

# PHS SCHOOL COUNSELING NEWSLETTER

Term: Winter  
Issue: #7  
Winter 2021



Peekskill High School  
1072 Elm Street  
Peekskill, NY 10566  
914-737-0201

Mr. Rodney Arthur  
*Principal*

Dr. Jenna Ferris  
*Asst. Principal*

Ms. Naima J. Smith  
*Asst. Principal*

Dr. William Toro  
*Asst. Principal*

**PHS Motto:**  
**Building Bridges of  
Excellence**

Mr. Noel Cabassa, Editor  
*School Counselor*

Mrs. Lisa Dorado, Editor  
*School Counselor*

Mrs. Sheree Gilchrest, Editor  
*School Counselor*

Ms. Meredith Lynch, Editor  
*School Counselor Intern*

## Counseling Department

Mr. Cabassa

Caseload:  
ENL Students  
OOD Students



Contact Information:  
Email: ncabassa@peekskillschools.org  
Phone: 914-737-0201 Ext. 3517

Ms. Dorado

Caseload:  
9th Grade/TASC



Contact Information:  
Email: ldorado@peekskillschools.org  
Phone: 914-737-0201 Ext. 3512

Ms. Ellis

Caseload:  
10th Grade = A - F  
11th Grade = A - F  
12th Grade = A - H



Contact Information:  
Email: mellis@peekskillschools.org  
Phone: 914-737-0201 Ext. 3516

Ms. Rios

Caseload:  
PACE/RISE  
10th Grade = G - N  
11th Grade = G - N  
12th Grade = I - N



Contact Information:  
Email: mrios@peekskillschools.org  
Phone: 914-737-0201 Ext. 3513

Ms. Gilchrest

Caseload:  
10th Grade: O - Z  
11th Grade: O - Z  
12th Grade: O - Z



Contact Information:  
Email: sgilchrest@peekskillschools.org  
Phone: 914-737-0201 Ext. 3515

Ms. Naima J. Smith

Assistant Principal  
&

Counseling Department Administrator



Contact Information:  
Email: nsmithmoore@peekskillschools.org  
Phone: 914-737-0201 Ext. 3524

Mrs. Gabrielle Khan

Guidance Secretary

Can I help you?



Contact Information:  
Email: gkhan@peekskillschools.org  
Phone: 914-737-0201 Ext. 3519

## COVID/ Traveling

Let's prevent the spread of Covid-19 in our school and the Peekskill community. If you are traveling by car, by plane, or other means of transportation to and from another state or country, students must quarantine for at least two weeks. **Please tell your counselor or the school nurse if you have traveled or plan to travel.** Even in quarantine, students can still log into all classes remotely.

## Night School

Night school classes begin the week of March 8<sup>th</sup>  
**Deadline to register is Thursday March 4, 2021**

The purpose of the Peekskill Night School program is to offer opportunities for students who did not successfully achieve prior course credit(s).

Night school online google application ([Click Here](#))

### Possible classes include:

- English, 9,10, 11, 12
- Global History I & II, USH, Economics, PIG
- Algebra, Geometry
- Living Environment
- Spanish I
- PE, Health

### Night School Administrator:

Dr. William Toro  
wtoro@peekskillschools.org  
914.737.0201 ext 3529

### Night School Counselor:

Mr. Noel Cabassa  
ncabassa@peekskillschools.org  
914.737.0201 ext 3517

**\*Class availability is subject to enrollment\***

## Scheduling

During the Spring semester students will be asked to make course selections for the 2021-2022 school year. **Students will make course requests only for electives.**

Teachers will be making course request for the following courses:

- English
- Social Studies
- Math
- Science
- LOTE
- PE

Students are recommended to have conversations with their teachers regarding these selections. Students will be able to make their course request via infinite campus. Please look for more information via your school email account.

## OC21 Courses 2020-2021

The spring semester of OC21 will begin on February 4th. Orientation will take place from 4pm until 6pm. As of today all students who have registered should have received the welcome letter (mail and email). I have attached a copy for your review. The Zoom link for Orientation is included in the letter.

Below please find important dates for OC21. All events will take place virtually during the spring semester.

Date	Event
February 4, 2021	Spring Orientation
April 14, 2021 (on or about)	Field Experience
May 18, 2021 (on or about)	Spring Symposium

## Important Dates

Quarter	Progress Report Period End Date	Marking Period End Date
3 <sup>rd</sup> Quarter	March 12, 2021	April 16, 2021
4 <sup>th</sup> Quarter	May 21, 2021	June 25, 2021

## BOCES/ Career and Tech Experience

A wide array of programs are available to Tech Center at Yorktown students who want to develop new career skills and earn college credit.

