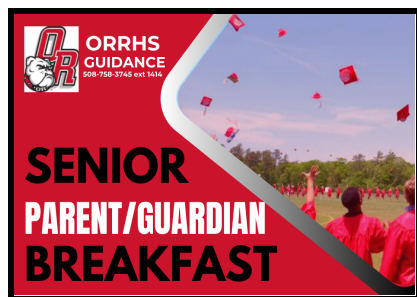


ORRHS Guidance Newsletter

Current Guidance Happenings

THIS WEEK - 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. Please [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 laurenmillette@oldrochester.org with questions.

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!

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](#). You must complete the form by the end of day, **Monday, September 11th** to be eligible to go.

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:

- **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



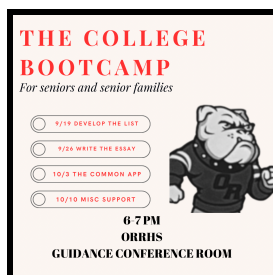
We know how important it is for our families to feel supported during the transition to life beyond high school and are here to help! Contact us at any time with questions.

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!

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. **Seniors and Parents, please bring your chromebooks/laptops. These will be working sessions.**

9/19 - Making the List

9/26 - Writing the Essay

10/3 - The Common App

10/10 - Miscellaneous Support

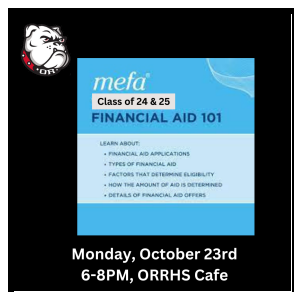
Navigating the College Search for Students with Learning Differences Workshop, 9/28



On **September 28th** Curry College will be hosting their annual 'Navigating the College Search for Students With Learning Differences' Workshop on campus from 6:00-7:30pm. By attending 'Navigating the College Search,' students and families will receive critical information to support their college search process

as they pursue colleges with the proper academic support to help them succeed. Although the faculty and staff are excited to highlight some key offerings of [Curry's Program for Advancement of Learning \(PAL\)](#), the workshop aims to support student's college search process as a whole - not only their consideration of Curry College. Students and families may [register for the workshop here](#).

Junior and Senior MEFA College Financing Seminar - 10/23



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.

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>

Union College Preview Day, 10/8-10/9

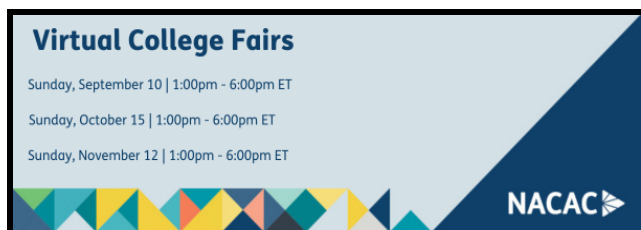
Learn about Union College and all of their offerings on Preview Day. For more information visit

<https://www.union.edu/admissions/getting-to-know-union>

Northeast Maritime Institute Open House, 10/14

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.

Virtual College Fairs for Juniors and Seniors, STARTING September 10th-November 12th

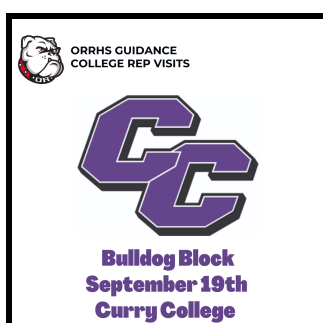
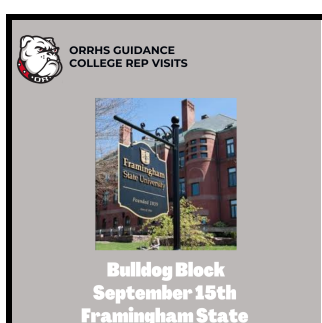


The virtual fair is a great opportunity to connect with colleges and pursue your college dreams. Have a quick video chat with a rep, drop in on a virtual presentation, send a question through chat - make a connection YOUR way!

NACAC fairs will also feature MatchMaking! At the time of registration, you will select the attributes that are most important to you in a college. You'll then receive an email that best matches you to the specific colleges and universities based on the criteria you provide. Check out a [video](#) on how it all works!

[Register HERE for free](#)

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 Open Family Communication: This week's SEL tip for students and families is to prioritize open and empathetic communication. High school can be a challenging time filled with academic and social pressures. To navigate this journey successfully, take time to actively listen to one another's concerns and feelings. Parents, create a safe space for your teens to express themselves without judgment. Students, remember that your parents/guardians are there to support you, so share your worries with and triumphs with them. Cultivating strong family connections through open dialogue fosters emotional resilience and helps develop vital social and emotional skills that will serve you well in school and beyond.

Suicide Prevention & Resources

September is Suicide Prevention Awareness Month. Not only throughout the month of September, but throughout the entire year, we want our students and families to know that we are here to help and here to spread hope. If you are worried about a friend or loved one or need support for yourself, please contact any of the resources listed below. There is help. There is hope.

WORLD SUICIDE PREVENTION DAY
SEPTEMBER 10

Take a moment
to remember:
**there is help,
there is HOPE.**

THINK YOU KNOW SOMEONE WHO IS STRUGGLING?
LET THEM KNOW THEY ARE NOT ALONE.

REACH OUT-LISTEN -SEEK HELP



There
is Hope

Community Resources

Call or text 988, Suicide & Crisis Lifeline, 988lifeline.org

New Bedford Crisis Center - 508-996-3154

The Trevor Project - 24/7 support for LGBTQ young people
thetrevorproject.org

Samaritans - Preventing Suicide, Providing Hope
samaritanshope.org

National Alliance on Mental Illness - namimass.org

ORRHS Resources

Ms. Dowdall, Social Worker - kerridowdall@oldrochester.org

Ms. Eagan, Social Worker - vanessaean@oldrochester.org

Ms. Shields, School Counselor- lisashields@oldrochester.org

Ms. McPhee, School Counselor- wendymcphoe@oldrochester.org

Dr. Janicki, School Counselor- mikejanicki@oldrochester.org

Ms. Millette, Guidance Director- laurenmillette@oldrochester.org