



NOVEMBER 2022



# 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 pick apples and pumpkins, and watch the leaves change color and fall from the trees, we know that the month of November brings much change. Changing temperatures, changing sports seasons, and changing marking periods in the Junior/Senior High School. It is a short month (only 17 school days) filled with many activities and events.

This issue of *The Guidance Light* includes information to help students and families navigate all that is coming ahead. The counseling department is looking forward to the following student information/support activities:

- ◇ **Counselor Classroom Sessions** with students in **Grade 10** to introduce the Naviance College and Career Readiness program and plan for upcoming academic and post-high school decisions
- ◇ **Grade 10 Student/Parent Night** to share ways to maximize the high school years while planning for the future
- ◇ **Counselor Classroom Sessions** with students in **Grade 11** to kick-off the college exploration process
- ◇ **Grade 8 Student/Parent Night** to introduce all that the high school years have to offer and to plan for the transition from junior high to senior high school

Additionally, this issue of our newsletter includes information on the Naviance program, specific requirements for the many honor societies that students may qualify to join, and reminders about the college application process.

We look forward to working closely with students and families during this month of November. We also are reminded to take a break and embrace the time with family and friends.

Warm regards,

*Mona E. Hecht*



### Important Dates:

**11/3:** Registration Deadline for December 3rd SAT

**11/4:** Registration Deadline for December 10th ACT

**11/5:** SAT Exam

**11/11:** Late Registration Deadline for December 10th ACT

**11/14:** Grade 10 Guidance Parent/Student Meeting  
7PM - PAC

**11/22:** Late Registration Deadline for December 3rd SAT

**11/30:** Grade 8 Guidance Parent/Student Meeting

### Attention Seniors:

Submit up to five (5) SUNY applications free of charge from 10/24 through 11/6. You may use either the SUNY application or the Common App. For more information: <https://www.suny.edu/attend/apply-to-suny/>



*Ignite Your Passion*

**Cold Spring Harbor  
Central School District**

*Be an Inspiration for Excellence*





## Classroom Counseling Lessons

**Counselors in the Classroom:** November is a busy month for school counselors. While the college application season is in full swing, the counselors also work with students in other grade levels during individual meetings and whole group classroom sessions.

In mid-November, all **10th grade students** will meet with counselors during classroom sessions to learn more about making the most of high school while assessing their personal goals, current achievements and academic plans.

All **11th grade students** will participate in two (2) classroom sessions at the end of the month as the “college kick-off” process is introduced by the counselors. There is much information to share: getting started on the college search process, finalizing a testing calendar, completing a Junior Bio and identifying personal fit and possible matches.

*We welcome questions - We are here to help*

### 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

Jacqueline Kovach-Devlin

Mary Jo Hannity

Jennifer Pickering

### November Counseling Center Programs



#### **Grade 10 Parent/Student Workshop: Making the Most of the HS Years While Planning for the Future**

Monday, November 14 at 7pm in the PAC

There are many decisions to be made in 10th grade and beyond - choosing courses, activities and 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 using the Naviance program for the college search process.



#### **Grade 8 Parent/Student Workshop: Planning for a Successful High School Transition**

Monday, November 30 at 7pm in the PAC

The transition to high school includes a variety of course offerings, more extracurricular options, and opportunities to set personal and academic goals. This evening presentation will include much information from our high school team as families begin to plan for this transition.

*We look forward to seeing students and parents on the evenings of November 14 and 30*