Teenagers can gain a competitive edge by enrolling in one of **40 Career and Technical Education courses** in the areas of:

- Arts and Humanities
- Business
- Engineering
- Health
- Human and Public Services
- Natural and Agricultural Sciences

In addition, academic credit is offered in English, Math, Science or Social Studies as well as college credit in many of the exciting programs.

The Tech Center offers students an opportunity to attend for one or two years, for two or four hours each day.

Successful graduates can attain a Career and Technical Education Certificate or a Regents Diploma with a Technical Endorsement.

The success rate is high, with 80 % going on to colleges or technical institutions and 20 % working in their field of study. Clubs, competitions and honor societies round out the Tech Center experience.

### BOCES/Career and Tech Application

Students are required to email their school counselor the completed the online BOCES application form.

For more information on BOCES please visit: [BOCES webpage](#)

## Financial Aid

**Attention Seniors!** If you plan on attending a college or university next year, you may want to consider applying for financial aid. Check out Peekskill's guidance on financial aid [here](#). Applying for financial aid is something that you should discuss with your parents/guardians. Below is information that will help you with the application process.

### Free Application for Federal Student Aid (FAFSA)

Your parents/guardians should help you apply for the FAFSA. Most recent tax returns are required.

Applications are due June 30, 2021.

Visit the websites below to begin the application process:

<https://studentaid.gov/h/apply-for-aid>

<https://cssprofile.collegeboard.org/>

<https://www.hesc.ny.gov/pay-for-college/apply-for-financial-aid/nys-tap/apply-for-tap.html>

**You Can Do It!**



Please contact Mrs. Gordineer at [mgordineer@peekskillschools.org](mailto:mgordineer@peekskillschools.org) if you have any questions regarding financial aid and/or scholarships.

## Regents Exams

No decisions have been made regarding the June and August 2021 administrations of Regents Examinations or any of the other State assessment programs.

If a parent / guardian or student has any questions please contact their school counselor.

## NCAA

All student-athletes are recommended to take challenging classes that are approved by the NCAA. Visit our PHS Course Catalog or visit the NCAA High School Portal to see approved courses.

Seniors interested in playing a sport at a Division I or II college should register at [eligibilitycenter.org](http://eligibilitycenter.org) to register with the NCAA Eligibility Center.

If any students are planning to attend a Division III school, they can create a free Profile Page at [eligibilitycenter.org](http://eligibilitycenter.org) to learn more about college sports.

## Gap Year

Interested in taking a gap year between high school and college? Learn more about the possibilities [here](#).

Follow the Counseling Department on Instagram:



PeekskillHS\_Guidance



## Naviance College Search

### To conduct a college search:

- Begin by clicking on the “Colleges” tab toward the top right side of the home page
- Click on “Find your Fit”
- Next, click on “Advanced College Search”
- Enter the criteria you’re looking for in a college (i.e. major, location, cost, etc) and click “View Matches”

Once the list of colleges is generated, you can learn more about each individual school by clicking on the college name. This will provide you with information on tuition, acceptance rates, graduation rates, deadlines, and majors, as well as, provide a realistic assessment of your chances of admission at colleges where prior graduates have applied.

You can also save colleges to your “Favorites” list by clicking on the heart icon in the college profile page.

### To search for a specific college:

- Click on the “Colleges” tab toward the top of the Naviance home page
- Type the college name into the search bar and click “Search”
- Once the college name is generated, click on the link to access further information on the school.

### Creating a “Colleges I’m Thinking About” list:

If you are interested in a college that you have researched, you can add it to your “Colleges I’m Thinking About” list by clicking on the **heart icon** next to the school name in the college’s Naviance profile page.

## Ms. Lynch’s Tips on Writing a Good Resume

### Do you want to make a good impression on your college application or job?

Your resume is a list of all your accomplishments, so you’ll want to spend some time making a list of everything you have done. Your resume should include:

- Your name and contact information
- Your educational experience
- Honors and awards you have received
- Any work or volunteer experience
- Any special skills you have
- Your objective
- Clubs, organizations, or extracurricular activities you participated in



Your resume will look organized and be easier for colleges or employers to read if you create different sections. For example, one section could be titled “**Education**” and another could be called “**Honors and Awards**”.

You’ll also want to include the dates of each item, and list these in order.

Finally, use *action verbs* to describe specific details about your experiences. This will really impress your readers. For example, if you volunteered, describe your experience like this: “Mentored and provided emotional support” – the action verbs are “mentored” and “provided.”

