



Livingston High School

30 Robert Harp Drive, Livingston, New Jersey 07039

Winter 2020-2021 Counseling Newsletter

Scheduling Season has arrived!

Please read this newsletter in its entirety for important information.

Important Dates

- **AP Applications Due**- January 29th by 3pm
- **Teacher recommendations posted in Genesis**- February 9th
- **Individual scheduling meeting with school counselor (virtually)**- happening February 10th through March 26th
- **Deadline to request a change before master schedule is created**- April 2nd
- Tentative schedules posted in Genesis in June

Upcoming Presentations (happening virtually)

- **Turning Point Presentation**- March 18, 6-7pm
 - Intended audience: 18-21-year-old students
- **College Admissions Panel**- March 18, 7-8pm
 - Intended audience: Grades 10, 11, 12 & families
- **DDD Presentation (Guest Speaker)**- April 6, 6-7pm
 - Intended audience: Special Education parents, OOD/Self-Contained/ages 18-21
- **Class of 2021- Post-Secondary Application Process**- April 6, 7-9pm
- **LHS College Fair**- April 22, 7-8:30pm

Please see the next page for more dates specific to Scheduling

LHS School Counseling Department

Mrs. Sinead Crews screws@livingston.org
Director of School Counseling

School Counselors

Mr. Adam Berryann aberryann@livingston.org
Ms. Val Desamours tidesamours@livingston.org
Mrs. Marjorie Duffy mduffy@livingston.org
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Mrs. Loraine Morgenroth lmorgenroth@livingston.org
Mrs. Tina Renga trenga@livingston.org

Information & Tech Help

- LHS Scheduling Homepage: Check out our [scheduling website](#) to help with all this scheduling this year.
- Stay updated with LHS news and events from [AM Wired](#)
- Need help with technology? Complete [this Google Form](#)
- Schoology: Every school counselor has a Schoology page! The mental health presentations and other resources can be found on their page.





Scheduling Information

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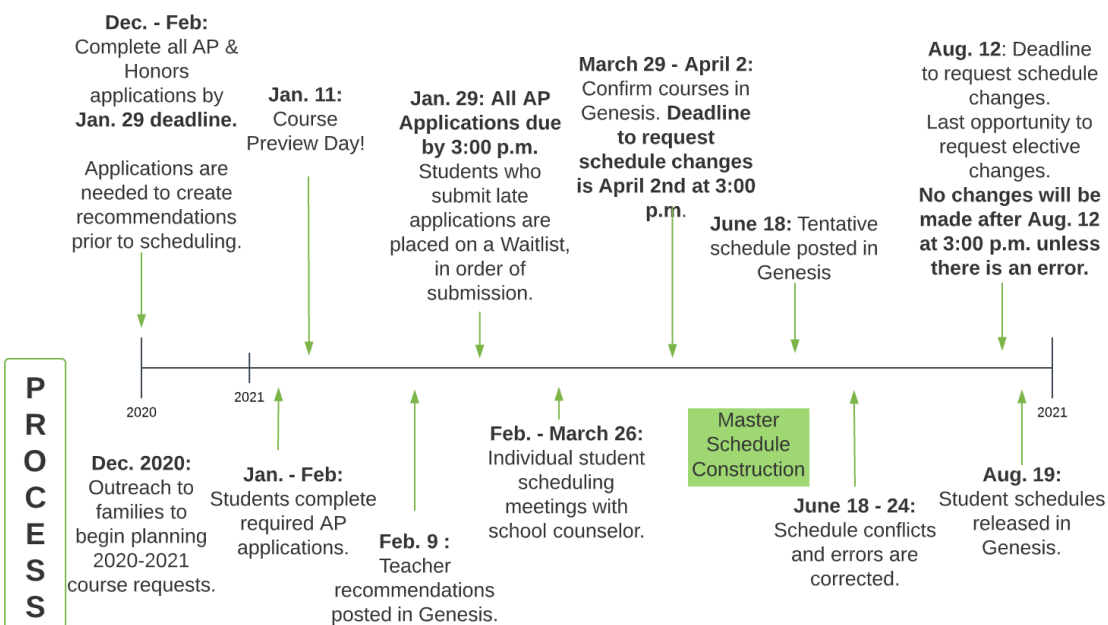
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Please review the information and use the resources provided in this newsletter to learn about the LHS scheduling process. Be sure to check your email and the LHS Website regularly for updates and announcements! **Scheduling will take place fully online this year, including Zoom sessions with your school counselor!**



