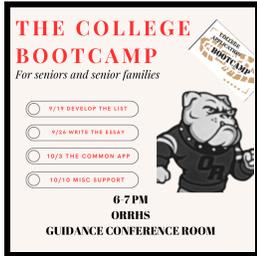




ORRHS Guidance Newsletter

Current Guidance Happenings

This Week - The College Boot Camp: Writing the Essay, 9/26 at 6 pm



Thank you to everyone who attended our College Boot Camp Session #1. Up next - Writing the Essay! Parents/Guardians, did you know that our English teachers work with the seniors to write their essays and are available for support during bulldog block and in class? Building on the support from our English teachers, Session #2 will also include feedback on the essay process from the college admissions standpoint. 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 9/26, 10/3, 10/10 @6pm. 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

THIS WEEK: 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](#).

PSATs - October 14th

Students who will be taking the PSAT should report to the high school by **7:30 am on October 14th** with a **charged chromebook** and a **pen & pencil** (for scrap paper). As a reminder, all PSATs are digital this year.

Students taking the PSAT will have a BlueBook App Practice test during Bulldog Block on October 11th (Sophomores) & October 12th (Juniors). Students will be added to these Bulldog Block sessions by guidance.

Students must use a school issued device to test and should have their device with them during the Bluebook App Practice.

Any student who needs a school issued device should [complete this form](#).

Testing room locations for the 14th will be emailed to students on October 9th. Students, check out these resources before test day: [PSAT resource center](#), [Practice Tests](#), [What to bring and what to leave](#)

Cultural Conversations, Open to Grades 9-12



ORRHS celebrates each and every student and invites you to learn more about the culture of your peers. Our first Cultural Conversation will be held during BB on **October 13th**. Students will have the chance to [SIGN UP](#) to learn more from a current 9th grade student from Nicaragua. Learn the layers of the culture and languages of Nicaragua. Our student speaker will share photos of the beautiful landscape and stories of volcano surfing and share many reasons why tourists love to go there. The conversation will close with students learning a few common phrases in Spanish.

Senior Meetings are Underway

The Guidance Counselors have been meeting with small groups of seniors in the Guidance Conference Room during directed study to review the steps in the college application process, Naviance, the Common Application, and scholarships and have also been offering individual sessions for college application help during select Bulldog Blocks. Screencast tutorials have been created and posted on the guidance website under Grade 12, that you may find helpful. [Set Up a Common App Account](#) ; [Match Common App to Naviance](#); [Add Colleges to Your Naviance](#); [Find Scholarships Using Naviance](#)

SAT Information

Are you planning on taking the SAT? Reminder: **Oct 5th** is the deadline to register for the Nov 4th test; **Nov 2nd** is the deadline to register for the Dec 2nd test. Students register using their College Board accounts at [SAT College Board Registration](#). Reminder - fee waivers are available in guidance for eligible students.

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.

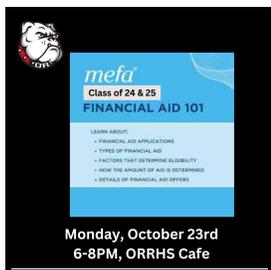
NHS Tutoring, open to Grades 9-12

The ORRHS National Honor Society would like to invite any students who would benefit from peer tutoring (in any subject) to take advantage of our free NHS tutoring program. It is a goal of our National Honor Society to foster a strong academic community through collaborative opportunities. Please contact Heather Bichsel at heatherbichsel@oldrochester.org or Theo Jacobsen at theojacobsen@oldrochester.org to coordinate peer tutoring.

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.

Junior and Senior MEFA College Financing Seminar - 10/23



Attention '24 and '25 Parent/Guardians SAVE THE DATE: Join us as our ORRHHS 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](#)

Local College Events for Juniors and Seniors

THIS WEEK - UMASS Boston - September 30 or October 21

Umass Boston invites you to join them on campus to preview life as a UMass Boston Student. To learn more visit https://go.umb.edu/portal/open_house.

