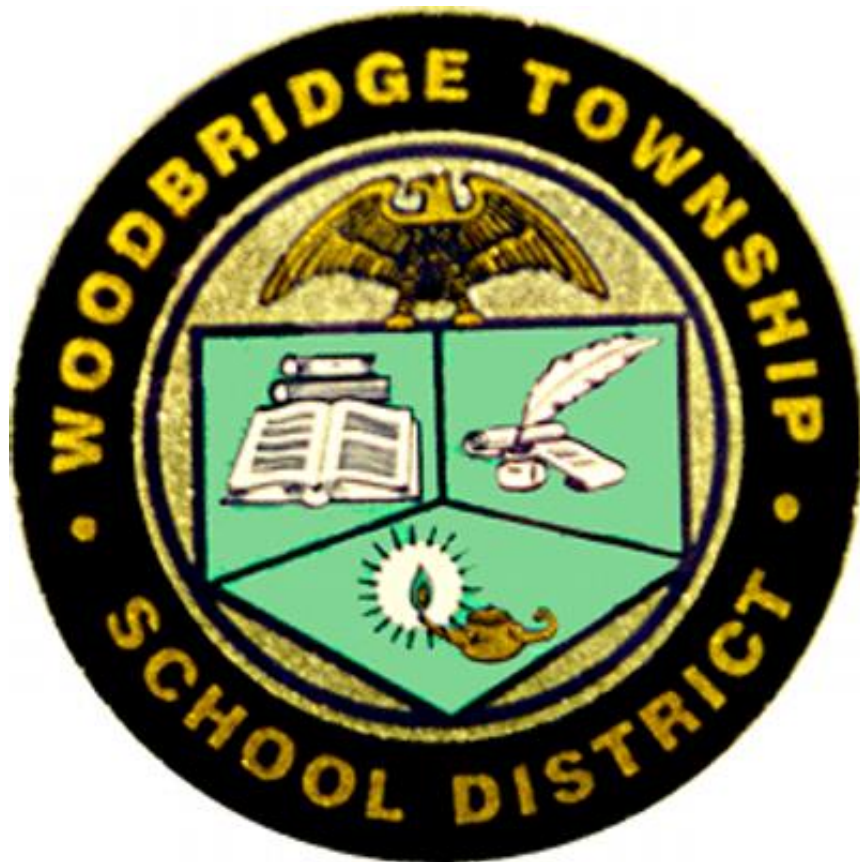


# Woodbridge High School

Guidance Department



@BarronsGuidance

## WHS Counseling Department

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- Counselors will have access to Genesis/voicemail/email if you any questions/concerns.
- Log into Google classroom and Zoom/Google Meets classes and make sure you have completed all daily assignments. You must make sure you submit the assignments.
- Reading on a daily basis is necessary. Please try to complete at least 30 minutes of independent reading.
- Please check Naviance as often as possible. Complete any tasks that are assigned to you. 9<sup>th</sup> graders do not have a Naviance account yet.
- All students should be working on a Resume. Use Google docs for a template. It is not too early to begin a student resume which you can add onto over the years. This will be helpful when applying to college. Also, log into Naviance a Resume Builder task has been assigned to you.



# Freshman

- Continue with all work assignments on Google Classrooms
- Read independently 30 minutes daily
- Use khanacademy.org for PSAT and SAT prep lessons, this should be done daily
- Check Naviance for any new tasks assigned

Other resources:

<https://www.woodbridge.k12.nj.us/>

<https://www.khanacademy.org/>

<https://www.collegeboard.org/>

<https://www.hesaa.org/Pages/Default.aspx>



# Sophomores

- Continue with all work assignments on Google Classrooms
- Read independently 30 minutes daily
- Use khanacademy.org for PSAT and SAT prep lessons, this should be done daily
- Check Naviance for any new tasks assigned

Other resources:

<https://www.woodbridge.k12.nj.us/>

<https://www.khanacademy.org/>

<https://www.collegeboard.org/>

<https://www.hesaa.org/Pages/Default.aspx>



# Juniors

- Continue with all work assignments on Google Classrooms
- Read independently 30 minutes daily
- Use khanacademy.org for PSAT and SAT prep lessons, this should be done daily
- Use Naviance to complete your Supermatch and any other assignments that are sent to you.
- Begin your college search. Use the Virtual college tour links at the end of this document.

Other resources:

<https://www.woodbridge.k12.nj.us/>

<https://www.khanacademy.org/>

<https://www.collegeboard.org/>

<https://www.hesaa.org/Pages/Default.aspx>

## Seniors



- Continue with all work assignments on Google Classrooms
- Complete scholarships that are listed under the Guidance tab on the WHS website. Check for due dates.
- Read independently for 30 minutes daily
- Use [khanacademy.org](https://www.khanacademy.org/) for SAT prep lessons

Other resources:

<https://www.woodbridge.k12.nj.us/>

<https://www.khanacademy.org/>

<https://www.collegeboard.org/>

<https://www.hesaa.org/Pages/Default.aspx>



# Mental Health Resources

## 2nd Floor

<https://www.2ndfloor.org/>

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school or at play.

If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing, call **888-222-2228** anytime or text us at 888-222-2228.

## National Suicide Prevention Hotline

Adolescents and others experiencing suicidal crisis or emotional distress can call the National

Suicide Prevention Lifeline at 1-800-273-TALK. Calls made to this 24-hour hotline are routed to the caller's nearest crisis center. People who may be uncomfortable speaking on the phone can text the Crisis Text Line at 741741 to connect with a trained crisis counselor. Texts are answered quickly 24/7.

## Directory of Mental Health Services New Jersey by County



[https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH\\_DIRECTORY\\_by\\_County.pdf](https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH_DIRECTORY_by_County.pdf)

**Middlesex County Smart Book**

<https://www.nj.gov/corrections/pdf/OTS/SmartBooks/MiddlesexCountySmartBook.pdf>

**KHAN ACADEMY**

<https://www.khanacademy.org/join/KGUSUWMV>

**CLASSES**

1. COLLEGE ADMISSIONS
2. HOW TO MAKE HIGH SCHOOL COUNT

## **ADDITIONAL RESOURCES**

### **RELAXATION SKILLS FOR ANXIETY**

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaid%3Asc%3AUS%3A59d0d104-84d0-4062-a4a6-abbd1b452282>

### **TIME MANAGEMENT**

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaid%3Asc%3AUS%3A898f4ab4-2229-49d0-acea-5001ea600f5a>

### **MANAGING STRESS FOR TEENS**

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaid%3Asc%3AUS%3A82334759-5880-4c9c-b75f-0edf672a0ca3>

### **TEST TAKING STRATEGIES-COMMON QUESTIONS & ANSWERS**

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaid%3Asc%3AUS%3Aca7c4fa6-4ded-4bdd-a8d5-c5606a298881>

## VIRTUAL COLLEGE TOURS

### You Visit

<https://www.youvisit.com/collegesearch/>

### Campus Tours

<https://campustours.com/>

### ECampus Tours

<http://www.ecampustours.com/>