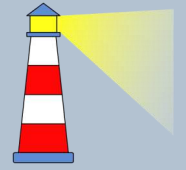




JANUARY 2023

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,

HAPPY NEW YEAR!

The start of a new calendar year brings with it so much hope and so many opportunities to embrace change. Perhaps you have made resolutions or plan to begin a new project. Perhaps you have started to get more organized by cleaning out a closet or creating and using new file folders on your computer. Or, maybe you're sticking with a habit or goal that you already embarked on prior to this new year.

As we look ahead to the remaining months of this school year, we have much to feel hopeful about and some new plans to set in motion. The months of January and February are busy in the counseling office. Our counselors meet with *every* student in grades 7-11 during these two months. These meetings are a time to reflect on progress, to discuss and evaluate goals, and to plan a rich and appropriate academic program for the 2023-2024 school year.

Resources are available to students and families in order to prepare for this important process. Please review the **grade-specific course offerings sheets** as well as the **Program of Study** to gain more information about specific course options. It is important to remember that there will be adequate time and attention given to allow students and families to review and explore all options, and make decisions during the months of January and February. The **deadline** to complete course selections for the 2023-2024 school year is **March 6, 2023**. Families will be able to review selections again at the end of May once the master schedule has been built. Change requests made at that time are not guaranteed and will depend on availability, so please embrace the opportunity now to explore options and choose the most appropriate courses for each student.

Warm regards,

Mona E. Hecht



Ignite Your Passion

**Cold Spring Harbor
Central School District**

Be an Inspiration for Excellence



Happy New Year
2023

Important Dates:

JANUARY and FEBRUARY:
2023-2024 Course Selection
Meetings with counselors

1/6: Registration Deadline for
February 11 ACT

1/20: Late Registration
Deadline for the February 11
ACT

Counseling Center News

Ms. Mary Jo Hannity has announced her resignation for the purposes of retirement as of March 1, 2023. We are grateful for the many years Ms. Hannity has dedicated to serving the students of Cold Spring Harbor High School as a kind and supportive counselor who has been committed to the success of each student.

Ms. Hannity began working in Cold Spring Harbor in 2004 after serving as a guidance counselor in another Long Island school district. Since that time, she has been a strong advocate for students and a valued member of the high school faculty.

The students in Ms. Hannity's caseload will continue to work with her until the end of February when a familiar face will transition into the role of school counselor to this group of students. We are happy to announce that Ms. Ferraro, current wellness and school counselor, will assume Ms. Hannity's caseload as of March 1, 2023.

Our entire school community wishes Ms. Hannity much happiness, good health and exciting adventures as she embarks on this next phase.

Thank you, Ms. Hannity!!!

Cold Spring Harbor Jr/Sr High School

Counseling Center
(631) 367-6840



Mona E. Hecht

Assistant Superintendent for Counseling,
Student Services and Human Resources

COUNSELORS

Laurie Conlon

Angelica Ferraro

Heather Friedland

Mary Jo Hannity

Jacqueline Kovach-Devlin

Jennifer Pickering



January Counseling Center Programs

Grade 11 College Kick-Off Part III Classroom Sessions

On January 4 and 5, the high school counselors will present the third session of their College Kick-Off series to juniors. The students will be guided through the process of developing their own personal college exploration plan. In March, counselors will begin to meet individually with students and families to discuss the specific steps each student will follow as they move through this process. A personalized list of colleges will be included and detailed components will be reviewed. There are many factors to consider as students explore college options and prepare for the college application process. The counselors support students and families every step of the way.

Grade 10 Classroom Counseling Sessions: Making the Most of the High School Experience

On January 11, the high school counselors will conduct classroom sessions with students in 10th grade. These sessions will assist students in identifying their own personal strengths, interests and goals as they explore the many academic and extra-curricular options available in CSH HS.



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2023 - 2024 COURSE SELECTION



Where Do We Begin?

Learning occurs when students are clear about what they should know (FACTS), what they should understand (CONCEPTS) and what they should be able to do (SKILLS). The academic planning process includes these same important components. As counselors meet with students and families, the framework below will assist in guiding this important process.

FACTS: We begin with collecting and reviewing the student's individual academic record and discussing their current and previous school experience. We ensure all information is available and ready for use: course recommendations, grade-specific course options, Program of Study to reference for more information about courses, scheduling timeline and student academic record.

CONCEPTS: The counselors then assist students in understanding the information that should impact the decision-making process including, time commitments related to personal in-school and out-of-school schedules, the expectations of various course offerings, how students' strengths and interests connect with available options, current personal goals and possible future plans.

SKILLS: When done well, students are able to apply knowledge (facts) and understanding (concepts) to create a personalized academic program that is appropriately rigorous and challenging. Students also will know if and when they need to access support, and where they can find it within our school. The ability to know their own strengths, the areas in which they need to improve, their own personal goals, and how and when to turn to others for assistance and support will help maximize their success.

