

# 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:

I'm excited to join the CSH Jr/Sr high School as the new Director of Counseling. I look forward to partnering with students, families, faculty and administrators to foster a productive and successful 2024-2025 school year. One of our goals as a counseling department is to ensure important information is shared with students and families in a timely and useful manner. We hope this monthly newsletter provides this valuable information, guidance and answers to questions you may have as the year unfolds.

This newsletter includes information about upcoming activities for students, reminders about evening counseling programs, deadlines for registering for SAT, PSAT and ACT, grade-specific information to assist planning for the school year, and a number of other items to support students and families throughout the year.

**An important announcement:** Mrs. Ferraro will be going on leave sometime in the coming weeks. During this time, her leave replacement, Ms. Daniella LoBianco, will be meeting with Mrs. Ferraro's students. Ms. LoBianco has already become quite familiar with Mrs. Ferraro's students and has been assisting our seniors with the college application process. Mrs. LoBianco can be reached at [dlobianco@csh.k12.ny.us](mailto:dlobianco@csh.k12.ny.us).

Over the next few weeks, counselors will be connecting with students in a variety of ways. Counselors will be pushing into 9th grade classrooms to discuss the transition to high school. Seniors will participate in classroom sessions with counselors as they kick-off the college application process, new students will be supported as they transition to our school, and 7th and 8th grade students will be guided by Ms. Pickering and the junior high school team to get started on the right foot.

Please reach out to your school counselor or me if questions arise or if we can be of assistance. We look forward to working together this year.

Warm regards,

*Jeannette Alomia*



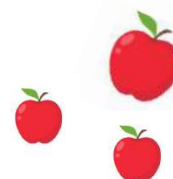
### Important Dates:

- 9/14:** ACT (at CSH)
- 9/20:** Registration deadline for October 5 SAT (at CHS)
- 9/20:** Registration deadline for October 26 ACT
- 9/24:** Late registration deadline for Oct 5 SAT
- 9/24:** College Application Process Parent/Student Workshop 6:30 pm in the PAC
- 9/24:** College Financial Aid Night 7:30 pm in the PAC
- 9/27:** Registration deadline for Oct 26 PSAT (at CSH)



## COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT

*Soaring Higher • Growing Stronger • Achieving Greatness*



## ***Important Notice for SENIORS : Transcript Review***

**Attention Seniors:** A copy of your high school transcript will be sent home in the coming days with a yellow form titled “***Authorization for Release of Records.***” After you and your parents have carefully reviewed your transcript and verified that the information is correct, please complete/sign the form and return it to the counseling center. This form is required to release your transcript to your chosen colleges. If you make a schedule change, a new transcript will be needed for approval.

The transcript and letters of recommendation from your counselor and teachers will be sent when you submit your college applications. A mid-year grade report will also be sent in early February with updated grades. A final transcript will be sent at the end of this school year to the college in which you plan to enroll. If you have any questions about your transcript, please see your counselor as soon as possible.

***This SENIOR LETTER is on its way home with a copy of your transcript***

*Remember to review your transcript and return the **Authorization for Release of Records** form!*

### **Cold Spring Harbor Jr/Sr High School**

**Counseling Center**  
**(631) 367-6840**



Jeannette Alomia  
Director of Counseling, K-12

#### **COUNSELORS**

Angelica Ferraro

Daniella LoBianco

(leave replacement)

Heather Friedland

Jennifer Herold

Jacqueline Kovach-Devlin

Jennifer Pickering

Gerard Spennato

## **September Counseling Center Programs**

### **Grade 12 College Application Process Parent/Student Workshop**

Tuesday, September 24, 6:30 pm in the PAC

The college application process will be presented during this evening counseling center program. The following topics will be addressed:

- Process, procedures and timeline for submitting applications
- Common Application, other application options and Naviance
- Letters of Recommendation: Teacher and Counselor
- College Testing: SAT/ACT
- Essays
- College rep visits
- *And more...*



**College Financial Aid Night** (*All grade 9-12 families are invited to attend to learn about the Financial Aid Process*)

Tuesday, September 24, 7:30 pm in the PAC

A Financial Aid official from a local college will present information about the process, forms and timeline. This presentation will not be college-specific but will address the process in general.



# **THE GUIDANCE LIGHT**

SEPTEMBER 2024

Cold Spring Harbor Central School District

## College Representatives Visit Cold Spring Harbor High School



### *What do these colleges and universities have in common:*

Lehigh University, University of Alabama, University of Southern California, Penn State Lafayette College, University of Florida, Elon University, University of Miami, Brown University, Tufts University, Villanova University, SUNY College at Geneseo, University of Michigan...?

**Answer:** These institutions, and *so many more*, are sending representatives to CSH High School this fall to visit with interested students.

### *How can students meet with these representatives?*

**Answer:** The list of college rep visits can be found under the “Colleges” link in Naviance and can also be found on our counseling center webpage under **“College Rep Visit Information.”** Students can sign up through Naviance.

