



# Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

## Fall 2019 Counseling Newsletter



WELCOME BACK  
LANCERS &  
WELCOME CLASS  
OF 2023!

### IMPORTANT SCHOOL DATES

- Nov. 6- Instant Decision Day—Seniors ONLY!
- Nov. 6- Progress reports posted for semester 1/Senior Snapshot
- Nov. 7 & 8- School is closed—NJEA Convention
- Nov. 14-16- Fall Drama performance
- Nov. 27- Early Dismissal for Thanksgiving Break
- Nov. 28 & 29- School is closed—Thanksgiving Break
- Dec. 20- Early Dismissal for Winter Break
- Dec. 23-Jan. 1- School is closed for Winter Break
- Jan. 20- School is closed—Martin Luther King Day
- Jan. 21- 2 hour delay for students

### OTHER IMPORTANT DATES

- Oct. 1- FAFSA Opened (for seniors)
- Nov. 1, Nov. 15- Common deadlines for early action or early decision applications

### **LHS School Counseling Department**

Mrs. Sinead Crews [screws@livingston.org](mailto:screws@livingston.org)  
**Director of School Counseling**

#### **School Counselors**

Mr. Adam Berryann	<a href="mailto:aberryann@livingston.org">aberryann@livingston.org</a>
Ms. Val Desamours	<a href="mailto:tdesamours@livingston.org">tdesamours@livingston.org</a>
Ms. Kathleen Guzman	<a href="mailto:kguzman@livingston.org">kguzman@livingston.org</a>
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Ms. Oshaira Pichardo	<a href="mailto:opichardo@livingston.org">opichardo@livingston.org</a>
Mrs. Tina Renga	<a href="mailto:trenga@livingston.org">trenga@livingston.org</a>

*Life is stressful...stay mindful this fall! Resources to help:*

- [“Headspace”](#)- meditation techniques for sleep and stress reduction
- [What is Mindfulness & Tips to Practice](#)
- [Meditation for Fall](#)
- [How Gratitude Changes You and Your Brain](#)
  - [“A Gratitude Journal”](#) app—for mindful journaling
- [Mindfulness Over Matter](#) (YouTube video)



# Class of 2020

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*Have you met with your counselor to discuss post-secondary plans? If not, schedule an appointment at your earliest convenience!*

*Please remember:*



If the application deadline is...	Your school counselor needs your green form(s) by...
November 1 <sup>st</sup>	October 10 <sup>th</sup>
November 15 <sup>th</sup>	October 22 <sup>nd</sup>
December 1 <sup>st</sup>	November 5 <sup>th</sup>
December 15 <sup>th</sup>	November 19 <sup>th</sup>
January 1 <sup>st</sup> 2020	December 2 <sup>nd</sup>
January 15 <sup>th</sup> 2020	December 13 <sup>th</sup>

### Naviance Highlights:

*Remember to use these helpful features on Naviance*

- **College visits at LHS**
  - Keep checking your email for reminders of when colleges are coming-- **reminder emails do not mean you are registered**
  - Please be sure to register on Naviance
- **Letters of Recommendation**
  - Your counselor will show you how to invite your teachers to Naviance so that they can send their letters of recommendation on your behalf
- **Colleges I'm Applying to** (your final list of schools)
- **Career Assessments** such as:
  - Career Cluster Finder
  - Strengths Explorer
  - MI Advantage

### *Helpful Resources*

- Common Application
- Coalition Application
- FAFSA (opened October 1, 2019)
- FairTest.org (test optional colleges)
- ACT.org for ACT Registration
- CollegeBoard.org for SAT Registration

### *Scholarships Websites*

- Fastweb.com
- Scholarships.org
- Individual College Websites & Financial Aid pages
- CollegeBoard Scholarship Opportunities
- MappingYourFuture.org
- HESSA.org (NJ State Aid)
- Chegg.com
- Naviance
- GoingMerry.com

Need help with college applications? Watch the [Senior Toolkit video!](#)

### Post-Secondary Search Spotlight: U.S. Service Academies

*Please check out the post-secondary programs*

[Air Force](#)    [Coast Guard](#)

[Military Academy](#)    [Navy](#)    [Marines](#)

*Stop by the Counseling Office to check out the new Wall of Honor!*

**Class of 2021**

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### Welcome to Junior Year!



#### Becoming Familiar with Naviance: Helpful Tools

- College SuperMatch
- Similar Colleges
- College visits at LHS—register on Naviance
- **Career Assessments** such as:
  - Career Cluster Finder
  - Strengths Explorer
  - MI Advantage

*Now is a great opportunity to become familiar with Naviance and all of the tools it has to offer!*

#### *Tips on how to make the most out of your junior year:*

- Stay mindful—it only takes a few minutes ☺
- Get involved in clubs, sports or activities
- Become a leadership in an activity, sport or club you are already in
- Volunteer for a cause that is of interest to you
- Make genuine relationships with friends and teachers
- See your counselor
- Have fun and make memories!

SCHEDULE CHANGES DURING SEMESTER 1: PLEASE [CLICK HERE](#) OR VISIT THE [LHS WEBSITE](#)

2019-2020 <b>ACT</b> Test Dates	2019-2020 <b>SAT</b> Test Dates
Oct. 26, 2019	Nov. 2, 2019
Dec. 14, 2019	Dec. 7, 2019
Feb. 8, 2020	March 14, 2020
April 4, 2020	May 2, 2020
June 13, 2020	June 6, 2020
July 18, 2020	<i>Anticipated date: Aug. 29, 2020</i>



Challenge Day is happening at LHS on November 11th

### Happening Soon:

**December-February:**  
Post-secondary planning meetings with counselors

# CLASS OF 2022 & 2023

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*"Autumn leaves are falling, filling up the streets; golden colors on the lawn, nature's trick or treat!"*

#### TIPS FOR FRESHMAN & SOPHMORE

#### How to make an appointment with your school counselor?

- Fill out a green 'Student Appointment Request' in the Guidance Suite
- Email your counselor requesting an appointment
- Stop by during lunch or after-school to request an appointment



- Continue to check Genesis for updated grades and attendance
- Schoology & google classroom are widely used, be sure to check back for homework and assignment updates

#### Schedule Changes During the School Year: Semester 1

A student may change a level or drop a course during three schedule change windows. Each of these windows carries with it different procedures for calculating the first semester grade.

Dates	Changes Permitted	Transcript Notation	Grade Calculation for 1 <sup>st</sup> Semester
Sept. 9-16	Move Up or Drop in level	None	Grade = 100% from new course. <b>Moving up a level:</b> Student will make up all missing work including summer assignments by October 1, 2019. <b>Dropping down a level:</b> Student will make up all missing work with the exception of summer assignments.
Oct. 10-16	Drop in level only	None	Grade = 25% from original course and 75% from new course.
Nov. 6-13	Drop in level only	"WP" or "WF"	Grade = 50% from original course and 50% from new course.

- Be sure to listen to AM Wired each morning, if you missed an announcement [Click Here!](#)
- Want to know what clubs & organizations we have? [Click Here!](#)
- Don't forget to reference our [Student Handbook](#) & our [School Calendar!](#)

*Reminder*

Want to start planning your future? Check out

[BigFuture.Collegeboard.org](http://BigFuture.Collegeboard.org)

to begin your roadmap for post-secondary education

Not sure where to begin? Try our [Career Inventory](#)