



# Governor Livingston High School Counseling Newsletter

November 2018

## **Our Counseling Department**

### **Director**

Dr. Ashley Janosko Ext. 2716  
ajanosko@bhpsnj.org

### **Counselors**

Mr. Christopher Coughlin Ext. 2710  
ccoughlin@bhpsnj.org

Ms. Carolyn Quigley Ext. 2711  
cquigley@bhpsnj.org

Dr. Rhonda Cooperstein Ext. 2711  
rcooperstein@bhpsnj.org

Ms. Marissa Gold Ext. 2712  
mgold@bhpsnj.org

Ms. Michelle Morin Ext. 2714  
mmorin@bhpsnj.org

Ms. Deborah Velelis Ext. 2715  
dvelelis@bhpsnj.org

### **Student Assistance Counselor**

Mr. Bob Segear, Ext. 2713  
bsegear@bhpsnj.org

### **Counseling Assistants**

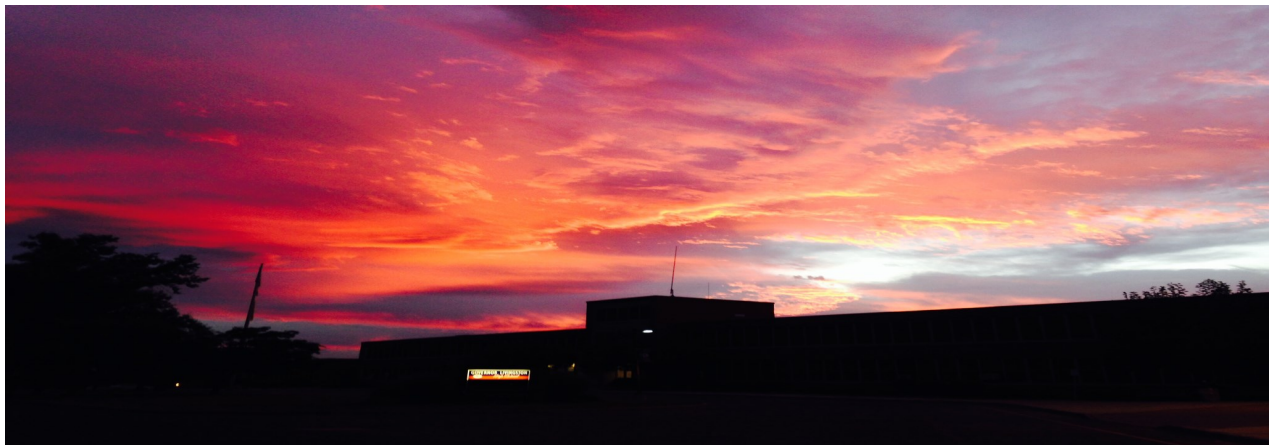
Ms. Karen Talbot Ext. 2600  
ktalbot@bhpsnj.org

Ms. Yuthika Deva Ext. 2601  
ydeva@bhpsnj.org



## **We've been busy....**

- 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



***“Thanks For Coming to School Today”***

## Mindfulness

Our Counselors continue to provide Mindfulness Activities in large group, classroom, and individual settings to our students grades 9-12

## College & Career Exposure

- Our Counseling Department organized the *2018 College Fair* on Monday, October 1st. This event welcomed over 130 college admission counselors from 4-year and 2-year colleges, technical and trade schools.
- College admission counselors provide small group visitations at GL September-December
- Military, trade, and vocational programs provide small group visitations at GL September-January

## Naviance

- Counselors facilitated Senior Naviance Classroom Lessons in September  
*Senior College & Career Night was present 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*

## Annual Drug & Alcohol Policy Review

Mr. Segear held his annual review of the district's Drug & Alcohol Policy to all students grades 9-12 during P.E. courses.

## RED Ribbon

Mr. Segear's TREND Club visited the 8th graders @ CMS and Deerfield Schools and presented their annual Red Ribbon Drug & Alcohol Role Model Lesson

## Important Upcoming Dates & Events

<u>November 3, 2018</u>	SAT @ GL
<u>November 7, 2018</u>	End of 1st Marking Period
<u>November 8, 2018</u>	Pre-ACT
<u>November 13, 2018</u>	Berkeley Heights Consortium presents Michael Deleon. <i>"Vaping Me Crazy/Weed Between the Lines"</i> He will provide three student assemblies and a 7:00 pm Parent Program
<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

## Junior Conferences

After a successful turn-out at the *Junior College & Career Night* on October 15th, 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**