These meetings with college representatives provide an opportunity to learn about the college environment, programs, and student life, as well as ask questions, and *demonstrate interest*. Demonstrated interest can be a factor in the admission process for some colleges and universities.

See your counselor to learn more.



## Junior High School Counseling Program

The junior high school years are a time of transition, exploration, growth and independence. This process can be daunting for students and parents, as students’ daily schedules allow for more freedom and decision-making, greater responsibility and increased challenges. Mrs. Pickering is a trusted adult in the building to whom all students and parents can turn with questions and concerns. Mrs. Pickering will spend much of the month of September meeting with 7th grade students, getting to know them individually, assisting with the transition to the junior high school, answering questions, addressing concerns, and providing guidance to ensure that each student is prepared for the exciting and new expectations of this school year in the junior high school.

All 8th grade students also will work closely with Mrs. Pickering as they return for the 2024-2025 school year. Mrs. Pickering will guide students individually, in small group academic planning sessions and when they need assistance as they explore ways to engage in school activities inside and outside the classroom. Remember to follow Mrs. Pickering’s **CANVAS** page for information throughout the school year!

SEPTEMBER 2024



# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

## Student Schedules

Much time and attention was paid to creating individual student schedules that matched the choices and decisions students and families made over the last several months. We hope all students started the school year with a schedule that supports their personal strengths and individual goals. At this time, students must follow their assigned schedule for the first six (6) days of school. The only changes being reviewed and adjusted at this time are errors on schedules.

Classes have been assigned according to the decisions that were made during the selection process, and the building master schedule was created to support those decisions.

If a change needs to be made after the start of the school year, the **“Drop/Add Form”** is available in the counseling center and on the counseling center page of the website. Requests for changes began to be addressed on Tuesday, September 10.

*Let's make it a great year!*

## Student Athletes - NCAA Eligibility Center

All senior student athletes who may participate in Div I or Div II college athletics must register with the NCAA Eligibility Center and submit a transcript for review. Student athletes should create an account online and see Ms. Groeninger in the counseling center to request a transcript.

## The PSAT/NMSQT



The digital PSAT/NMSQT will be administered to students in **grades 10 and 11** on Saturday, October 26, 2024.

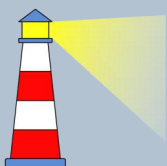
Registration is open and online at:

### **PSAT REGISTRATION**

A **letter** has been shared with all grade 10 and 11 students and parents. There is a \$35 exam fee that will be charged through the registration process.

The PSAT is a risk-free exam and scores will not be released to colleges. The test is recommended for juniors; sophomores are invited to participate for an early practice experience. Only scores earned by juniors will be considered for the National Merit Scholarship Program.

Test takers will receive their scores and score reports by mid-December online via their College Board account. If you do not have a College Board account, you are encouraged to create one prior to taking the PSAT. Create your account by visiting: <https://www.collegeboard.org/>



SEPTEMBER 2024

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

## Why Should I Complete the *FAFSA* (Free Application for Federal Student Aid)...and also the *CSS Profile*?

**In order to receive any college financial aid - including loans, work study, grants and sometimes scholarships - students must file the FAFSA.**

The **FAFSA** uses a formula to determine a family's "EFC," Expected Family Contribution, which the college will use to determine a potential financial aid package. The FAFSA is available in December 2024, and this includes a new formula for calculating aid. The formula uses many factors, including how many children in the household are in college, parent income and assets, student income and assets, and total number of people in the household. The formula takes many factors into account and it is difficult to predict what a family's EFC will be without submitting the FAFSA. For example, parent income is more impactful than parent assets, and student income and assets are calculated also, but at different rates. Home equity of a family's primary residence and parental retirement accounts are not considered on the FAFSA. There are many more factors included in the federal formula, so individual families are encouraged to complete the free process.

**CSS Profile:** In addition to the FAFSA, some private colleges also require the CSS Profile to be completed by incoming students. The Profile collects more financial information and assists colleges when allocating their own institutional financial awards. Additional information along with a list of colleges that require the CSS Profile in addition to the FAFSA can be found [HERE](#).

### *How can we get more information?*

All students and families are encouraged to attend the annual **Financial Aid Night** program hosted by the counseling center. A local financial aid officer will present this important information. This year we have made it even more convenient for *ALL* high school parents to attend by scheduling it at 7:30 pm on Tuesday, September 24, in the PAC.

## Fall College EXPO

The National Association for College Admission Counseling College Fair is on Saturday, September 14th from 11 a.m. – 3 p.m. at Nassau Veterans Memorial Coliseum, Uniondale, NY.

The Nassau Counselors' Association will host its annual Fall College Expo on Tuesday, October 1 from 5:00 - 8:00pm at Adelphi University, in the Center for Recreation and Sports Gymnasium. Students and families can access the Nassau Counselors' Association [Fall College EXPO Flyer](#) to learn more and access a barcode for updated information.

