



ORRHS Guidance Newsletter

Current Guidance Happenings

As we head into our final week before winter break and the start of a new year, we want to express our gratitude for the students, staff, and families of our Bulldog community. We wish you rest, peace, love, and happiness. **Please note that this edition of the newsletter will be for the week of December 19th and the week of January 2nd.**

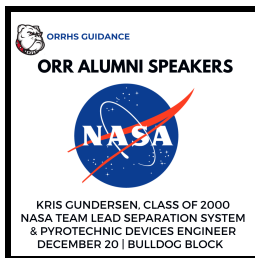
Winter Break Dates

Friday, December 23rd is a half day for staff and students and marks the beginning of winter break. Students return to school on Tuesday, January 3rd.

Marking Period Reminder

Term 2 Grades close on January 20, 2023.

Alumni Speaker Event - NASA - December 20th, Grades 9-12



ORR Alumni Kris Gundersen - NASA Team Lead, Separation Systems and Pyrotechnic Devices, will present virtually to students about “The Space Launch System” and his journey from ORR to NASA on December 20th during Bulldog Block.

Students should sign up with their Bulldog Block Mentor to attend or through this google form: [ORR Alumni Speaker - NASA](#)

MTTI Field Trip - January 5th, Grades 11 & 12

Is your child interested in a career in the trades? If so, we have the perfect opportunity to explore different trades by visiting MTTI on January 5th with our ORRHS guidance staff. Please complete this [MTTI Form](#) to sign up through the guidance office.

Guidance Advisory Council - January 5th

Thank you to our families who have signed up to be a part of the Guidance Advisory Council. Our first meeting is set for January 5th at 5 pm in the Guidance Conference room.

Parent/Guardian Education Night (Hidden in Plain Sight) - January 12th

We invite all parents/guardians to join us on **Thursday, January 12th from 6-8pm** in the high school library. We will host an interactive presentation for parents who may be concerned by changes in their child’s behavior or changes in their social group’s behaviors. The presentation educates parents about how teens and preteens use everyday items to hide evidence of risky behaviors. Using a mock setup of a teenager's bedroom, items are hidden in plain sight all around the room to teach parents how to become more curious, observant and involved—and how to respond when they uncover something that is hidden in plain sight. If you have any questions about this presentation or want to talk with someone before January 12th about any concerns for your student, please contact Lauren Millette, Director of Guidance at laurenmillette@oldrochester.org.

RSVP Here: [Parent/Guardian Education Night](#).

BCC on the Spot - January 19th

Attention senior families - A representative from Bristol Community College will be here on Thursday, January 19, for an "On the Spot College Acceptance Day". Senior students are offered same day admittance and the application fee is waived. To take advantage of this one time opportunity, students must contact their guidance counselor to sign up by **Thursday, January 12**.

*On **January 18**, during Bulldog Block, students who have registered for this opportunity will meet with the counselors to pre-register and start their online application to BCC. Students must bring their chromebook and their social security number as it is required to complete the application.

Save the Date - ASVAB Testing February 8th



The ASVAB career exploration program reminds students that in order to find career satisfaction, you need all the facts about your skills and interests, the world of work, and your post-secondary options to make informed decisions. The ASVAB has you take the assessments, explore your options, and build your plan. The ASVAB Career Exploration Program includes a validated aptitude test and interest assessment. The results are used to guide career exploration using career planning tools. We are excited to announce that the ASVAB test will be held on **February 8th**, following our half day, from 12-3pm and offered to any student who wants to participate. To learn more, visit the [ASVAB Program](#). To sign up, [RSVP HERE](#).

Attention Sophomore and Junior Families - PSAT Results

CollegeBoard shared PSAT results with students via email last week. Do you need help understanding scores? Your student can make an appointment with their counselor to learn more about the score breakdown.

Recommended links for students and parents: [Understanding your PSAT score](#) and [Personalized Practice for SAT](#).

Attention Sophomore Families - Career Exploration Sessions

Counselors have met with all Sophomores to discuss Career Exploration. Interested in your students' Career Exploration results? Ask them to show you their results in their Naviance account. Here is a copy of the presentation for your review: [Exploring Careers Presentation](#)

Attention Senior Families - Scholarship information

Available scholarships can be found on our guidance website and will be updated as new scholarship opportunities come in. Use this quick link to access this information on our website: [Scholarship Information](#)

Taking the SAT?

- **Feb 10th** is the deadline to register for the **March 11th** test
- **April 7th** is the deadline to register for the **May 6th** test
- **May 4th** is the deadline to register for the **June 3rd** test

ATTENTION JUNIOR FAMILIES: Counselors recommend that **JUNIORS** take either the **May or June** test, if they are going to test. Students should register through their College Board accounts - [SAT Registration](#) *Any student needing a fee waiver should see their guidance counselor.

FAFSA Support for Senior Families

Seniors, do you still need help filling out the FAFSA? Select from several virtual opportunities for FAFSA help: [FAFSA Day Links](#)

Pre-College Summer Opportunities for Students



Tufts University is pleased to announce that they are accepting applications for the summer 2023 [Adventures in Veterinary Medicine \(AVM\)](#) program at Cummings School of Veterinary Medicine at Tufts University.

AVM is an exciting and intensive program where students can explore the wide variety of careers available within veterinary medicine and discover first-hand what it is like to attend veterinary school. For students who are trying to determine whether veterinary medicine is the right career path, AVM is a great way to gain a deeper understanding of the profession. The program is also helpful for students who have already decided on a future in veterinary medicine, as it allows them to experience life as a veterinary student and explore opportunities within the field. Many past AVM participants have successfully gained admission to veterinary school both at Tufts and at other schools. During the two-week session, participants will investigate specialty fields, such as wildlife, nutrition, and surgery, gain hands-on experience with our teaching animals, learn about veterinary school admission and financial aid processes, practice bandaging and suturing, and more!

Two session options exist: High School Residential and Commuter Sessions: July 10-21, 2023 & July 24-August 4, 2023. Full details, including eligibility, tuition, and the online application, can be found on the [Tufts AVM Website](#).

SEL Tip of the Week



While the holiday season is full of cheer, let's be real and recognize that holidays and even the idea of a new year and a new set of goals can be stressful! Try to practice these holiday self care tips as a means to take better care of yourself and others:

1. Enjoy holiday failures and imperfections. Laugh and let go.
2. Practice mindfulness. Breathe. Pause. Reflect.
3. Let go of expectations. Replace expectations with gratitude.
4. Don't overschedule. Remember to take the time to re-group by giving yourself time to slow down and break free of a busy routine. Rest.
5. Do something you love. Bake those cookies, read that book, get out and go for that run!
6. Surround yourself with positive people. Energy is contagious. Spend time with those who bring you joy and appreciate you for you.
7. Set healthy boundaries. Be clear with what you are ok with and what you are not.
8. Ask for help. Don't let pride get in your way. Speak up for what you need.

Upcoming College Rep Visits at ORR



College/University information sessions are held during Bulldog Block. Juniors and Seniors must sign up online through Naviance and with their Bulldog Block Mentor to attend. To access [Naviance](#) use your student username and password.