



Manhasset Public School District Counseling Department

November/December 2024 – Reminders and Announcements

ALL STUDENTS

How to Get Recruited: Informative and comprehensive article outlining the **athletic recruiting process** for student athletes aspiring to play collegiate sports.

https://www.road2college.com/how-to-get-recruited-college-recruiting-guide/?utm_content=261217795&utm_medium=social&utm_source=facebook&hss_channel=fbp-2044777139094048&mibextid=Zxz2cZ

NCAA INITIAL ELIGIBILITY: **Free** Webinar for College-Bound Student-Athletes and Families: Are you a student-athlete dreaming of playing your sport at the NCAA level? Invest in your future and spend an hour on Sunday, Nov. 3, from 6 to 7 p.m. Eastern time, understanding the requirements and how to prepare for NCAA certification. Join NCAA Eligibility Center staff, who will walk you through what you need to do to compete at the NCAA Division I, II or III level. Staff will be answering questions live during the presentation, so come prepared to learn how to take your game to the next level! Click [HERE](#) to register.



SENIORS

College Application Process

- **Early Decision and Early Action Applicants:** Thank you for your cooperation in submitting your college application material to the HS Counseling Office. Over the course of the next few weeks, be sure to check the status of your applications and let us know if you are notified that any material has not been received. If you decide to submit to an **ED II** school, you must inform your counselor ASAP.
- **First Quarter Grade Requests:** The HS Counseling Office will **only** send First Quarter grades to those colleges where they are **REQUIRED**. Students must submit [this form](#) with documentation from the

college that it is required. Students who would like to send to colleges that do not require them are directed to do so independently.

- **January 2025 Deadlines:** For all applications deadlines in January 2025, please submit your application material to our office, and to your teacher recommenders, by **Monday, December 9th**. The counseling office is closed during the December holidays. As such, our staff and your teachers **will not** be available to process application requests.
- **Adding Schools to Your List?** If you decide to add schools to your original list, you must provide us with a new **Records Release Form**. Upon receipt of these documents, we will provide you with an additional **GREEN** form to give to your teacher recommenders. Without this form, we will not know you are submitting additional applications.
- If you applied under an ED or EA option, be sure to continue working on applications you may have to submit by the January deadlines. If you are denied or deferred, you will have a small window during which to complete additional applications.

Mid-Year Grades

- **Mid-year grades** will automatically be forwarded to each college to which you have applied in early February..
 - Report cards with “Incomplete” grades will not be forwarded until the grade is rectified and this may cause a delay in the review of your application. .
 - *If you have been admitted to a school under the ED option, the Counseling Office will **only** submit a mid-year report card to that college/university.*
- ***Please be sure to withdraw any other applications you may have submitted if you were accepted under an ED agreement. While not only appropriate to your binding signed agreement, this allows other schools to begin to fulfill their deferrals and/or waitlisted students.***

College Application Results

- ***Please be sure to notify your counselor of any college admissions decisions you have received.*** The Counseling Office does not receive decision information from each college so your input is both helpful and appreciated.

Graduation Community Service Reminder

- Seniors must complete a minimum of **15 hours** of service by **mid-April**. Please see Mrs. Ronai, the Coordinator of the Social Studies Department, with any questions.

Financial Aid

- **FAFSA (Free Application for Federal Student Aid):** FAFSA application becomes available in December 2024. Please be advised that you should **create your StudentAid.gov account**—and remember your username and password so you can access and submit the 2025–26 FAFSA form when it is available.
Please note: In addition to determining a student’s eligibility to receive federal grants, information included on the FAFSA is also used to determine the type of federal student loan (subsidized or unsubsidized) for which a student is eligible, as well as a student’s eligibility to receive *New York State TAP grants*.
- **SUNY provides **Free** Financial Aid Help Sessions**, in English and Spanish. You do not need to be applying to a SUNY school to obtain help. Prospective students and families are invited to join SUNY

for an online workshop which will provide detailed information about the financial aid application and award process. Review the cost of attendance and explore the types of financial aid available. During the session, you will be able to send questions via live chat. View schedule and register [HERE](#)

- **DREAM ACT:** The Senator José Peralta New York State DREAM Act gives undocumented and other students access to New York State-administered student financial aid to support their higher education costs. Students eligibility criteria and application can be found [HERE](#).
- **Excelsior Scholarship:** NYS Students from families earning \$125,000 or less can attend a state-operated SUNY or CUNY college tuition-free. See criteria and application [HERE](#)
- **NYS STEM Incentive Program:** Covers tuition at SUNY or CUNY colleges for students pursuing a STEM major who place in the top 10% of their class. More information [HERE](#).
- **CSS Profile:** The CSS Profile is an online application used by SOME colleges and scholarship programs to award non-federal institutional aid. Check your colleges' information to determine whether they require the CSS Profile. <https://cssprofile.collegeboard.org/>

Merit Based Scholarships

- **College/University Merit Awards:** Most Institution specific merit-based scholarships are usually determined by criteria contained within your application. However, some schools have merit-based scholarships for which you can apply. Be sure to check the websites of the schools to which you have applied to determine if any additional scholarships are available.
- **Scholarship Opportunities:** Click [HERE](#) for an ongoing list of outside organizations that have informed us of their awards. These awards have specific criteria and require applications.