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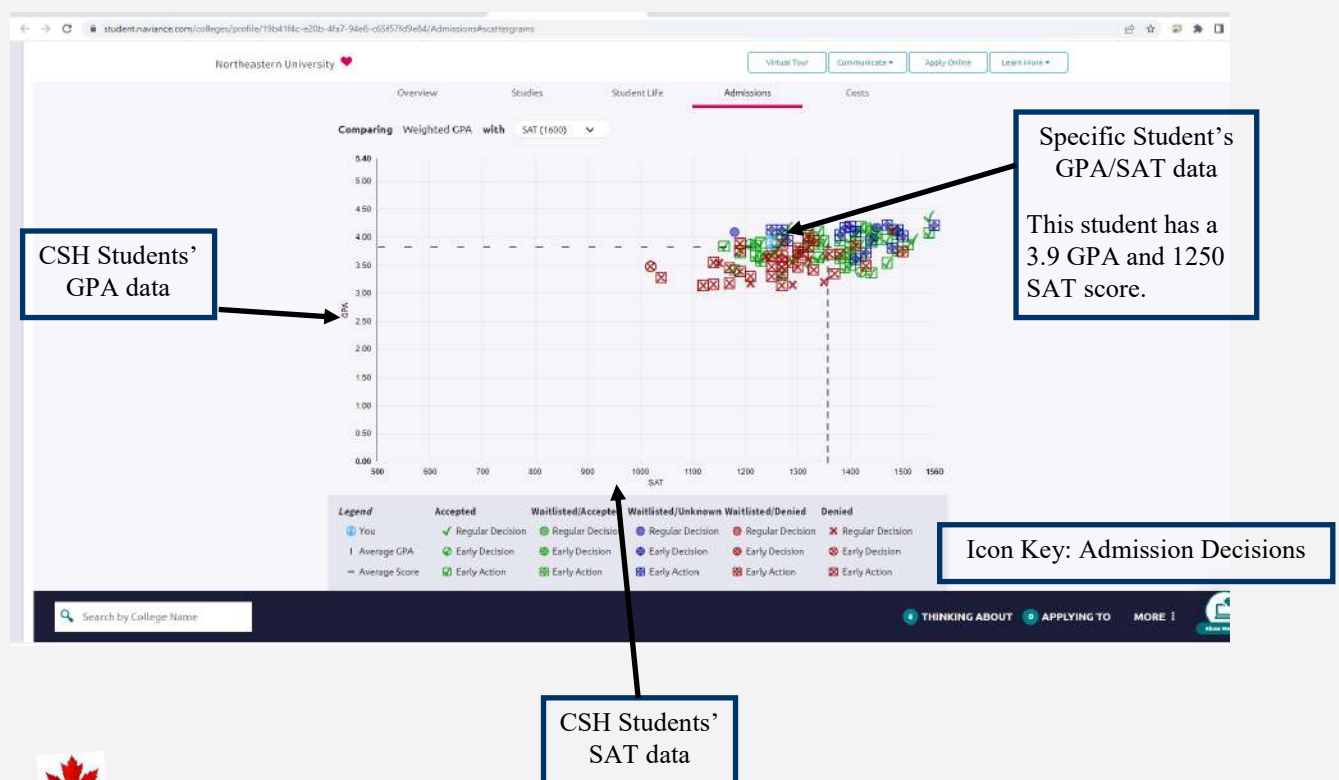


## WHAT IS NAVIANCE - and How Can We Use It?



NAVIANCE is a college and career technology platform that our counselors use to support students as they explore interests, engage in the college search process and submit applications to college. All students in Cold Spring Harbor Junior/Senior High School begin to use Naviance in 7th and 8th grade as Ms. Pickering leads them through personal and career interest profile inventories. In high school, the counselors guide students in grade 10 to identify more personal interests and strengths as they begin to explore post-high school options. In grade 10, parents also are provided with a Naviance account in order to connect school and home for this important process. Additional information will be shared at the Grade 10 (11/14) and Grade 11 (12/6) evening parent/student sessions.

One of the most engaging components of Naviance is the **Scattergram** section. This allows students and families to assess college options by exploring college acceptance data for Cold Spring Harbor students. These anonymous data are maintained using GPA and SAT/ACT information for former students along with their college acceptance decisions. A sample Scattergram can be seen below. The individual student data are included along with the acceptance data (i.e., admit, deny, waitlist, etc.) for CSH graduates.



