

*We wish you a relaxing
and safe summer!*



Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

Spring 2021 Counseling Newsletter



Let's get social! Follow us on Twitter:

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



LHS Resources

LPS News: Dr. Block keeps us updated with any new updates about reopening this fall

Social Emotional Resources: Mindfulness and other resources to help cope during COVID 19 and remote learning. Check out our [LPS Virtual Calming Room!](#)

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

LPS Summer Academy: Summer school & bridge course information available here

Summer Schedule Changes: Deadline for summer schedule changes is August 12th at 3pm. Use the Google form (coming soon) on the LHS School Counseling website!

LHS Clubs and Sports: Click on those links to learn more about the current clubs and sports information

Looking for summer assignments? Check that department's page on the [LHS website](#) in June!

LHS Summer Counselor Connection: Returning to school may be tough, so let us enjoy some time together this summer. Stay tuned for the schedule of events!

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Ms. Nicole Rothman

starting July 2021



Making the Most out of Your Time at Home!

-[Being productive during quarantine](#)

-[Self-care during COVID](#)

-[Practicing Gratitude](#)

All five of the mental health presentations that counselors shared with students should be posted to your counselor's Schoology page, so check those out for some more self-care tips and mental health resources.

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Congratulations Class of 2021!

In a year like no other, you did it! We wish you the best of luck in your future endeavors!



Reminders for Class of 2022:

- Brag Sheets are now available in [Naviance](#)
- Check your email for information about summer workshops hosted by the School Counseling Office
- Stay organized! [This](#) can help.
- Continue to stay in contact with colleges. Use our [College & Career Fair website](#) to help
- Create a [Common App](#) account and work on your college essay(s). [This website](#) can help you get started!
- 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!
- Start to compile your final list of schools, deadlines and how many letters of recommendation you need
- **NEW and Coming Soon!** Utilize our new LHS College & Career Website
- Register for the small group college visits on Naviance in the fall

Counselors will continue to use Schoology, remind and email to share important information. Please make sure you have alerts set and check frequently!

Seniors: Transcripts will be updated and processed in 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.

Senior Spring Events:

June 3: Senior prom
June 18, 19, 21: My Graduation Moment
June 24: Graduation

Reminder: the deadline for the summer schedule change window is August 12th at 3pm!

Scheduling Reminders

All scheduling information can be found on the LHS School Counseling [website!](#)

Students should be able to see their tentative list of classes at the end of June.

If a student would like to make a schedule change, please use the summer schedule change Google form, and request the course change by 8/12 at 3pm.

Finalized schedules will be released at the end of August.

If you are taking an ISLO course this summer, your schedule will likely be changed after the 8/12 deadline.

Reminder: Counselors rotate being “on duty” during the summer so your counselor may not respond right away, but someone on duty can help!



Helpful Websites



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*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!*

Wondering what your strengths are based on your personality? Test yourself by taking the [16Personalities](#) assessment! You can find celebrities like you and even potential career options!

How to manage stress with mindfulness and meditation:
Learn more [here](#)

LHS Resources:

- [College & Career Fair Website](#)
- [Post-secondary organizer](#)
- [Scheduling information](#)

FairTest

The National Center for Fair and Open Testing

[Fairtest.org](#) is a great resource to search for colleges/universities that are test optional. Check it out—many schools have already announced that they are test optional for the Class of 2022!



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!

*As Dr. Seuss said:
“sometimes you will never know the value of a moment until it becomes a memory”,
so try to enjoy the moments in every day!*

Have a great summer!

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*Let us meditate through
May and into summer!*

[Calm.com](https://www.calm.com)
[Headspace.com](https://www.headspace.com)
[Mindful.org](https://www.mindful.org)

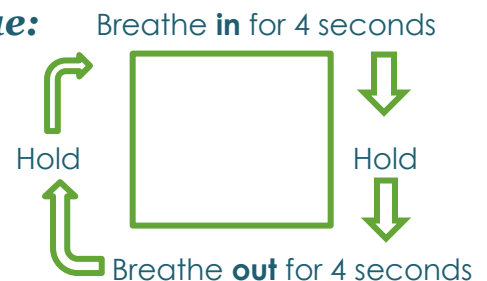
Health and Wellness:

- Tips for having a [balanced health triangle](#) (physical, mental and emotional health)
- LPS Social Emotional [Resources](#) & LPS Health and Wellness [Resources](#)
- [LHS Virtual Calming Room](#)
- [10 Tips](#) for Making the Most out of Your Virtual Workout
- [My Mental Health Check-In](#): 6 ways to check-in with yourself over the summer

What is mental, emotional, social and spiritual health, and why is it so important?

Learn more about it [here!](#)

Review of the “Boxed Breathing” Technique:



*Missed the LHS Virtual
College Fair? No worries!
Check out our page [here!](#)*



VIRTUAL COLLEGE VISITS

Many colleges are offering virtual visits, virtual admissions sessions and more online!
Check out some resources below.

- [YouVisit](#)
- [CampusTours](#)
- [YOUiversity](#)
- [Naviance](#) now offers a “virtual tour” feature on certain schools’ pages
- Check individual college websites for their own virtual info sessions!

NACAC is offering virtual college fairs! To learn more and to register, [click here.](#)