Senior Athletes

- Since July, we have been submitting transcripts to the NCAA Eligibility Center for students who provided us with an **NCAA Records Release form**. Any senior registered with the NCAA Eligibility Center should provide us with this form so your transcript can be submitted for review.
 - **Please note:** recruited athletes must submit their junior year transcripts to the NCAA for Division 1 and Division 2 programs. Additionally, during the year, please be sure to complete the **Amateurism** statement, as this is required.
- The **NCAA Transcript Release Form** is available [HERE](#) on the Manhasset Schools website.

JUNIORS

11th Grade Information Night

THIS EVENT WILL BE HELD AT SHELTER ROCK ELEMENTARY SCHOOL AUDITORIUM. Please be reminded that we are hosting the 11th Grade information Night on Wednesday, Nov. 6 at 7pm. The Post Secondary Planning Guide will be distributed. The presentation slides will be posted on the HS Counseling webpage on Nov. 13.

SCA Summer Studies Scholarship Program: Juniors are eligible to apply for SCA Summer Studies Scholarship for use toward a summer program of their interest. We encourage all juniors who are interested in attending a summer program prior to their senior year to apply. Students will receive scholarships up to \$1000 towards their summer program and the recognition of this award for their senior resume. Application information can be found [HERE](#). Final deadline for applications is March 7, 2025.

January Classroom Lessons College Process: In early January 2025, the high school counselors will conduct classroom lessons for all juniors regarding the college research and application process. This two-day

workshop will provide juniors with information and tasks, including how the counseling department can support them.

Junior Family Conferences: In February-May 2025, each junior will be scheduled for an individual Junior Planning Conference with parent/guardian to gauge progress with the college research and application timeline, and plan next steps in the process.

Testing Accommodations for Standardized Testing

If you receive testing accommodations, a request to receive accommodations for College Board exams (SAT and AP exams) has likely been submitted. If not, please see your counselor. Requests for accommodations for the ACT, however, can only be made at the time a student registers to take the exam. If you will be taking the ACT, please follow these few steps:

- Register to take the ACT at: **act.org**
 - Indicate your need for accommodations on the application
 - Select the type of accommodation(s) you require
- Once registered, you will receive an email containing your ACT ID
Submit this email, along with a *Consent to Release Information to ACT* form, to your counselor. The consent form is available on the ACT site and in the Counseling Office.
- Your request will be submitted by Mr. Stewart Grabelsky and, once a decision has been made, you will be notified of the decision made by the ACT.
- All material must be submitted to the ACT by the regular registration deadline. As there are several individuals involved in gathering the documents submitted on your behalf, your request must be submitted to Mr. Grabelsky **at least one (1) week before the deadline**.

We cannot guarantee that late applications will be reviewed by the ACT.

If you have any questions regarding the status of your College Board request or the ACT registration process, please speak to your counselor.

JUNIORS and SOPHOMORES

Standardized Testing: We will be hosting **Standardized Testing Information Night** on December 3, 2024 at **Shelter Rock Elementary School Auditorium**. Invitations to follow.

- This is a good time to map out a schedule for the standardized tests (*ACT & SAT*) you'll be taking by the end of the school-year. Be sure to check all test and registration deadlines. (www.collegeboard.org or www.act.org)
- **Please Note:** Be sure to not only register early to reserve your seat, but also have several testing dates in mind. You should plan on taking these exams even if a majority of colleges/universities on your list are test-optional.

PSAT Thank you for your cooperation during the recent administration of the PSAT. Students can access their scores during November through the BigFuture School mobile app if they provided their mobile number during testing for access to the app or via [THIS SITE](#). Students can also use their personal College Board accounts to access their score. Please be sure to check the email that you provided during registration as that is how you will be notified that your scores can be viewed.

- **Next Steps for Students and Parents**
 - View a video walk-through of the score report:
<https://satsuite.collegeboard.org/psat-nmsqt/scores/understanding-scores/your-score-explained>

- Learn more about understanding and using scores:
<https://satsuite.collegeboard.org/psat-nmsqt/scores?excmid=vt-00258>
- Connect to scholarships: <https://satsuite.collegeboard.org/psat-nmsqt/scholarships-recognition>
- Free Practice for the SAT through Khan Academy:
<https://satsuite.collegeboard.org/digital/digital-practice-preparation?excmid=mtg796-st-1-bk>

Pre-ACT: SAVE THE DATE: On **Saturday, March 29th** we will administer the Pre-ACT. If you have taken the PSAT, it is recommended that you take this exam, as well, so you can begin to determine which of the two exams might be more aligned to your testing style. If you have not taken the PSAT we also recommend that you take the Pre-ACT so that you can compare it to the PSAT or SAT you take at a later time.

- Students who receive testing accommodations in school will be provided with the same testing accommodations for the Pre-ACT. **For this exam only**, pre-approval by the ACT is not required.

