



Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

Spring 2020 Counseling Newsletter

Let's get social! Follow us on Twitter:

Mr. Stern -- @LHSPrincipalNJ
Mrs. Crews -- @LPS_Counseling
Lancer Sports -- @LivLancers07039
Livingston Schools -- @LivSchools
Dr. Block -- @DocBlockLPS
Livingston, NJ -- @LivingstonNJ



Please know that celebrations and information are shared through Twitter and it is meaningful to follow us. See you on Twitter!

LHS Resources

COVID 19 Updates from Dr. Block: Dr. Block keeps us updated with any new updates about COVID 19

Social Emotional Resources: Mindfulness and other resources to help cope during COVID 19 and remote learning

AM Wired: Keep up with LHS' latest news and events

LPS Summer Academy: Summer class information

Pre-approved summer courses: Pre-approved courses for ISLO acceleration or remediation

LHS School Counseling website: Important information and updates are added frequently

Summer Schedule Changes: Looking to make a schedule change over summer? Check the LHS website for the form!

2020-2021 LPS District Calendar: First day of school is September 3, 2020

LHS School Counseling Department

Mrs. Sinead Crews
Director of School Counseling

screws@livingston.org

School Counselors

Mr. Adam Berryann

aberryann@livingston.org

Ms. Val Desamours

tdesamours@livingston.org

Ms. Kathleen Guzman

kguzman@livingston.org

Ms. Sarah Joseph

sjoseph@livingston.org

Ms. Amy Kessler

akessler@livingston.org

Ms. Stephanie Molaro

smolaro@livingston.org

Mrs. Loraine Morgenroth

lmorgenroth@livingston.org

Ms. Oshaira Pichardo

opichardo@livingston.org

Mrs. Tina Renga

trenga@livingston.org

Mindful Moments: Resources for Mindfulness Practices

- [Spring into Mindfulness](#)— 6 practices for Spring
- [Take a break from remote learning](#)— 5 common work challenges mindfulness can improve
- [TEDx Talk on Mindfulness](#)— “Exploring relationships and reflection in the cultivation of well-being”
- [My Younger Self](#)—You are not alone, celebrities and athletes share hope and pictures of their younger selves



Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

Spring 2020 Counseling Newsletter



Congratulations Class of 2020!

We wish you the best of luck in your future endeavors!



Helpful hints for Future College Students:

- Your roommate does not have to be your best friend.
- Your syllabus will be your best friend. Use it and plan ahead!
- Get help if you need it! Professors have office hours, use the writing lab, career services and other resources!
- Have fun and stay safe!



Reminders for Class of 2021:

- Brag Sheets are now available in [Naviance](#)
 - Remember to say "thank you" to your recommenders
- Check your email for information about summer workshops hosted by the School Counseling Office
- Create a [Common App](#) account
- Review the PowerPoint presentation sent out in April on Schoology
- Ask questions! Your counselor is here to help
- Senior post-secondary meetings will happen when we return to school in the fall—we ask that you come prepared!

****Seniors:** Transcripts will be updated and processed the second week of July. If your post-secondary program is requiring final official transcripts by July 1, please contact the program directly to share that final transcripts will be processed as soon as possible.*



COVID 19 and its impacts across our nation are being addressed at all colleges/universities differently. Check out this resource to see how a college or university that you are interested in is handling this situation: [click here](#) to learn more.

Always check with the school's website or admissions office to ensure the information in the link above is accurate!



Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

Spring 2020 Counseling Newsletter

FairTest

The National Center for Fair and Open Testing

[Fairtest.org](https://fairtest.org) is a great resource to search for colleges/universities that are test optional.



*O*Net is a great tool to help search for careers! They even offer recommended high school classes to take to prepare for that career!*



NAVIANCE

Did you know? All students should have a Naviance account! [Click here](#) to access Naviance.

What can Naviance do? Help with career & college planning! Naviance offers both strength and career assessments to help you search for future careers. You can also use the "colleges" tab and search for colleges!

Be kind to yourself...it's the best way to help achieve your goals!

To read more about this topic: [click here](#)

How Mindfulness Can Help You Navigate The Coronavirus Panic:
[click here](#)





Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

Spring 2020 Counseling Newsletter



3 Minute Meditation

Check in with your body and breath for a 3-minute break.

Try it today: [click here!](#)



Health and Wellness: Yoga

Yoga with Adrienne: visit [this YouTube](#) channel for all levels of yoga

Core Power Yoga: visit [this page](#) for various types yoga practices

Peloton: download [Peloton's app](#) for free and participate in yoga or athletic classes

Does remote learning have you stressed out?

Check out this [online calendar](#) for tips on how to cope each day!

"You are your only limit"



There's an app for that!

Download the official LPS app in the Google Play Store or iTunes App store today!



VIRTUAL COLLEGE VISITS



WISHING YOU COULD VISIT COLLEGES DURING THIS TIME? YOU CAN! CHECK OUT THESE RESOURCES FOR VIRTUAL TOURS AND INFORMATION:

- [YouVisit](#)
- [CampusTours](#)
- [YouUniversity](#)

- [Other Online Resources on Colleges' Webpages](#) (from ACT.org)
- [LHS College & Career Fair 2020 - Virtual Brochure](#)