



Commack High School Counseling Center Newsletter

Fall 2022

Dates to Remember:

August 26
College Essay Workshop

August 29
Freshmen Orientation

August 29 & 30
College Application Workshops

September 6
First Day of Classes

September 21
Senior College Planning Night

September 12, 22 & 23
Senior Class Meetings

September 15
Open House

September 28
Financial Aid &
Scholarship Night

October 15
PSAT at Commack High School

October 22
Homecoming

November 14
SAT ACT All You Need to Know

November 30
NCAA Night

December 12
Junior College Planning Night

Welcome Back to Commack High School and the 2022-23 academic year! Your teachers, school counselor, social workers and psychologists are excited to welcome you back!

Commack High School has a tremendous support system for students and families. We are here to support all students as they transition back so they can experience academic and social success.

[How to help kids manage worries and have a successful start to the school year — Click here](#)

[myFUTURE: The College Application Process: Planning and College Resources— Click here](#)

[Course Schedules for the 2022-23 year are available on the Parent Portal.](#)

- ⇒ Schedule changes are not permitted until after the first full week of classes—September 12th
- ⇒ The best way to get scheduling questions answered is to email your school counselor directly
- ⇒ **As always, we cannot honor requests for change of teacher, lunch period or friend groupings**
- ⇒ Homeroom is now before Period 1

All counselor emails can be found [here](#)

Freshman Orientation at Commack High School

Monday, August 30th at 6:00pm

- Students and their parents/guardians will be welcomed in the Auditorium by our administrative team.
- Students will be able to tour the building, find their locker, their classes, and other locations.
- Student volunteers, teachers, counselors and mental health professionals will be here to welcome families.
- **There are no formal “Supply Lists” in high school. Teachers will share supply needs with students on the first day of school.**

CHS Grade Level Assemblies

Each grade level will have a 2 period assembly on the date below.

One period will be with the building administrative team and student life, and one period will be in a smaller group with students’ individual counselors.

Monday, September 12	Grade 12
Tuesday, September 13	Grade 11
Wednesday, September 14	Grade 10
Thursday, September 15	Grade 9

Each grade will highlight the exciting events and important information needed to know by all students.

More information on locations and periods will be shared by classroom teachers.

PSAT: Saturday, October 15th @ 7:45am — Save the Date!

The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is offered to all 10th and 11th grade students. Learn more by visiting the [College Board website](#).

A letter will be emailed and mailed to all parents/guardians in September with detailed information.

[Click here](#) to register for the exam. The deadline to register is Friday, October 7th.

Senior College Planning Night: Wednesday, September 21st at 6:30 pm

Please note this event is Virtual! [Here are the links](#) to your individual school counselors' zoom.

- Students and parents are invited to review information on the college admissions process, deadlines and Commack's procedures.
- Seniors will be attending **Senior Class Meetings** the following two days where they will be receiving similar information in a small group setting. Schedules will be posted outside the Counseling Center.

It is important that all seniors attend their individual session!

- *Students are asked to review the transcript given to them on September 12th and inform the Counseling Center of any issues.*
- [Watch this video](#) to request teacher letters of rec in Naviance.

COLLEGE APPLICATION DEADLINES

EARLY ACTION	EARLY DECISION	REGULAR DECISION	ROLLING ADMISSION
<ul style="list-style-type: none">• apply early, find out early• can apply elsewhere• not binding: can still choose another school• indicates strong interest	<ul style="list-style-type: none">• apply early, find out early• apply ED to only one school• binding: obligated to go if accepted & withdraw other applications• indicates strong interest• no chance to compare financial aid offers	<ul style="list-style-type: none">• apply by deadline & find out in spring• deadlines vary• commit by May 1	<ul style="list-style-type: none">• application open until college meets capacity• apply when you wish, though there may be priority deadlines• find out in a few weeks

The College Processing form is digital!

