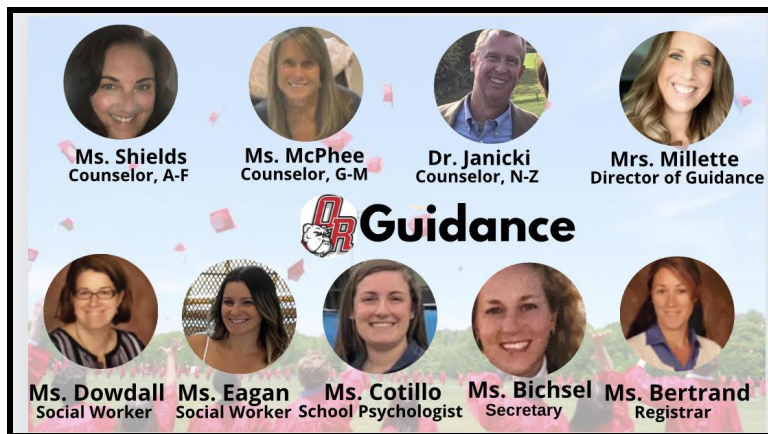


ORRHS Guidance Newsletter

Current Guidance Happenings

Welcome back to school from your ORRHS Guidance Department! We have loved having the students back in the building this week and look forward to a great year ahead of us. Students and families, please reach out if you need anything at all.

Introducing your ORRHS Guidance Team:



lisashiels@oldrochester.org;
wendymcphee@oldrochester.org;
mikejanicki@oldrochester.org;
laurenmillette@oldrochester.org;
kerridowdall@oldrochester.org;
vanessaeagan@oldrochester.org;
juliecotillo@oldrochester.org;
heatherbichsel@oldrochester.org;
kellybertrand@oldrochester.org

508-758-3745 x 1414

The Old Rochester Regional High School Counseling Department is committed to advocating for all students and providing a comprehensive guidance curriculum as an integral part of education for students on all levels. Our counselors provide students with the necessary tools to support their educational, social-emotional, and career interests through individual, small group, and classroom experiences. Our counselors promote responsible, active citizenship and lifelong learning. As a result, our students are inspired to think, learn, and care.

Attention Sophomores and Juniors - PSAT Information, Register by 9/12



PSATs are offered to **10th and 11th grade students** and will be held on **Saturday, October 14th**. It is important to note that PSATs are **DIGITAL** this year! Any student who is interested in registering to test should see Ms. Bichsel in guidance by **September 12th**. PSATs will cost \$25 per student and payment can be made as cash or check, payable to Old Rochester Regional High School. Please see your guidance counselor with any questions!

Information for AP Students

Attention all AP students, create your CollegeBoard account and join your AP Google Classrooms if you haven't already! If you need help with your log on, please contact Mrs. Millette.

Guidance is now collecting the \$40 per exam non refundable down payment for your Advanced Placement Exam(s). The deadline to make your deposit is **Friday, November 2nd**. Payments of cash or check (made payable to ORRHS) will be accepted in the guidance office. If you miss this deadline, an additional \$40 per exam late fee will be added to your exam cost. The full cost per exam is \$98 with the exception of Seminar and Research, which is \$146 per exam. If you qualify for Free or Reduced lunch and would like to apply for a waiver, you must contact Guidance prior to Friday, November 2nd, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$15 per exam, due by November 2nd to avoid the \$40 per exam late fee. Please contact laurenmillette@oldrochester.org with questions related to APs.

SAT Information

Are you planning on taking the SAT? Here are some important deadlines to remember:

- Sept 7 is the deadline to register for the Oct 7th test
- Oct 5 is the deadline to register for the Nov 4 test
- Nov 2 is the deadline to register for the Dec 2 test

Students register using their College Board accounts at [SAT College Board Registration](#)

Reminder - fee waivers are available in guidance for eligible students

Important Senior Information

Senior Meetings

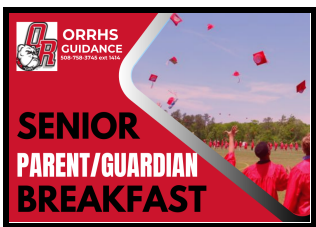


We know how important it is for our families to feel supported during the transition to life beyond high school and are here to help! Contact us at any time with questions. On **Friday, September 8th**, the Guidance Counselors will begin meeting with small groups of seniors in the Guidance Conference Room during a study hall to review the steps in the college application process, Naviance, the Common Application, and scholarships. Students should be checking EHall Pass for meeting times. In addition, screencast tutorials have been created and posted on the guidance website under Grade 12, that you may find helpful RE: Naviance and creating a Common Application. Meetings will last approximately 45 minutes.

Senior To Do List

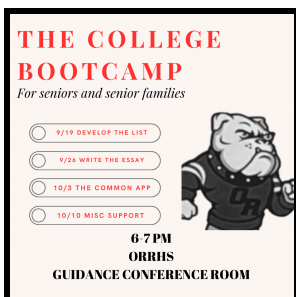
Seniors- It's time to make sure that your **Naviance Senior Questionnaires** and **Resumes** are complete. Please take the time to complete those if you haven't already. Reach out to your guidance counselor if you have any questions! Here is a quick [link](#) to our website and a snapshot of our [Senior Curriculum](#) for your review!

