



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Term Dates

Term 1 grades closed on **Wednesday, November 1st**. Report cards will be distributed to students on Thursday, **November 16th**, during Bulldog Block.

Financial Aid Information for Seniors

Over 200 private colleges require the CSS Profile. The CSS Profile is available now and can be found at <https://cssprofile.collegeboard.org/>. Colleges have deadlines for financial aid applications, including the CSS Profile. Please check your schools to see if they require the CSS Profile and the timeline for submission.

Grade 9 Meetings

The guidance counselors have been meeting with small groups of freshmen to discuss the transition to high school and making the most of the high school experience. Check out the [Freshmen Presentation](#) here.

Rochester Holiday Helping Angels

The Rochester Holiday Helping Angels are seeking information for families in need of help this holiday season and information for families who want to volunteer to help.

Rochester families who need holiday help can complete this form: [Holiday Helping Angels Request Form](#). Families (or individuals) must complete this Request Form by 11/10/2023. These forms are confidential and are delivered directly to the Holiday Helping Angels coordinators.

In addition to reaching families who may need support, Rochester Holiday Helping Angels are also seeking volunteers who wish to HELP. The Holiday Helping Angels are a group of Rochester-based volunteers whose mission is to provide support to Rochester families who need a little extra help during the holiday season. The Holiday Helping Angels program is coordinated by a retired RMS teacher, Senior Center Outreach, and Plumb Library Youth Services. At this time, the Rochester Helping Angels are seeking both food and gifts donations as well as monetary donations, children's new books, gift card donations, and shoppers!

If you are interested in helping, please email angelsfromrochester@gmail.com immediately. Once families begin to sign-up, wish lists will be shared with those who wish to buy gifts.

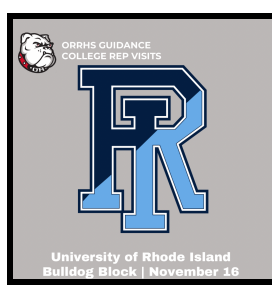
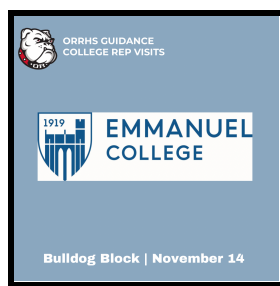
CPA Info Session, THIS WEEK, November 9th



Students interested in learning about accounting should sign up with their mentor for our CPA session on November 9th. This is a 40 min interactive presentation that covers topics including:

- How accounting is the heart of a business
- The benefits of being an accountant e.g., Work-life balance, travel etc.
- What does CPA mean?
- Career opportunities that open up from studying accounting.
- AICPA and MassCPAs FREE dual student membership

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.

Save the Date - RISD Pre-College Program Application Opens 11/14



This summer, follow a college-level curriculum in the format that works for you with Pre-Collegiate Programs at Rhode Island School of Design. Applications open November 14, 2023. RISD's residential Pre-College program allows HS students to live like a RISD student and work alongside hundreds of other creative, highly motivated students who will inspire you to push your limits and produce your best work. Advanced Program Online, our online intensive for change makers, will also open November 14, 2023.

Local College Events for Juniors and Seniors

- Bryant University - Nov 11 [Bryant Fall Open House](#)
- UMass Dartmouth - Nov 12 [UMASS D Open House Information](#)
- UMass Lowell - Nov 18 [UMASS Lowell Open House](#)

Virtual College Fairs for Juniors and Seniors, Now through 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](#)

FAQ Fee Waivers

If you qualify for a fee waiver, you'll get free SAT tests, reduced AP test costs, and several other benefits to help you apply for college. One way to know if you qualify is if you are enrolled or eligible to participate in the federal free or reduced price lunch program. Here are some of the benefits that students with fee waivers may access through CollegeBoard and the Common App:

- Reduced cost for AP exams
- Free SAT Tests and Feedback: 2 Free SAT tests, 2 chances to access answer services
- Free College Benefits
 - Unlimited score reports to send to colleges
 - Waived application fees at [participating colleges](#)
 - Free CSS Profile™ applications to apply for financial aid from participating schools
- Other Benefits
 - No late registration fees for free tests (if you're in the U.S. or U.S. territories)
 - No cancellation fees (upon cancellation, your unused fee waiver benefits will be returned to you)
 - Fee reductions for [score verification reports](#)

Visit here to learn more about the Common App and fee waivers: [What is the Common App Fee Waiver?](#) If you have any questions, please contact your guidance counselor.

SEL Tip of the Week



Listen, challenge, and change your self-talk!

Self-talk is a powerful tool for cultivating social and emotional well-being. The way you speak to yourself shapes your self-perception and influences your mood and behavior. Positive self-affirmations and a compassionate inner dialogue can boost self-esteem, reduce stress, and foster resilience, while negative self-talk can undermine self-confidence and exacerbate anxiety.

Cultivate a habit of speaking to yourself with kindness and encouragement, as the way you treat yourself mentally sets the tone for how you navigate the world and your relationships with others. Remember, positive self-talk builds confidence, teaches positive coping skills, encourages problem solving, builds perseverance, improves attitude and motivation. Talk to yourself like you would a friend. You deserve it! Want to explore this idea more? Check out this Ted Talk by Bruce Pulver: [The secret to changing negative self-talk by renewing your mi...](#)