Complete and submit [this form](#) at least 20 school days prior to earliest college deadline

Colleges Visits at Commack High School

- Between the months of September through December, colleges and universities visit Commack High School to share information on admissions and academic programs. A full list of scheduled appointments is viewable on students' [Naviance](#) accounts.
- Students must register through their Naviance account and will receive a pass in their Commack email prior to the scheduled visit. Students must notify their teacher in advance and are expected to make up any missed work.
- If a student is unable to attend, each college hosts their own private information sessions and tours, and students should register on the college website.

College Counseling Help Desk—New location in the Senior Cafeteria!

[Click here](#) to see the help desk dates and times. A counselor will be readily available to answer questions about:

- ⇒ Submitting applications
- ⇒ Sending ACT/SAT scores
- ⇒ Navigating Naviance
- ⇒ Office application procedures
- ⇒ Essays/Supplements and more



**FREE Virtual Practice Test offered by:
The Princeton Review**

Saturday, November 19th - 9:00 am

- Students can choose an SAT or an ACT.
- A great way to find out how you may score on the SAT or ACT without having the scores count.
- Multiple timing options available for students with approved testing accommodations.
- Students will receive immediate scores and a comprehensive score report upon completing test.

**SAT vs. ACT All You Need to Know
Monday, November 14th**

[Click here to Register \(It's Virtual\)](#)

Test-Optional Policies

Many colleges and universities continue to have Test-Optional policies for this admissions cycle.

Visit [FairTest.org](https://www.fairtest.org) for more information

- SUNY has suspended SAT/ACT requirements for students applying for admission to a bachelor degree program for fall 2023. Students decide whether or not to include scores for admission consideration at each college.
- Test-Optional is NOT for all majors! Some colleges require test scores for merit based scholarships.

**Mini College Fair for Seniors and Juniors
Monday, October 17th—Periods 2 and 3 in the Cafeteria
[Register in Naviance](#)**

Adelphi University
Allegheny College
Alvernia University
Canisius College
Castleton University
Daemen University
Eckerd College
Embry-Riddle University
Emmanuel College
Five Towns College
Franklin Pierce University
George Mason University
Hartwick College
Hofstra University
Iona College
James Madison University
Johnson & Wales University
King's College
Lafayette College
Lasell University
Lawrence Technological
Long Island University
Lynn University
Massachusetts College of Pharmacy & Health Science
Mercy College
Molloy College

Montclair State University
Nassau Community College
New York Institute of Technology
Nichols College
Norwich University
Saint Anselm College
Seton Hall University
St. Joseph's College - Long Island
St. Thomas Aquinas College
SUNY Brockport
SUNY Buffalo State College
SUNY Cortland
SUNY Farmingdale State College
SUNY New Paltz
SUNY Old Westbury
SUNY Oneonta
SUNY Polytechnic Institute
Susquehanna University
University of Delaware
University of Maine - Farmington
University of Saint Joseph
University of Scranton
University of Tampa
Utica University
Western New England University
York College of Pennsylvania

Financial Aid Information and Scholarship Night:

Wednesday, September 28th at 7:00pm at Commack High School

Learn about the items below to be prepared for October 1st, the first day to begin filing the FAFSA.

- Prior-Prior Year (PPY)
- In's and Out's of the FAFSA
- NYS Tuition Assistance Program (TAP)
- Excelsior Scholarship
- CSS Profile



Juniors!

- ⇒ Register for the PSAT, the qualifier for the National Merit Scholarships.
- ⇒ Junior College Planning Night—December 12th —Save the Date
- ⇒ [Click here](#) for upcoming testing dates and locations.
- ⇒ [Click here](#) for test prep opportunities through the Princeton Review.
- ⇒ Review the [Important Information for Juniors](#)
- ⇒ Use your Naviance account for college searches.

Community Service & Involvement Program (CSIP)

Annual Graduation Requirement which promotes service to your school and community

- 15 Points per year in grades 9, 10, 11
- 20 Points in grade 12
- School and Community Involvement
- Builds Character and Relationships
- Add CSIP to your college resume!

[CSIP Website](#)

CSIP questions should be directed to the CSIP Coordinator, Mr. Boll, at: Eboll@commack.k12.ny.us