SOPHOMORES

Barry Tech Open House: Students interested in researching Occupations Courses available through Nassau BOCES are encouraged to explore by visiting on Thursday November 21, 2024 5:00pm **[REGISTRATION LINK](#)**

Career and College Exploration Program: An Introduction to Naviance: In December, all 10th grade students will participate in a counselor-led Career Exploration program which will include a career activity and an overview of college related resources. As we will be using Naviance for both activities, you will be able to enter the site via your Class Link account. If you have any questions, please contact your counselor.

Individual 10th Grade student Counselor Meetings: In January and February 2025, Sophomores will be scheduled for an individual counselor conference. This is an opportunity to review progress and establish goals/priorities for the coming year.

10th Grade Information Night for Students and Parents/Guardians: *Tuesday, February 11th at 7:00 p.m.* The High School Counseling Department will share information about our work with 10th grade students this year. With a focus on educating the whole child in mind, heart and body, we will discuss academic opportunities and experiences for our students as well as the social/emotional successes and challenges they may encounter.

FRESHMEN

Individual Student Counselor Meetings: The counselors are in the process of scheduling individual meetings with all 9th grade students during November and December. Students will be notified of their appointments **via mufsd.org email** from the clerical staff. All Freshman are directed to check their MUFSD email regularly so they are aware of their appointment time.

MIDDLE SCHOOL

8th Graders:

- **8th Grade Parent/Student Night** is scheduled for February 26, 2025. Mark your calendar!
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- **8th Grade Parent/Student conferences** will be conducted from March-May 2025 and focus on setting goals and the transition to high school.
- **Q1 Review**: Counselors will be reviewing Quarter 1 progress reports and report cards and conference with students who are experiencing academic difficulty. Various strategies and resources are available for all Middle School Students:

7th Graders:

- **Study Skills for Success** lessons were conducted during Transitions classes with 7th graders in October to support stress reduction and promote mental/emotional wellness. As 7th graders begin the second quarter of the year, it's a time to reflect on Quarter 1 progress and achievement as well as look for areas of growth to set goals for quarter 2 and heading into midterm exam season. Study Skills for Success included instruction on the following topics:
 - Note-taking from lectures and textbooks
 - Proper study area setup
 - Powerful studying and recall
 - Cornell Note Taking
 - The 20/5 rule
 - The importance of breaks
 - The Less is More Approach
 - How to read from a textbook 30% better and faster
 - Self-regulating of your strengths and weaknesses
 - Use of calendar(s) to enhance the timing of what you study and when.
- **Learner Profile for Manhasset Students**: 7th grade students will meet in the Middle School Wellness Center during Transitions classes in December to learn more about the Manhasset Student Learner Profile. The Learner Profile expresses the characteristics and traits we aspire for our students to develop to become successful in high school and beyond. Students will be encouraged to identify what these traits look like in their daily life and will explore opportunities in our school and community to further develop these characteristics. Check out the Learner Profile [HERE](#)
- **Q1 Review**: Counselors will be reviewing Quarter 1 progress reports and report cards and conference with students who are experiencing academic difficulty. Various strategies and resources are available for all Middle School Students:

Please see the Middle School PLACES to know listed in the chart below:

The People and Places Every Student Should Know



The best first steps if you need Academic assistance are:

1. Subject Teachers
2. Counselor/ Assistant Principal
3. Parent/Guardian

TECH SUPPORT

Monday Thru Friday
Chrome Book
Technical support
High School Library



THE WELLNESS CENTER

Brittany Moloney (Orange Team)
Gavin Gandulla (Blue Team)
Jennifer Barbieri-Smith
(Social Worker)
Stephanie San Antonio
(Psychologist)



PEER RESPONDERS

Mr. Koondel,
Advisor
English Honor
Society students
provide tutoring



MATH LAB

Monday thru Friday
7:30 AM – 3:08 PM
267-7571
Room 163



TUTORING

National Honor Society
Ms. Lauren Tallarine
267-7571
Math Honor Society
267-7571



LANGUAGE TUTORING

French Thurs 7:30 am
Spanish Thurs 7:30am
Italian Tues & Thurs 7:40 am
Language Lab Room 260



WRITING CENTER

Monday thru Friday
7:30 AM – 3:00 PM
Ms. Antonia Thornton
267-7769
H.S. Library Classroom



LANGUAGE LAB

Rosetta Stone Help
Monday thru Friday
7:35 AM – 3:05 PM
Ms. Doris Jonczyk
267-7686
Room 260



MIDDLE SCHOOL PARENT CORNER

Ask Lisa Podcast with Dr. Lisa Damour and Reena Ninan

The Five Principles of Parenting: With Dr. Aliza Pressman

Special guest Dr. Aliza Pressman, developmental psychologist and podcast host, discusses her new book, “The Five Principles of Parenting,” with Dr. Lisa and Reena. Dr. Pressman introduces five key components of helping children thrive: Relationship, Reflection, Regulation, Rules, and Repair. While there is no such thing as a perfect approach to parenting, Dr. Pressman explains why giving thought to one’s personal values can help you and your kids navigate difficult moments. This episode also addresses how adults can help kids regulate their emotions, build independence, and become good humans.



Enjoy the Season!