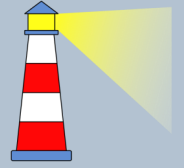


OCTOBER 2024

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



Cold Spring Harbor Jr/Sr High School NEWSLETTER

A Message from the Director's Desk:

As the crisp air of fall settles in, our students are diving into a whirlwind of activity. Clubs are gathering, the athletic fields are buzzing, and the fall drama cast has been announced. The Jr/Sr High School counseling center is also abuzz, with counselors dedicated to meeting the diverse needs of students across all grade levels.

In September, counselors held classroom sessions for seniors, guiding them through the exciting yet often stressful college application process. They are committed to supporting students and families by ensuring materials are complete, deadlines are met, and emotions are navigated smoothly.

Looking ahead to October, counselors will host additional sessions for grades 9 and 10, helping students maximize their high school experience while keeping their individual goals in focus. Individual meetings are ongoing for students at all levels, and junior high school students are receiving personalized attention from Ms. Pickering, addressing the unique challenges of their transition. The connection between families and the school is vital, and we encourage parents to reach out to our counselors whenever needed.

The junior and senior high school years are filled with experiences that will create lasting memories for our students. The district's theme emphasizes the outstanding academic and extracurricular opportunities available, and our team is dedicated to helping every student *soar higher, grow stronger, and achieve greatness*.

Please remember, we are here for all students—do not hesitate to contact your school counselor or me if you need assistance!

Warm regards,

Jeannette Alomia



Important Dates

10/1: HS Back to School Night

10/1: Nassau Counselors' Association Fall College Expo 5-8pm - Adelphi University.
[LINK](#) to register

10/2: National Honor Society Applications are Due

10/5: SAT Exam (CSH HS)

10/7: Grade 9 Guidance Parent/Student Meeting - 7PM - PAC

10/7: Late Registration Deadline for the Oct 26 ACT

10/18: Registration Deadline for November 2 SAT

10/22: Late Registration for November 2 SAT Exam

10/26: PSAT/National Merit Scholarship Qualifying Test 7:30am (CSH HS)

10/26: ACT Exam (Not at CSH)

10/28: Grade 10 Guidance Parent/Student Meeting - 7PM - PAC

REMINDERS:

Seniors: Check Naviance or the Counseling Center list of college representatives visiting CSH HS this fall!



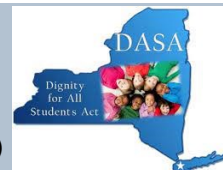
**COLD SPRING HARBOR
CENTRAL SCHOOL DISTRICT**

Soaring Higher • Growing Stronger • Achieving Greatness





DIGNITY FOR ALL STUDENTS ACT (DASA)



New York State's Dignity for All Students Act (also known as The Dignity Act and DASA) seeks to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.

The Dignity Act went into effect on July 1, 2012 and provides that no student shall be subjected to discrimination based on his or her actual or perceived race, color, national origin, ethnic group, religion, religious practice, disability, weight, sexual orientation, sexual identity, or sex. All school buildings in the Cold Spring Harbor Central School District have established procedures for addressing reports of discrimination, harassment and/or bullying. [Incident report forms](#) are available; administrators and mental health staff respond to all reports made by students, staff and/or parents.

Our schools must be safe places for all students to thrive. We are reminded in October, National Bullying Prevention Month, to focus on awareness and response when incidents of bullying are observed and reported in our schools. Please note, **October 16 is Unity Day** (remember to wear **orange**) and we will come together against bullying as we demonstrate we are united for kindness, acceptance and inclusion.

We are committed to working together to ensure all students are provided with a safe and positive school environment.

Cold Spring Harbor Jr/Sr High School

Counseling Center
(631) 367-6840

Jeannette Alomia
Director of Counseling



COUNSELORS

Angelica Ferraro (Daniella LoBianco)

Heather Friedland

Jennifer Herold

Jacqueline Kovach-Devlin

Jennifer Pickering

Gerard Spennato

October Counseling Center Programs

Grade 9 *Introduction to High School* Parent/Student Workshop
Monday, October 7, at 7pm in the PAC

The transition to high school includes greater freedom and responsibility, more opportunities in and out of the classroom, and decision-making for what's next. This evening presentation will include information on the following topics:

- Getting Involved and Finding Your Path
- High School Courses and GPAs
- The High School Transcript
- How Can My Counselor Help?
- What Support is Available - and How to Find It
- *And more...*



Grade 10 *Making the Most of High School* Parent/Student Workshop
Monday, October 28, at 7pm in the PAC

There are many decisions to be made in 10th grade and beyond: choosing courses, engaging in activities, taking college entrance exams, and beginning to plan for opportunities beyond high school. This evening presentation will include information on all of that and more, including how to use the **Naviance** program for the college search process.