Click [here](#) to see resume examples and more tips on building your perfect resume.

# 12<sup>th</sup> Grade To Do List

- ✓ **Follow Up On Your Applications:**  
Verify with your Counselor that all forms are in order and have been sent out to colleges. Check with schools to see if they have received all of your information, including transcripts, test scores and recommendations.
- ✓ **Submit Financial Aid Forms Online**
- ✓ **Mid-Year Grade Reports:**  
Most colleges ask for Mid-Year grade reports so they can keep track of your grades, so it's important to continue to work hard throughout your Senior year.
- ✓ **Watch For Notifications From Colleges:**  
If you applied under the Regular Application Process, you should receive an Admissions Decision during the Spring. Notification for Financial Aid Awards should arrive as well.
- ✓ **Compare Financial Packages:**  
Make sure to consider each financial aid award carefully. If you have questions don't hesitate to contact the financial aid office of the college to get more information. Financial Aid is a key factor in deciding where you will attend.

## College Volunteers

Preparing for college is something you can do no matter which grade you are in right now. Contact Peekskill High School's College Volunteers for any assistance, questions, or concerns you may have regarding wherever you're at in the college application process.

**Mary Ann George**  
College Entry Process Volunteer

Phone: (914) 588-5789  
(available via call or text)

Email:  
mmageorge@optonline.net

**Nancy Costa**  
College Entry Process Volunteer  
Phone: (914) 359- 8315  
Email:  
niweiss@optonline.net

## Virtual Presentations:

Freshman Guidance Night  
2020

Sophomore Town Hall

PHS Junior College Night

PHS Senior College Night

PHS Virtual College Fair

PHS Financial Night

To view these presentations please visit:

<https://www.peakskill.sd.org/Page/9655>

## College Application Terms

### Common App

A college application that many schools use. It's where you fill out most of your application information an essays.

### Early Decision

Applying earlier and hearing back earlier. Your acceptance is binding & you must withdraw applications from other

### Early Action

Applying earlier and hearing back earlier. You don't have to attend if accepted and can apply to more than one school early action.

### Reach School

Your test scores are below those of the majority of accepted students at this type of school. Selective admissions.

### Target School

You are likely to be admitted based on your academic profile.

### Safety School

You have above average test scores for this school and are highly likely to get in.

### Rolling Admissions

Colleges with rolling admissions evaluate applications as they are received versus waiting to evaluate all applications after a hard deadline. The school will continue to review applications until they've filled all the spots for the incoming class.

### Legacy

A legacy student is someone who has had family members attend that school. This can increase your chances of being accepted.

### Superscore

If you've taken the SAT and/or the ACT more than once, superscoring combines the highest score from each section (math, reading, etc.) regardless of which test it's from. Many but not all colleges do this.

### Weighted GPA

A weighted GPA is a GPA that takes the difficulty of your classes into account along with your grades.

### Wait List

The college has finished reviewing your file and made a decision to put you on a waiting list for admission.

### Personal Statement

An essay you write to show who you are and why you deserve to be admitted to a particular school.



## Attention Seniors

### Special Message from Mrs. Gordineer, College Advisor & Scholarship TA


Please remember to **check your Naviance account daily** for important announcements about upcoming scholarships.

Seniors, please remember to **send a copy of your acceptance letters to Mrs. Khan [gkhan@peekskillschools.org](mailto:gkhan@peekskillschools.org) and Mrs. Gordineer [mgordineer@peekskillschools.org](mailto:mgordineer@peekskillschools.org)**. At this time, please take a picture or scan the letters and email them ASAP. If you receive an acceptance via email just forward that to us as well

\*Acceptance and denial letters are collected in the Guidance office for all seniors for record keeping purposes. Final transcripts will be sent to the college indicated on the exit interview at the end of the school year.

## Upcoming Events

**JUNIOR CLASS CONFERENCES**  
 February 1, 2021 - April 30, 2021  
 Peekskill High School



Your school counselor will contact you for an appointment

Senior year and post-secondary planning

**CLASS OF 2022**  
 Counselor Caseload

Mr. Cabassa	Ms. Ellis	Ms. Rios	Ms. Gilchrest
ENL Students	Last Name: A-F	Last Name: G-N	Last Name: O-Z
PACE Students			

Please remember to check your email for the appointment date and time

*All conferences will be held virtually*

**Peekskill High School Presents**

Thursday, March 4, 2021  
 6:30 PM

*PHS 2nd Quarter  
 Virtual Honor Roll  
 Presentation*

Please join us in celebrating our students and their accomplishments