SCHEDULING TIMELINE

TIMELINE

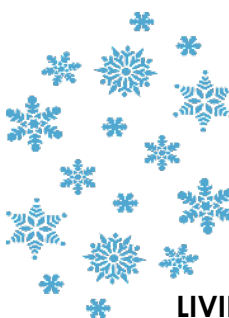


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- [2021-2022 LHS Course Guide](#)
- [Scheduling letter to families](#) including honors & AP information
- [LHS Department Websites](#)
- [ISLO Information](#)
- [2021-2022 LHS Scheduling Center website](#)
- [Course Preview Day Website, Screencasts and Information](#)
- [4 Year Planning Worksheet](#)
- [Course Selection Sheet](#)

Please visit the LHS [Scheduling Center website](#) for the course selection sheet for each grade level, highlighting available courses! The LHS Course Guide will confirm pre-requisite requirements.

*ISLO applications for the summer of 2021 are due by **April 1, 2021**. The ISLO application will be online this year and it will be posted on the LHS School Counseling department website once available.*





Scheduling FAQ



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AP APPLICATIONS ARE DUE BY

3PM on JANUARY 29

Late applications will be placed on a waitlist



Q: How will my course selection meeting take place this year?

A: Students will have a window of time to review their recommended courses in Genesis and then select their courses for next year electronically, on Genesis. Then, you will meet individually with your school counselor to review the courses you selected. All scheduling appointments will take place virtually—through Zoom or Google Meet.

Q: How will I know when my scheduling meeting is?

A: You will receive an email or a Remind notice from your counselor prior to your meeting, so be sure that you check your email regularly and/or have joined your counselor's remind class!

Q: What will we discuss at my scheduling meeting?

A: Your counselor and you will review your progress this year, teacher recommendations, graduation requirements, the courses you selected, and your future plans to determine the best courses. Please review the course guide ahead of time and be prepared to speak about electives you would like to take, including backups.

Q: Who can I speak to if I am not sure what course/level would be best for me?

A: Your teachers, the department supervisors and your counselor are all people you can go to with questions about courses and levels.

Q: Where can I learn about courses for acceleration?

A: You can read about taking courses for acceleration through the [LHS Course Guide](#). You can also review the ISLO application here on the [LHS School Counseling website](#).

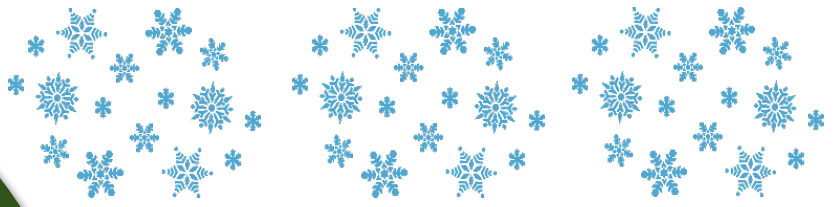
Q: Will I be able to see a list of the courses I requested during my scheduling meeting?

A: Yes, you will be able to view your course requests in Genesis through April 2nd.

Q: Are some students given preference in regard to requested courses? What are the chances that I will get the electives I requested?

A: No one student has an advantage over another. Being first or last to have a scheduling meeting has no impact on your chances of getting your requested courses. When entering requests, we will be mindful of graduation requirements, academic performance, school and life balance, and AP application completion. Your counselor will ask you to provide back-up options for your elective choices. While we cannot guarantee that you will get all of your requested electives, it is likely that you will get some combination of your first and backup choices.





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Q: What can I do if I missed the AP application deadline?

A: If you miss the deadline, you can still complete the application and you will be placed on the waitlist. If you have any questions, you can also contact the Supervisor who oversees the department to discuss waitlist opportunities.

