The Counseling and English Departments Assist Students With the College Process

Acing the Interview
Pictured - Senior writing fellows working with students on mock interview skills.

Director of Counseling, Dan Doherty, and Sacred Heart admissions counselor, Evan Miller, advised students on interview Do's and Don'ts.

Common Application Workshop
Pictured - Mr. Gyarmathy assisting a student.

High school counselors, Mr. Gyarmathy, Mrs. Fawcett and Mrs. Nelson assisted students with any common application help they needed.

Essay Writing Workshop
Adelphi University admissions counselors and the English department offered feedback and assistance with student's personal statements.

College Application Update
As Quarter 1 comes to a close and the holidays peek around the bend, we’re telling you a few things we hope will help alleviate some of the stress associated with the season. If you follow these instructions, you won’t have admissions officers or guidance counselors after you like a farmer chases a Thanksgiving turkey.

Please read this post all the way through to the end to be sure you get all the stuff(ing)!
• At this point, seniors should have at least come to speak with counselors about their future plans. If you are one of the few who has not, please see yours ASAP.

• Remember to submit the Application Processing Form two weeks ahead of your deadlines, listing each college you’ve applied to, so we can send your transcript, letters of recommendation, and supporting documents.

• If you forgot to submit a form for a November 1 or November 15 deadline, fill one out and turn it in asap! For January 1 deadlines, the form is due by December 17. That’s about 21 school days from right now. Please plan accordingly!

• After your applications are in, quite often colleges will send you an email confirming they’ve received it. The email usually asks you to request your transcript and letters of recommendation, but if you’ve given your counselor an Application Processing Form, you have made the request. You don’t need to make two requests if you’ve already turned in the APF.

• It often asks you to set up a portal account with the college so you can track your application materials. Do that so you can see what arrives and what, if anything, is missing. It takes up to three weeks for colleges to process the materials we send and the reports from SAT or ACT, so keep that in mind.

• Please circle back to your teacher recommenders to be sure they’ve gotten your letter and evaluation uploaded to Naviance. Don’t forget to thank them. A handwritten note is nice, as is a little token of appreciation: bottle of water, apple, pen, favorite snack. Just a thought…

• We recommend that you follow up with a phone call to each admissions office about two to three weeks after you’ve sent your application. You can ask the person who answers the phone in the admissions office to check your application status. They’ll look at the file and tell you what, if anything, is missing. If something isn’t there, you should see your counselor right away so we can help you get it in.

• Please be sure to send your standardized test scores directly to the colleges from the testing agency. We do not send them in for you, and self-reporting on applications is sometimes not enough.

As always, let your counselor know if you have questions or concerns. Be thankful that applying to college is nearly over! We wish you all a wonderful Thanksgiving.

Preparing for College – Junior Year Checklist

https://www.nacacfairs.org/learn/apply/preparing-for-college-junior-check-list/
Students created photography projects to educate on the dangers of drugs.

Clubs and Sports ‘Sent a Message’ about the dangers of drugs and alcohol.

NSHS Celebrates Unity Day

Nassau County Social Host Law

What is Social Hosting?
In Nassau County, it is illegal for anyone over age 18 who owns or rents a home to knowingly allow the consumption of alcohol or alcoholic beverages by any minor on the premises.

A Social Host Law violation is a misdemeanor – a criminal conviction punishable by progressive fines and penalties.

What YOU can do!
Familiarize yourself with the Social Host law. You can find the law here:
Start a dialogue with your child to discuss the ground rules and expectations for having friends/guests over, especially for the instances you are not home.
Have clear and consistent rules and consequences about the use of alcohol or other drugs in your home.
For tips on how to start this conversation, please visit:
https://www.samhsa.gov/underage-drinking/parent-resources/family-agreement-form-avoiding-alcohol
Do not tolerate the use of alcohol by anyone under the age of 21 in your home.
If you find an underage guest in your home consuming alcohol, demand it stop and ensure they leave the premises. Do not let someone who has been consuming alcohol drive- call that child’s parent or guardian.
Consider signing the North Shore Coalition Against Substance Use (NSCASA) parent pledge about maintaining an Alcohol Free Environment here:
https://www.nscasa.org/parent-pledge.html
If you are aware of a house party, you can call 1-866-UNDER21 to report underage drinking.

ARTICLES

Applying to College

How Parents Can Help Their Child Study

How to Manage Intense Emotions: Both Your Child’s and Your Own

Empathy is Taught to Students Ages 6-16 in Denmark School

Empathy is a theme of the counseling curriculum K-12

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