Senior Parent/Guardian Breakfast: 9/12 @8:00am



Attention Senior Parents/Guardians: The Guidance Office invites you to attend our Senior Parent/Guardian Breakfast on **September 12th at 8am**. We will discuss all Senior related information including the college application process and scholarships. [RSVP Here](#). The presentation will run for approximately an hour. All registered families should sign in at the front and will be brought to the cafeteria by counseling staff. For those who cannot attend, we will send you our presentation via email. Please contact laurenmillet@oldrochester.org with questions.

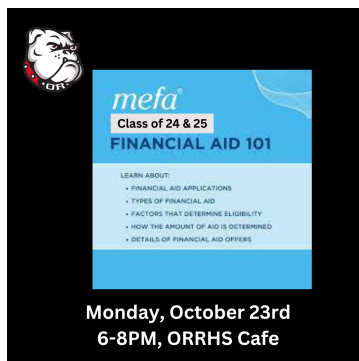
The College Boot Camp for Seniors and Families



The College Boot Camp is a series of one hour sessions for seniors and families, offered by ORRHS Guidance team members, and will run on **9/19, 9/26, 10/3, 10/10 @6pm** in the Guidance Conference Room.

9/19 - Making the List
9/26 - Writing the Essay
10/3 - The Common App
10/10 - Miscellaneous Support

Junior and Senior MEFA College Financing Seminar - October 23rd



Attention '24 and '25 Parent/Guardians SAVE THE DATE: Join us as our ORRHS Guidance Department hosts a MEFA College Financing Seminar on **Monday, October 23rd at 6 pm in the high school cafeteria.** This seminar will provide information and clarity on the entire financial aid application process. You will learn about financial aid applications and types of financial aid, the factors that determine your aid eligibility, how colleges determine the amount of aid to offer, and the details of the financial aid award letters. *Seniors are able to start applying for financial aid as early as December 1st.* (Massachusetts Educational Financing Authority; www.mefa.org) Want a copy of MEFA's presentation? [Click here](#)

Ongoing Virtual Opportunities to Learn from MEFA

Check out MEFA's valuable resources and tools to help you prepare for the future and navigate the college planning process. The Massachusetts Educational Financing Authority is here to help. Register for live sessions by visiting www.mefa.org/events.

Aviation Career Field Trip, Open to grades 9-12

Are you interested in a career in aviation? Join the ORRHS guidance team as they visit the Cape Cod Gateway Airport in Hyannis on September 22nd from 10:30-12:30 to learn about careers in aviation and aerospace. To express interest, please complete this [Aviation Field Trip Interest Form](#).

Volunteer Opportunity, Open to grades 9-12

The Buzzards Bay Coalition is a nonprofit organization dedicated to the restoration, protection, and sustainable use and enjoyment of our Bay and its watershed. As a volunteer, students will join a network of volunteers of all ages and backgrounds who are passionate about the Buzzards Bay region and clean water.

Their biggest upcoming volunteer opportunity is the Buzzards Bay Watershed Ride, one of their signature fundraising events taking place on Sunday, October 1st. The Watershed Ride is a scenic bike ride throughout the Buzzards Bay watershed region. With three routes of either 100, 75, or 35 miles, around 400 riders every year ride throughout the South Coast and end in Woods Hole. They are looking for volunteers to help support the riders at start lines, water stops, along the course, and at our finish line party.

Any interested students can fill out the [online form linked here](#). If you have questions, please contact Erin Ban, Manager of Member Engagement & Development, at ban@savebuzzardsbay.org or by phone at 508-999-6363 (x236).

Local College Events for Juniors and Seniors

The University of Notre Dame's Office of Undergraduate Admissions will be hosting ND on the Road events in our area. These events include information on academic, community, and spiritual life at the University of Notre Dame, as well as insights into the admissions and financial aid processes. This is a great opportunity for students and their families to learn more about Notre Dame.

Registration for the ND on the Road events is available here:

Monday, September 25, 2023 at 7:00 PM

La Salle Academy, 612 Academy Ave, Providence, RI

<https://enrollment.nd.edu/portal/ndontheroad?id=8571da7f-a93b-416b-b80f-d7a3c1d94ab4>

Wednesday, September 27, 2023 at 7:00 PM

St. John's High School, 378 Main St, Shrewsbury, MA

<https://enrollment.nd.edu/portal/ndontheroad?id=4a5ec2bb-29b1-4109-92f2-05b1d6ba0ef9>

Thursday, September 28, 2023 at 7:00 PM

St. Sebastian's School, 1191 Greendale Ave, Needham, MA

<https://enrollment.nd.edu/portal/ndontheroad?id=ec7d7269-d8e3-423b-8d50-1484b3ed12c1>

Wednesday, October 4, 2023 at 7:00 PM

St. John's Preparatory School, 72 Spring St, Danvers, MA

<https://enrollment.nd.edu/portal/ndontheroad?id=bcd3c428-e75b-48ea-a379-0932a8f8dc53>

Northeast Maritime Institute FALL OPEN HOUSE

Northeast Maritime Institute, College of Maritime Science, invites you to their fall open house on **Saturday, October 14, 2023 from 12:00 - 3:00 p.m.** For more information, reach out to admissions@nmi.edu.

Upcoming College Rep Visits for Juniors and Seniors



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

SEL Tip of the Week

Practice Self-Compassion: As you settle into the new school routine, remember to be kind to yourself. Mistakes and challenges are a natural part of learning and growth. When you face difficulties, instead of being too hard on yourself, try treating yourself with the same kindness and understanding that you would offer a friend. Self-compassion not only reduces stress but also enhances your resilience and overall well-being. Embrace self-compassion as a valuable tool in your back-to-school journey!