz

**SUNY Old Westbury**

SUNY Oneonta

SUNY Oswego

SUNY Plattsburgh

SUNY Purchase

**Stevens Institute of Tech.**

Suffolk Comm. College

**Syracuse University**

**University of Tampa**

Temple University

**Univ. of Tennessee**

University of Texas - Austin

Texas Christian University

Towson University

**Tufts University**

Tulane University

**Union College**

University of Vermont

**Villanova University**

Virginia Tech

University of Virginia

**Wake Forest University**

Washington and Lee Univ.

Wesleyan University

West Virginia Univ.

**William and Mary**

**Wilkes University**

**Univ. of Wisconsin**

Worcester Polytech. Inst.

**Yale University**



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

**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.

**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](#).



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# The Counseling Department Welcomed College Admissions Expert Rob Franek to CSH

On April 28, Rob Franek—Editor in Chief of *The Princeton Review*, author of numerous college guidance books, and nationally recognized college admissions expert—spoke to our students and parents at the Junior/Senior High School. A long-time supporter of the school counseling community and a sought-after speaker, Rob brought a blend of insight, humor, and compassion as he shared up-to-date data, current trends, and practical advice to help families navigate the often overwhelming college search process.

In a landscape shaped by shifting policies—such as the rise of test-optional admissions, and growing concerns over the cost of college—Rob provided clarity and perspective, helping families better understand how these factors might influence their decisions.

With thousands of colleges and universities to choose from, the central goal remains the same: finding the right fit. Students and families are encouraged to focus on key priorities such as academic offerings and reputation, campus culture, selectivity, career preparation, size, and location. School counselors are available to guide students through this process and assist in building a personalized list of institutions to explore.

Ultimately, while external pressures and influences may arise, the most successful outcomes come when students and families make informed choices grounded in their unique needs, goals, and values.

The entire CSH counseling team is dedicated to supporting students every step of the way—beginning in the early high school years and continuing through the college application process. Post-secondary planning is thoughtfully integrated across all grade levels to help students explore their interests, set meaningful goals, and stay focused on their futures.

Our counselors work closely with students, families, the school community, and college admission professionals to provide personalized guidance, encouragement, and insight. Together, we help each student discover the path that fits them best and prepare them to confidently pursue their goals.

**Your right fit is out there—and we're here to help you find it.**

[Rob Franek's Finding Best Fit Colleges Power Point Presentation](#)

[Recording of the Presentation](#)



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COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT



## The Heart of the Counseling Center

Whether students come into the Counseling Center with a quick question, an upcoming college application deadline, or a personal concern, they're always welcomed with kindness and support. The same is true for parents, staff, and administrators—everyone who interacts with the Counseling Center experiences the care and professionalism that define our team.

A big part of that welcoming atmosphere comes from Ms. Mezzapesa and Ms. Groeninger. Their behind-the-scenes work, daily interactions, and steady presence help make the Counseling Center a place where students feel comfortable, supported, and connected. They keep everything running smoothly and make sure each student has access to the help and resources they need.



On Wednesday, April 23, we took a moment to recognize these two incredible team members. While much of what they do is easy to see, even more happens quietly, without fanfare. We are deeply grateful for their commitment—and we truly couldn't do this work without them!

***We Appreciate You!***



## COLLEGE AND MENTAL WELLNESS TRIVIA!!



**DID YOU  
KNOW?**

1. According to Rob Franek's presentation, what does "Best Fit" primarily mean when choosing a college:
  - A. The college your parents attended
  - B. The school with the highest national ranking
  - C. A college that aligns with your goals, interests, and financial situation
  - D. The most popular college among your peers.
2. What is one benefit of talking to a trusted adult or counselor about your feelings?
  - A. It makes problems worse
  - B. It shows weakness
  - C. It helps process emotions and find solutions
  - D. It wastes time
3. What is the primary purpose of a college admission essay?
  - A. To provide detailed academic transcripts
  - B. To showcase a student's personality, experiences, and unique qualities beyond grades and test scores
  - C. To describe a student's extracurricular activities
  - D. To submit a list of references and letters of recommendation
4. Today, the athletic teams at Lehigh University go by the **Mountain Hawks**, but until the 1990's they were known by this name:
  - A. The Redskins
  - B. The Professors
  - C. The Engineers
  - D. The Indians



\*New England Small Col-

lege Athletic Conference

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

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