SUPERVISORS' INFORMATION

Social Studies: Mr. Raphael—craphael@livingston.org

English: Mr. Wittmaack—kwittmaack@livingston.org

Science: Mr. Carey—bcarey@livingston.org

Math: Mr. Matheus—amatheus@livingston.org

Business/Technology/FCS: Mr. Rolling—rrolling@livingston.org

Art/Music: Mrs. Rubin—mrubin@livingston.org

Find information about the Senior Internship Program [here!](#)

Don't forget to check the **'Senior Internship Checklist'**

Applications for the Senior Internship Program are due by **February 26, 2021.**

CLASS OF 2022

If you have not already scheduled a post-secondary conference with your School Counselor, please be sure to do so!

Did you know? *If you have a certain college in mind, Naviance offers suggestions on what classes you should take in high school! Click on the "Admissions" tab and scroll to the bottom!*

How to choose a balanced schedule...

- Reflect on interests/strengths or take something new!
- Remain mindful of current school/work/life balance
- Identify progress of short-term and long-term goals
- Consider current classes, work ethic and future commitments while choosing classes
- Review and discuss course recommendations with teachers, family and counselor



Mental Health Resources

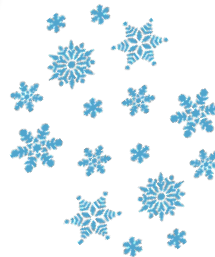
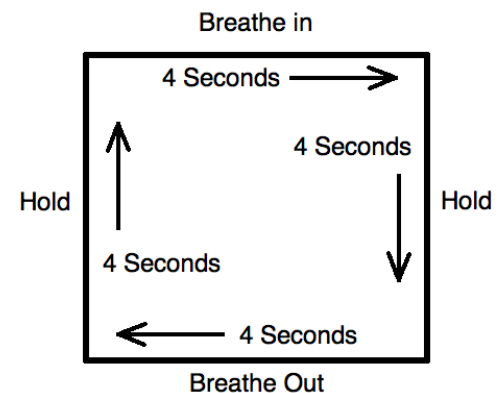
Visit your School Counselor's Schoology group for all Mental Health lessons or [click here](#)

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Box Breathing Technique



Mindfulness Daily Practices

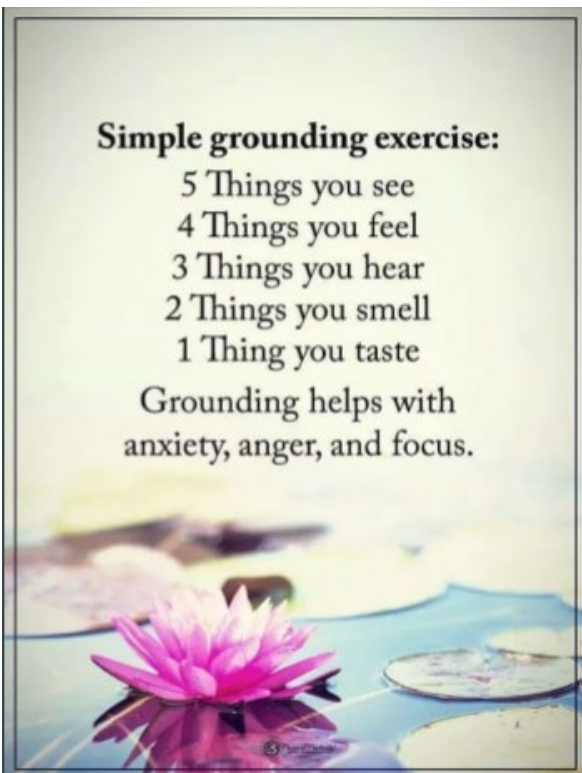
Available [here!](#)



Simple grounding exercise:

- 5 Things you see
- 4 Things you feel
- 3 Things you hear
- 2 Things you smell
- 1 Thing you taste

Grounding helps with anxiety, anger, and focus.



How to Create a Successful Remote Learning Space

- **Mark your calendar**— check teachers' online classrooms and assignments, then mark your calendar for what is due now and in the near future
- **Establish a good work workspace**— find the best spot for you; think about sitting in a chair or at a desk may be best
- **Set up a regular routine**— create and follow a schedule to keep you on track each day
- **Create a realistic study schedule**— organize your study time (and break time!)
- **Know your resources & stay engaged**— teachers have office hours almost every day & school counselors are available to meet for counseling **More information and tips can be found [here!](#)**

7 WAYS TO STOP PROCRASTINATING [RIGHT NOW!](#)

Having trouble sleeping? Try a free meditation before bed through [Calm.com!](#)