THIS WEEK: 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>

COMING SOON - Boston University, October 6 or October 27



BU will be hosting Fall Visit Day for juniors and seniors and their families to learn more about Boston University. At the event, students will start the day with a student panel, an Admissions Case Study, and visit a school or college. In the afternoon, you can grab lunch in a dining hall, tour campus, and hear from financial assistance! Friday, October 6, 9:00 a.m. Eastern Time, [Register Here](#), Friday, October 27, 9:00 a.m. Eastern Time, [Register Here](#)

COMING SOON - 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>

COMING SOON - 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](#)

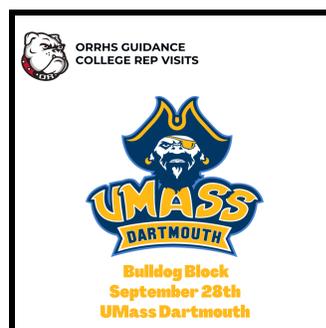
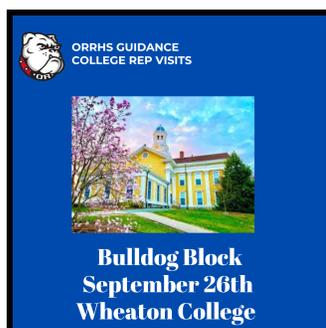
New Scholarship Opportunity, UVM Pitch Challenge, for Grades 10-12



The University of Vermont's Pitch Challenge gives high school entrepreneurs from across the globe the chance to pitch innovative businesses that make a difference in their communities. Along the way, students will learn from top experts about how to write a business plan, create a compelling pitch, and achieve their goals—all while competing for cash prizes and a **full scholarship** to UVM. Interested students in grades 10-12 can [sign up](#) to learn more and engage in monthly webinars, all designed to help create the perfect pitch! The application for the Pitch Challenge opens in early 2024 with winners announced in an on-campus ceremony in April, 2024.

Check out [this great opportunity!](#) Reach out to your guidance counselor with any questions!

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.

College Now/Start Program

The College Now/START program is excited to begin accepting student applications for the Fall 2024 cohort through alternative admissions at the University of Massachusetts Dartmouth. Due to the program's limited space for incoming students, applicants are strongly encouraged to apply early and complete an in-person meeting with our admissions team prior to April 1st, 2024. Students interested in the College Now/START Program can apply by using the UMassD online application or the Common Application. Please note when completing the application, students must select either College Now (COLNW) or START (START) as their 1st choice of major and second choice should be their major of interest.

Students interested in applying to the College Now Program must be either a U. S. citizen or a permanent U. S. resident for at least one year and cannot exceed 24 transferable college credits. Although not limited to students who only meet the criteria below, applicants who satisfy one of the following criteria below are encouraged to enroll and receive support services through our program: (1) Be of low-income status, as defined by federal guidelines and/or (2) Be first generation college bound

Students interested in applying through the START Program must be pursuing calculus-based majors, such as Engineering, Math, Computer Science or Physics.

- Applicants applying to the College Now/START Program are not admissible through the Office of Admissions.
- Applicants must demonstrate the ability to complete developmental and credited courses in order to matriculate into the university.
- College Now/START is a Fall admissions program only.

The Guidance office will hold an info session to help students learn more about this program if interested. Please [Sign Up Here](#) if you believe you are a match for this program.

SEL Tip of the Week

Practice Self Care: Self-care is like recharging your inner batteries. Just as your phone needs to be charged to work at its best, taking care of yourself is essential to be your best self. It's not selfish - it's self-love. Make time for activities that make you feel good, whether it's reading a book, going for a walk, or simply taking a deep breath and relaxing. Remember that self-care isn't a luxury - it's a necessity for your well-being. By practicing self-care regularly, you'll have more energy, patience, and love to share with your family and friends, creating a happier and healthier environment for everyone.