College Fairs and Expos allow students to have one-to-one conversations with admission representatives, learn more about the college exploration and application process, and attend workshops on individual topics.



SEPTEMBER 2024

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District



## THOUGHTS ON COLLEGE ADMISSION in 2024

In early May, 2024, Cold Spring Harbor's College Decision Day included sweatshirts and t-shirts with college names and colors, smiling faces, lots of hugs, and many emotions. We announced and celebrated the many and varied college acceptances that our students received and we enjoyed learning about the very personal decisions they made when deciding where they would enroll. The Class of 2025 now is starting the post-high school planning process. For most students in Cold Spring Harbor, "post-high school planning" means the college application process. So much is poured into this endeavor: time, emotion, excitement, anticipation, pride, reflection, and maybe a little fear. Where students apply, and where students are ultimately accepted and enroll, is a big deal. The counselors are focused on each and every student, each goal, each hope, each plan, each unknown, each question, each concern, ...and each student's potential outcome. The options are many and the process is complex.

College admissions has changed over the last several years for many reasons: the shift in the use of standardized test scores and increases in test-optional policies, the number of colleges to which a student applies (15-20 for some; one Early Decision application for others), the potential anticipated financial return on investment, the potential impact of the Supreme Court's recent decision regarding the use of race in admissions, the possible use of AI in essay writing, ...and the list goes on. It's not easy to be a high school senior today. It's probably not so easy to be a parent of one either. So, *what shall a student (and parent) do as they embark on this process?*

The Cold Spring Harbor HS counselors support students and parents in many ways. The college application timeline for each student can vary, and the counselors use a framework that provides information to all students and parents through classroom sessions in mid-September (for students) and an evening program on September 24 (for parents and students), followed by individual and personal guidance and counseling. The specific steps in the process and timeline are outlined for all, but the individual decision-making and personal impact of specific components can vary significantly. Counselors work individually to ensure that each student's list, process, and plans are tailored to their needs in order to highlight the strengths and potential of each applicant.

While colleges are interested in well-rounded students who have engaged in a variety of experiences in high school, they are often looking for something more specific in the application process. College officials often review applications with the goal of creating a well-rounded class, which may mean accepting (and denying) students for reasons we will never know. When completing the process, a student who is able to represent themselves clearly, often with a "thread" that runs through their application, can communicate what they will bring to that campus. In addition to an academic profile that matches the typically-admitted student, this "thread" may be an area of interest in which the student excelled, a way they demonstrated leadership among peers, or examples of an individual talent that will support a campus program...and the list goes on. Matching the student to those right "fit" college options is our responsibility - and finding those students who will fit well on their campus is their responsibility.

As counselors, we often talk to students and families about finding the right "fit." While there are many individual priorities that may guide this process, we are confident that there really are many college options that can offer the right fit to each student. Fit includes comfort, and challenge. Fit includes community, and opportunity. Fit includes excitement, and wonder. We look forward to embarking on this application cycle together, knowing that we again will celebrate so much on College Decision Day 2025.



SEPTEMBER 2024

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District

## School Success - Making the Most of the 2024-2025 School Year

### ATTENDANCE MATTERS

The new school year will include many engaging learning opportunities. One of the most effective components of school success is good attendance. Students who are present in class daily are better able to keep up with assignments, address questions in a timely manner, and manage all responsibilities inside and outside of school in positive and proactive ways.

There are some unavoidable reasons to miss school, including illness that requires students to stay home. It is advisable to contact a peer and/or stay updated on assignments when absent due to illness in order to be able to make up the missed work as soon as possible and stay on track.

Lateness to school and absences due to non-school related activities can have very negative effects on student learning and students' stress levels. Absences also make it difficult to manage responsibilities and complete assignments on time. Students and families are reminded of the importance of school attendance and the many resources available to support student needs.

#### *Where Can I Find Support?*

Extra Help, Learning Center, Counselor Appointments,  
The Nest, H-1, the Library

There are so many people who are available to support you this school year, and so many opportunities to seek the help you may need at different times. As this school year begins, please know that your teachers are available to provide extra help, the learning center may be an option to support your academic needs, your counselor is here to assist as you develop time management and organizational habits, and there are locations in the building that you can use to engage in group activities, find quiet study time or prepare for your next class or activity.

***Start Strong and Have a Great Year!***



**DID YOU KNOW?**

### COLLEGE TRIVIA!!

1. Members of the CSH Class of 2024 are attending college in this number of different states, in addition to Canada and the District of Columbia:  
A. 12  
B. 15  
C. 18  
D. 22
2. How many Advanced Placement exams did CSH students take in May 2024?  
A. 374  
B. 569  
C. 937  
D. 903
3. How many colleges are members of the Common App?  
A. 330  
B. 572  
C. 824  
D. 1000+
4. This college's mascot is "Big Al" the elephant:  
A. Auburn University  
B. University of Alabama  
C. American University  
D. Amherst College



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



SEPTEMBER 2024

# THE GUIDANCE LIGHT

Cold Spring Harbor Central School District