NOVEMBER 2022



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- ♦ **First Marking Period Ends on November 10:** Report cards will be posted on November 21. Don't wait until report cards are posted to do a personal check-in. **Now is the time** to review course progress, assignments on CANVAS, and personal schedules. How are you feeling? Are you able to manage all coursework and expectations, extracurricular activities, and personal time successfully? Some students need help creating or adjusting a plan and schedule to meet all obligations. Also, some students may realize they have too much on their plate. Your counselor can assist to determine if any changes should be made to your course schedule, and they can help to set up a plan to address all your responsibilities. We want you to be successful and there is much support available to help. Remember: Ms. Ferraro also can assist, in addition to your counselor. She can be found in H1 and the counseling center conference room throughout the day.
  - ♦ **Early Decision and Early Action** are two early application programs that colleges may use. Early Decision is a **binding** process whereby a student submits their application by an early date (most common ED date: Nov 1) and receives an admission decision early as well. Under Early Decision, the student commits to attending that college if admitted. If applying Early Decision, check with the college regarding the possibility of receiving an early estimate for financial aid, if needed. Early Action is a **non-binding** process whereby a student submits the application by the EA deadline and is informed of the admission decision early, but the student does not have to commit to attending the college if admitted. Colleges determine their individual application deadlines and processes. All admission procedures are found on college websites and colleges offer different options, so do your homework. The typical admission cycles that may be offered are Early Decision, Early Action, Rolling Admission and Regular Decision. Additionally, you may find Early Action I and II, Early Decision I and II, and Restrictive Early Action. Your counselor is here to help so reach out with questions!
  - ♦ **REMINDER Seniors:** When applying to college through an **Early Decision** process, the student commits to attend the school if admitted. While students may submit other applications while waiting for the admission decision, **all other applications are expected to be rescinded** if the Early Decision school admits the student. Rescinding all other applications is an expectation of the Early Decision agreement. Students must contact all other admission offices to inform them that they have been accepted Early Decision at another school and want to withdraw their application.
  - ♦ **Making it Count:** There are only **17 school days** in the month of November. How can you make each day count? Are you using an agenda book or a planner? Have you set goals for each week and for the month? Do you identify items in your courses that are confusing or need more explanation - and do you take advantage of extra help? Do you know how to study for the different courses in your schedule and do you plan the time to study? Good habits are developed over time and when practiced consistently. Is there a habit you would like to develop during the month of November? Write it down! Studies show that individuals who have set goals and **written them down** are more likely to achieve them.
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*"Our daily decisions and habits have a huge impact on both our levels of happiness and success"*  
Shawn Achor



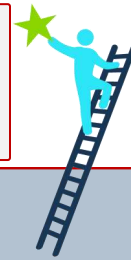
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NOVEMBER 2022

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# STUDENT SUCCESS



## HONOR ROLL and HONOR SOCIETIES

**HONOR ROLL:** At the end of each marking period, four times per year, students with an average of 3.00 are notified that they are on the “Honor Roll” and those with an average of 3.66 are placed on the “High Honor Roll.” Honors and AP courses are not weighted for the Honor Rolls.

**NATIONAL HONOR SOCIETY:** Students are selected for membership based upon scholarship (weighted cumulative grade point average of 3.66 as of the end of the first semester of a student’s junior year for senior applicants), leadership, service (\*see requirement below), and character. Selection takes place by a Faculty Council appointed annually by the Principal. Parents are notified if their children are academically-eligible.

A list of academically eligible candidates is prepared and distributed to the entire faculty. The faculty (including coaches, club and activity sponsors) complete and return Candidate Evaluation Forms providing their judgment on the criteria areas of leadership, service, and character. The specific evaluation material received from the faculty is considered confidential and for use only by the Principal and Faculty Council. In general, each candidate must receive a majority of positive evaluations from the total number of faculty assessing the student in order to be given serious consideration for induction.

