



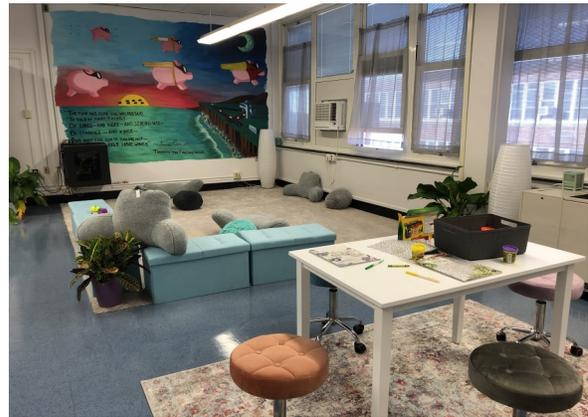
Governor Livingston High School Counseling Newsletter

Welcome Back!

Fall 2019

What's New @ GL

“THE WELLNESS CENTER “



The GLHS Administration designed a room to help students and staff distress. The room has mood lights, puzzles, noise cancellation headphones and ipads equipped with meditation apps. It is staffed by faculty members and students are welcomed to stop by.

Important Upcoming Dates & Events

<u>October 16, 2019</u>	PSAT grades 9-11
<u>October 16, 2019</u>	Mr. Bob Segear will present his Prom Weekend Safety Program to the Seniors
<u>October 23, 2019</u>	Junior College & Career Night 7:00 pm GLHS Auditorium
<u>November 4, 2019</u>	Berkeley Heights School District Consortium presents Sue Sutton “ <i>Cyberbullying & Reputation</i> ” 7:00 pm
<u>November 5, 2019</u>	Sue Sutton will present “ <i>Cyberbullying & Reputation</i> ” to GL students grades 9-12 and also a faculty training
<u>November 6, 2019</u>	End of 1st Marking Period
<u>November 12-16, 2018</u>	Junior Naviance Lessons in English classes
<u>December 10-12, 2018</u>	PSAT score release and outreach to counselor

Our Counseling Department

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Counselors

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“It’s Your Life, Make Today Count”

Annual Drug & Alcohol Policy Review

Mr. Segear held his annual review of the district's Drug & Alcohol Policy and current discussed drug trends to all students grades 9-12 during P.E. classes. He also reviewed the policy with the faculty

College & Career Fair October 7, 2019 6:00 pm –7:30 pm Blue and Red Gyms

- Our Counseling Department is currently finalizing our *2019 College Fair*. Last year's event welcomed over 30 college admission counselors from 4-year and 2-year colleges, technical and trade schools.
- College admission counselors provide small group visitations at GL from September-December. Please check with Mrs. Deva in Guidance for the schedule

Naviance

- Counselors facilitated Senior Naviance Classroom Lessons in September
Senior College & Career Night was presented in September to all parents of seniors
- Counselors will facilitated Junior Naviance College & Career exploration Lessons in November
Junior College & Career Night was presented in October to all parents of juniors

Red Ribbon Drug & Alcohol Awareness

On October 8 & 23, 2019, Mr. Bob Segear's TREND Club will be visiting the 8th graders @ the Deerfield and Columbia Middle Schools and present their annual Red Ribbon Drug & Alcohol Role Model Lesson

The GLHS Guidance Department

- Supporting all students socially & emotionally
- Practicing mindfulness with all students
- Educating our staff on the practice of mindfulness
- Assisting Seniors with the college application process
- Making sure our Juniors & Sophomores are on track academically
- Getting to know our Freshman students
- Providing all students with college & career exposure
- Continuing to participate in professional development to provide the most effective services to our students
- academically, socially, and emotionally

Junior Conferences

We are anticipating another great turnout at our *Junior College & Career Night* on October 23, 2019. Following the program, students and parents are encouraged to contact their counselors to schedule a junior conference!

2019 Course Selection Dates*

<u>January 28-29, 2019</u>	Course selection elective discussion in PE classes (9-11th)
<u>January 30, 2019</u>	HS Counselors visit CMS & Deerfield to introduce the 2019-2020 Program of Studies
<u>February 4-6, 2019</u>	HS Counselors begin Course Selection @ CMS
<u>February 12-13, 2019</u>	HS Counselors begin Course Selection @ Deerfield
<u>February-March 1, 2019</u>	Grade 9 Course Selection with Counselor
<u>March 4-8, 2019</u>	Grade 11 Course Selection with Counselor
<u>March 11-15, 2019</u>	Grade 10 Course Selection with Counselor

***Dates subject to change**

GL Counseling Department offers *College JumpStart Program*
Don't miss this opportunity offered in the summer!

As part of the GL Summer Institute, the GL Counseling Department has offered two-extremely successful years of **College JumpStart**. This program provides rising GL seniors the opportunity to challenge themselves by taking ownership of the college application process. Summarizing the summer of 2019 successes of the two 1-week sessions offered, senior students had the opportunity to work in small groups and individual settings on various topics including: resume building, college essay development, mock interviews, admissions Do's & Don'ts, time management, organization, and Coalition/Common Application assistance and much more!

Specifically, students indulged in presentations, workshops, and rich discussions from admission counselors from colleges including: Villanova University, University of New Haven, Princeton University, The College of New Jersey, Bucknell University, & Stevens Institute of Technology. Through expert knowledge, perspective, and feedback, students obtained individualized opportunities to obtain feedback on their resume, college essays, interview skills, and application process. Additionally, Mrs. Morin, the GL counselor provided extended hours beyond the program to provide assistance with follow-up questions and clarification.

What Students anonymously reported about the program:

- Learned the most: “How to start and finish my applications; how to improve my resume and essay and lots of good interviewing skills!”
- “I learned most about how to break down this whole process step by step. I probably learned most about how to encounter interviews though. I learned how important they are and what type of questions are involved.”
- “I learned the most about having my best aspects of my application and resume be easily seen by the reader.”
- “I liked hearing all the useful tips and tricks about applying for colleges, as well as getting started on the college admissions process as it relieved some stress.”

What Parents anonymously reported about the program:

- “The course was great. I would definitely recommend this class. It helped my daughter with her confidence and she is feeling great about being ahead. She got a lot out of the mock interview. She was able to practice "talking about herself".
- “My son is now more confident and prepared for the upcoming process and what outstanding items need to be completed.”
- “Meaningful advice and good encouragement.”
- “I thought the instructor did a great job of helping each student individually as the whole experience was very personalized.”
- “I think it was great they got to work on key items for the college application process, items that are time consuming and overwhelming such as the resume and essay.
- “Having college admissions reps was great. It added some valuable insight. I am sure coming from "the source" gave the lectures more credibility in the kids eyes.”
- “Liked that it helped my son "own" the process.
- “I would recommend this to everyone! It was worth the money!!!! Thank you!”

If anyone would like information about the program or registration for Summer 2020

Email Us: GLSummerInstitute@bhpsnj.org