We hope this framework will assist all students and families as we embark on this year's course selection and academic planning process.



ACADEMIC ADVISEMENT



FACTS:

- ☐ Course offerings – grade-specific scheduling sheet and Program of Study
- ☐ Graduation requirements and student progress
- ☐ Timeline for course selection and deadlines
- ☐ Academic record – individual courses taken, grades earned, challenges and successes

CONCEPTS:

- ☐ Time commitments of all courses and activities
- ☐ Course expectations
- ☐ Vertical alignment of content and skills
- ☐ Differences between Regents, honors and AP
- ☐ Connections among disciplines
- ☐ Current decisions aligned with future goals

SKILLS:

- ☐ Access support and guidance
- ☐ Make choices that align with:
 - ☐ Personal goals
 - ☐ Current performance and progress
 - ☐ In-school and out-of-school commitments
 - ☐ Understanding of interests, strengths, goals and areas of growth

CLARITY IN ADVISEMENT

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COURSE SELECTION RESOURCES

I. Grade-Specific Course Selection Sheets

Grade 9 (current grade 8 students)
Grade 10 (current grade 9 students)

Grade 11 (current grade 10 students)
Grade 12 (current grade 11 students)

II. Time Commitment Resource Sheet

This *NEW* **document** provides information on expectations for time and type of assignments related to upper level coursework. This can provide assistance when considering course options along with all other commitments.

III. Program of Study

The **2023-2024 Program of Study** can be used as a resource to provide information about specific course topics and expectations. It also includes information on graduation requirements, calculating a GPA and highlights on new course offerings.

Important Reminder for Seniors

The college application process is moving along and many seniors have received admission decisions from colleges they applied to under Early Decision and Early Action programs. We want to ***congratulate*** those students who have been accepted.

REMINDER for students who applied, and were accepted to a college under a binding Early Decision agreement: You are expected to withdraw your applications submitted to other colleges. You may do this by emailing those admission offices, indicating that you will be enrolling at another college. Your counselor can assist you with this process and answer any questions you may have.

JUNIOR HIGH SCHOOL COUNSELING PROGRAM

Ms. Pickering has been working with students in grades 7 & 8, ensuring they have the information, tools and strategies to be successful in and out of school. During December classroom sessions, Ms. Pickering and Ms. Ferraro led 8th grade students through activities to learn more about their individual interests and strengths, and the best ways to make the most of the junior high school years.

The course selection process for current 8th grade students includes teacher recommendations for core subject area options as well as elective choices that students can choose to explore. Ms. Pickering will be meeting with each student during the months of January and February, and parents are encouraged to contact her with questions and/or requests to meet.

The 7th grade students have fewer choices in the course planning process for grade 8, but will still meet and review the plans for their programs. Current progress, successes and challenges will be reviewed to ensure each student is on track for success.



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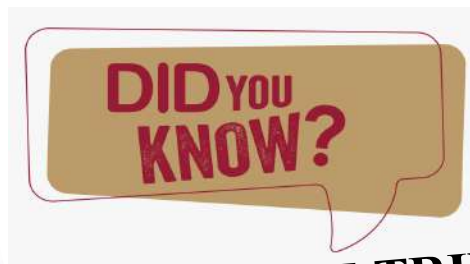
JUNIOR COLLEGE PLANNING

Looking Ahead: The counselors look forward to meeting with students in grade 11 to discuss the individual college exploration process. Each junior is asked to complete the Junior Bio before a college planning meeting with your counselor will be scheduled. The priority deadline to submit the Junior Bio is March 6, 2023. Appointments will be scheduled following this date, as the Junior Bios are received.

Students and parents are asked to review and complete their sections of the Junior Bio, providing information that can assist the counselor when identifying and recommending colleges to consider, step by step timelines, and a unique plan for each student.

The college exploration and application process can be exciting, daunting and time consuming. Planning ahead, and accessing the resources available to you, including your counselor, will assist as you navigate this endeavor.

We are here for you.



COLLEGE TRIVIA!!

1. As of December 23, 2022, the CSH senior class **applied** to this number of different colleges:
A. 97
B. 189
C. 217
D. 263
2. How many different colleges did the members of the CSH Class of 2021 **enroll** in?
A. 47
B. 61
C. 78
D. 93
3. This college was **not** formerly a women's college:
A. Bennington College
B. Connecticut College
C. Gettysburg College
D. Vassar College
4. This university is the only one in the country with a **spider** as a mascot:
A. University of Kentucky
B. University of Richmond
C. University of Rhode Island
D. University of Oklahoma



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



NAVIANCE - SCHOLARSHIPS

Seniors - Please be reminded that the Naviance program includes much information about available scholarship opportunities. Now that many students have completed most or all of the college application process, there is time to search and apply for scholarships.

When logged into Naviance, see the "Scholarships" tab at the top of the page. You can search for scholarships by deadline, by name, by date placed in Naviance, and by category.



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