\*Service Requirements: 60 hours of verifiable, unpaid community service as follows:

- 20 hours combined for Freshman year (July – June) from two different organizations;
- 20 hours combined for Sophomore year (July – June) from two different organizations; and
- 20 hours combined for Junior year (July – February for Spring applicants) from two different organizations.

\*Note: Seniors applying in the Fall of the following school year have from July – June of their Junior year.

**TRI-M MUSIC HONOR SOCIETY:** Students must be a junior in high school to apply and must have a current overall GPA of 3.0 or higher with a current GPA in music courses of 4.0. Students must:

- be enrolled full-time in at least one major performance ensemble for academic credit. The eligible courses are band, chorus, or orchestra.
- must demonstrate active participation in NYSSMA every year of High School, and achieve a score of A- or higher in level 5 or 6. Certain activities, such as the Piano Guild may qualify in lieu of NYSSMA, upon approval by Tri-M advisors.
- must at all times exhibit the highest level of citizenship in school and in their music classes and should maintain active participation in a musical activity outside the high school curriculum. Student must fill out a Tri-M application, including a student essay, and submit by the deadline.

**ART HONOR SOCIETY:** Students must be at least a sophomore with at least one semester of art and must have at least a B+ average in an art class and:

- commit to coming to meetings and events.
- remain active and enrolled in an art class to stay a member.
- complete 10 hours of community service in the visual arts each year once membership begins.

*Continued on next page...*



NOVEMBER 2022

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## HONOR SOCIETIES (cont'd)

**SOCIEDAD HONORARIA HISPANICA** (Spanish Honor Society) and **SOCIETE HONORAIRE DE FRANCAISE** (French Honor Society): Students must be a current language student and must have maintained an A or A- final average in language class in the 9th, 10th and 11th grades. If they have taken an honors class, they may include their weighted average. Students also must:

- have maintained an overall cumulative average of at least a B for each of his/her years in high school.
- be a person of good character, in good standing in the school and the community.
- submit an original 150 word essay in their designated foreign language telling us about themselves and why it would be meaningful to be inducted into this society. If there is doubt as to the originality of the student composition submitted, the application will be withdrawn.
- must submit a copy of their transcript with their final average in the language highlighted for each year, as well as their essay and application signed by themselves, a parent and their current teacher. The application will be due in May and the ceremony will take place in the fall.
- must continue the study of language in their Senior Year. If a student chooses to withdraw from their language class at any point during their senior year, membership in the Honor Society will be rescinded immediately.

**NATIONAL JUNIOR HONOR SOCIETY:** The National Junior Honor Society (NJHS) membership is an outstanding opportunity for junior high school students. Students must:

- have a cumulative grade point average of at least 3.5 for the first two (2) marking periods of a student's 8th grade classes.
- have completed 20 hours of community service. Students can begin collecting community service hours the summer following their graduation from 6<sup>th</sup> grade.

Eligibility for NJHS is released in February to 8<sup>th</sup> graders so students could begin the application process. During this time students will take the community service they collected since the summer following their 6<sup>th</sup> grade graduation and transfer it to their NJHS log.

*\*For those students that are in 7<sup>th</sup> grade it is important to maintain proof of community service until the application opens during February of 8<sup>th</sup> grade.*

**INTERNATIONAL THESPIAN HONOR SOCIETY:** Students must:

- complete 10 "points" of theater service in Cold Spring Harbor School productions. A point is roughly equal to 10 hours. Points need to be earned in at least two categories: On Stage Performing, Backstage "working" (stage crew, set painting, building playing in orchestra pit, spotlight operator, etc.) or Design (directing, choreographing, costume or scenic design). A minimum of 2 points is required in the "secondary" category (i.e. You can have 8 points on stage and 2 backstage). take a minimum of one credit of the HS Theatre Workshop class (either full-time once, or half-time over two years).

**NATIONAL SPEECH and DEBATE HONOR SOCIETY:** As students attend a speech or debate event, they begin accruing points for participation with additional points added for wins (more for first place, etc.). Students become members in their first year, and then receive additional honors as they progress through the years.

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