***We look forward to seeing students and parents on the
evenings of October 7 and 28 in the PAC!***



THE GUIDANCE LIGHT

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On Monday and Tuesday, October 7 and 8, the high school counselors will be visiting 9th grade classrooms and conducting guidance sessions on the **transition to high school.**

There will also be a Grade 9 Parent/Student Meeting –7pm– PAC October 7th. Each student is assigned a counselor who will work together with the student and their family for all four years of high school. We look forward to seeing the students in their classrooms as we continue to learn more about this Class of 2028. Individual counselor appointments with students will be scheduled following these classroom visits.

While most 9th grade students have become familiar with the junior/senior high school building over the past two years, many new opportunities and important changes occur when students officially enter high school: greater levels of independence, more choice related to course options, increased levels of responsibility, and challenging expectations to manage school work, activities and friends. School counselors are here to help and support students during this transition. The classroom sessions will introduce students to some of these topics, and counselors will address them with students individually over the next few weeks. Parents are encouraged to reach out with questions as the year unfolds.

Mindfulness Reminder

Counselors visited senior classrooms to kick-off the college application process and provide guidance on the individual steps to follow. During these sessions, the students were asked to share their current feelings about this process. As expected, many emotions were written on Post-It notes, including “stressed,” “excited,” “overwhelmed,” and “anxious.”

It is no surprise that these many emotions are being felt by this senior class. The college application process can be daunting. It can also be very exciting. One thing is guaranteed: there will be deep and evolving emotions experienced by these students over the next few months.

Sometimes, the events in our lives that bring the most uneasiness, challenge, and uncertainty can also yield the most fulfillment, possibility and joy. As our seniors embark on these experiences, there will be many people ready and waiting to support them. At the same time, the students themselves will have opportunities to lean into their own discomfort while developing and embracing strategies that can assist in managing stress and uncertainty.

During the classroom sessions, **many students shared positive and productive ways they individually manage the stressors in their lives.** We know they will be able to use these strategies when needed - and our counseling team is here to provide support and guidance as well, each step of the way.

GRADE 10: MAKING THE MOST of HIGH SCHOOL

The high school counselors will be conducting classroom sessions with sophomores during the week of October 21. These sessions will support students as they continue to navigate the high school years - exploring opportunities and interests, making decisions, creating goals, and soaring higher!

These classroom sessions are planned to connect with the parent/student program on the evening of October 28. On that evening, we will be addressing academic advisement and decision making for the important junior year, college testing options and calendars, and college exploration using tools such as the Naviance program.

Students in grade 10 have much to look forward to, and the counselors embrace many opportunities to guide them, support them and celebrate with them. We will review how each individual student can make the most of their high school years by finding the right level of rigor and challenge in their academic program while engaging in enjoyable and worthwhile activities that they will remember well after they leave Cold Spring Harbor High School.

The Counseling Team is actively working together with students each step of the way.

We hope to see all families on October 28 at 7pm in the PAC



OCTOBER 2024

THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

**CLASS OF
2029 & 2030**



JUNIOR HIGH SCHOOL COUNSELING PROGRAM

There has been a flurry of activity in the junior high school as Ms. Pickering and the junior high school team welcomed the incoming 7th grade students while welcoming back all students in grade 8. The transition to the junior high school can bring unique challenges as students manage new levels of responsibility and independence. Ms. Pickering supports students and connects with parents frequently to ensure necessary and timely communication when needed. Ms. Pickering also maintains active and informative **CANVAS** pages for grades 7 and 8. Parents are encouraged to access these pages through their children's Canvas accounts to stay connected while providing the room for students to explore, grow and flourish in junior high school.

Now that the first month of school is coming to an end, students in grade 7 have spent some time meeting with Ms. Pickering, gaining valuable information about the transition to high school, and learning about Ms. Pickering's role as their school counselor. There will be many **fun adventures**, a number of **exciting events** and some **challenging times** as students embrace all that 7th grade includes. The entire junior high school team is ready and able to assist.

During the month of October, Mrs. Pickering will be meeting with 8th grade students in small groups to review the academic expectations of this school year. Most students are enrolled in at least one high school level course which will be included on the students' transcripts as they begin to develop this important academic document. Ms. Pickering will share information about the **transcript** along with **success skills** and strategies to ensure students have the best chance for a positive and productive school year.

High School Student Reminders - Grade 11

**CLASS OF
2026**

As your high school journey continues, grade 11 provides a chance to more deeply explore coursework that interests you and activities you enjoy. Many students are thinking about life after high school and the upcoming college process. Here are some reminders as you prepare for a successful and enjoyable school year:

1. **College Testing:** Many students in grades 11 are taking the digital PSAT on October 18th or 26th. The SAT and ACT exams will soon follow. There is time to register and to sit for these exams. See your counselor to plan when they are right for you. There are also many opportunities to prepare for them. ***Did you know?:*** Every CSH HS student has access to a helpful program called ***Methodize***. This program has practice lessons and practice exams for both the ACT and SAT, and can be used on your town time. Log into your Castle Learning account and you will see Methodize on the left-hand menu. *Give it a try!*
2. **College Admission Factors:** College admission officials review a variety of information when making admission decisions. The most important factors are the courses taken in high school and the grades earned. Additionally, test scores, activities, essays, letters of recommendation, and other factors may be considered. Balancing the right level of rigor and challenge with opportunities to explore interests and manage your overall well-being are all important. Your school counselor can assist you when making decisions and setting goals.

We wish you an enjoyable and successful school year!



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SENIORS



SENIORS: Reminders, Tips and Resources

The school counselors and the members of the senior class connected in September to kick-off the college application process. **Counselors conducted group guidance sessions** in students' English classes. These sessions included step-by-step instruction on starting the Common App, matching the Common App to Naviance, requesting teacher letters of recommendation, and submitting applications. These classroom sessions were followed by our annual **College Application Process evening PROGRAM for parents**. Seniors will now embark on their own process and timeline, depending on individual plans and needs and **counselors are here to help**. In addition to the students' assigned school counselor, our wellness counselor, Ms. Herold, is located in the counseling center conference room throughout the day to answer questions and/or walk students through specific parts of the application process.

We hope students and families use the Senior Year [CHECKLIST](#) to guide the process, as well as connect frequently with your school counselor every step of the way.

REMINDERS:

- ♦ **10/1/24 COLLEGE EXPO at Adelphi University 5-8pm:** Nassau Counselors' Association annual college fair. A list of colleges attending can be found here: [COLLEGE EXPO](#)
- ♦ **COLLEGE VISITS:** More than 75 college representatives are scheduled to visit Cold Spring Harbor High School. Seniors can sign up in the counseling center and on Naviance. Please see the list of [COLLEGE REP VISITS](#).
- ♦ **FINANCIAL AID:** The Free Application for Federal Student Aid (FAFSA) will not be available this year until December. Information can be found at www.FAFSA.gov (required by all colleges when applying for aid). Some colleges also require the CSS Profile - it is available at www.cssprofile.collegeboard.org (required by some private colleges, in addition to the FAFSA).
- ♦ **SCHOLARSHIPS:** Naviance contains information about many available scholarship opportunities. See the "Scholarships" tab in Naviance and check it out. New scholarships are added throughout the year, so check in often.



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Progress Reports Available on the Portal: October 8



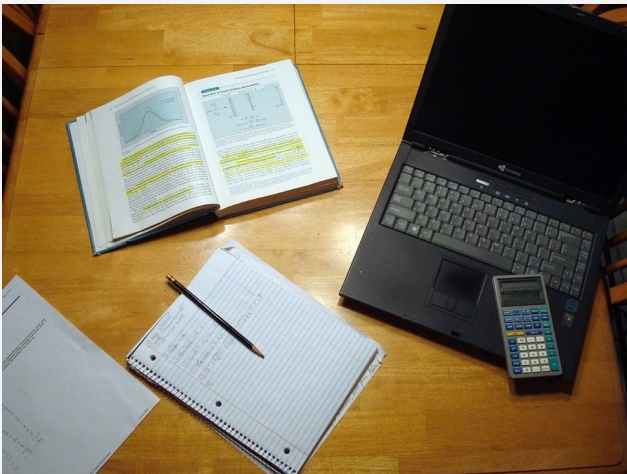
The first marking period is well underway and students will be able to view their first progress reports on Tuesday, October 8. Along with quarterly report cards, progress reports provide valuable information and feedback that can assist students and parents as the school year unfolds.

Take the time to review the comments carefully. Celebrate the feedback that is positive and think about how you have succeeded so far in establishing good habits and managing assignments. If there is feedback included that addresses areas in need of improvement, try to reflect on what can be done to make necessary changes now. Good time management habits, organizational skills and spending regularly-scheduled time studying can result in significant learning and strong grades.

Remember: There are many people available to support you.

- ⇒ Seek out a teacher for extra help. Try to identify where you got stuck and ask for help.
- ⇒ Use the after-school homework center during the week.
- ⇒ See your counselor about study strategies and developing solid school success skills.

***Use your Progress Report to set goals for the
1st REPORT CARD!***



**DID YOU
KNOW?**

COLLEGE TRIVIA!!

1. How many colleges from the state of Pennsylvania are scheduled to visit CSH HS this Fall?
A. 4
B. 7
C. 11
D. 15
2. How many AP courses does CSH HS offer?
A. 15
B. 19
C. 22
D. 31
3. What do these college have in common:
University of Pittsburgh, College of Charleston, Clarkson University, and SUNY Purchase?
A. All use rolling admission
B. All are located in an urban setting
C. All are liberal arts colleges
D. All have dogs for mascots
4. "Alex" is the mascot for this college:
A. Alaska Pacific University
B. Adelphi University
C. Hamilton College
D. Harvey Mudd College



ANSWERS: 1. C, 2. D, 3. A, 4. C



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