



ORRHS Guidance Newsletter

Current Guidance Happenings

THIS WEEK - The College Boot Camp: The Common App, 10/3 at 6 pm



The **Common App** is our next topic for the College Bootcamp!

The College Boot Camp is a series of one-hour sessions for seniors and families, offered by ORRHS Guidance team members. We have two sessions remaining: **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 - Big Future Real Talk Virtual Event, October 3rd and 10th

The CollegeBoard's Big Future Program has two special nights lined up on **October 3** and **10** to help Black students and their families navigate the college selection process. These virtual events will help students decide whether an HBCU (Historically Black College and University) or PWI (Predominantly White Institution) is right for them. This is a great opportunity for Black students and their families to directly engage with college leaders and current college students from both HBCUs and PWIs. To learn more, preview this [Big Future - Real Talk Flyer](#) and [RSVP Here](#)

COMING SOON - 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 mandatory 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](#)

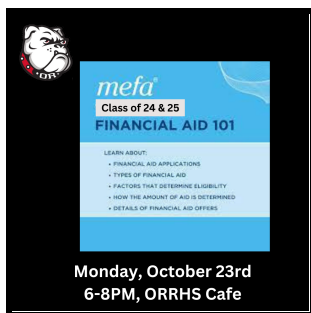
ACT FAST - Free Automotive Service Technician Program, for students 18+



The UCT Automotive Technician grant program is free to eligible students and includes tuition, textbooks, and several industry recognized certifications. To be eligible, students must be unemployed or underemployed, 18-years or older and have a valid drivers license. The program begins **October 16, 2023**. Any student or alumni who is interested should notify their guidance counselor immediately to complete an application. Questions can be sent directly to mburke@uppercapetech.org.

The program will run two nights a week in the evening on Mondays and Wednesdays, starting on the 16th. If you are interested, there are only 3-4 seats open...act fast.

MEFA College Financing Seminar - 10/23, for Juniors and Seniors



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](#)

Financial Literacy Info Sessions, 10/25 or 10/26, Grades 10-12



Students in grades 10-12 have an opportunity to sign up and learn from representatives from Abington Bank on **October 25** or **October 26** in their Financial Literacy Series.

Students will learn the following:

- What is Financial Literacy?
- Budgeting
- Online and Mobile Banking
- How to balance a checkbook and write a check
- Filling out a credit application and using credit responsibly
- Scams and Fraud alerts
- Planning for the Future—retirement planning, investing, etc.

This will be a fun and educational training. The topics discussed will be real world examples. The reps will answer student questions and have some tools for the kids to take home and practice. [RSVP here](#)

US Senate Youth Scholarship Program, open to Grades 11 & 12

The [U.S. Senate Youth Scholarship Program](#) is a nationwide college scholarship program designed to promote student leaders' awareness of, participation in, and interest in government. The program is open to high school juniors and seniors in Massachusetts public (including charter) and private schools who are currently serving in an elected or appointed position in student government or in a civic or educational organization in which they represent their peers. To be considered, eligible students must submit a completed application package with an essay by 12:00 midnight on **Friday, October 13**. Please notify your guidance counselor if you apply.

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

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.

Senior Information

The Guidance Counselors have met 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. Counselors are now offering individual sessions for college application help during select Bulldog Blocks. Students can sign up with their Bulldog Mentor for these Screencast tutorials have been created and posted on the guidance website under helpful videos and resources : [Set Up a Common App Account](#) ; [Match Common App to Naviance](#); [Add Colleges to Your Naviance](#); [Find Scholarships Using Naviance](#)

SAT Information, for Juniors and Seniors

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.

Local College Events for Juniors and Seniors

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. For Friday, October 6, 9:00 a.m. Eastern Time, [Register Here](#),
For Friday, October 27, 9:00 a.m. Eastern Time, [Register Here](#)

Union College Preview Day, October 8 & 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>

Dean College Overview, Gillette Stadium, October 27th



Join the ORRHS Guidance team for a Dean College overview and to learn more about Dean's exclusive academic partnership with Kraft Sports + Entertainment on **October 27th**. Students will hear from representatives from the Kraft Sports + Entertainment, as well as Dean College faculty, staff, and students. Limited spots available

(10) - please [RSVP](#) with Guidance ASAP if interested. Plan on attending the event with your family? Register here - [family registration](#)

Open Houses

Northeast Maritime Institute, October 14, admissions@nmi.edu.

UMASS Boston - October 21 [UMASS Boston Open House](#).

Bristol Community College - October 22, Fall River Campus [BCC Open House](#)

Merrimack - Oct 21, Nov 5 [Undergraduate Open House](#)

UMass Dartmouth - Oct 7, Nov 12 [UMASS D Open House Information](#)

Framingham State - Oct 14, Nov 4 [Framingham State Open House](#)

Bridgewater State - Oct 14, Oct 28, Nov 4 [Bridgewater State University Open House](#)

Providence College - Oct 14 [PC Fall Open House](#)

Bryant University - Oct 21, Nov 11 [Bryant Fall Open House](#)

Curry College - Oct 15, Oct 29 [Curry College Open House](#)

Suffolk University - Oct 22, Nov 5 [Open House Suffolk University](#)

Western New England - October 28 [WNE Open House](#)

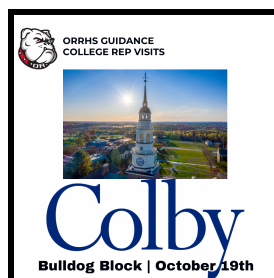
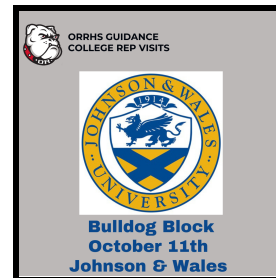
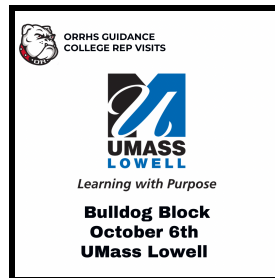
LeMoyne College - Oct 15, Nov 5 [Fall Open House LeMoyn](#)

UMass Lowell - Oct 22, Nov 18 [UMASS Lowell Open House](#)

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.

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.

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!

SEL Tip of the Week

The SEL tip of the week comes from the article, "I have a teenager" written by Meaghan B Murphy, a longtime magazine editor, writer, on-air lifestyle expert, & podcaster.

- **Tip #1 - Be Accepting** - Create an environment where teens feel safe to express themselves without fear of judgment.
- **Tip #2 - Treat every problem as seriously as they do** - Trust your child and treat issues as big or as little as they do. Validate their feelings with empathy and a listening ear.
- **Tip #3 - Be the person that they call when they mess up** - Be a reliable source of support, understanding that how you react in the moment will determine if they go to you again for help. Allow them to learn from their mistakes and grow.

- **Tip #4 -Praise their character more than their achievements** - By praising their character, it promotes self-worth beyond external accomplishments, emphasizing the importance of integrity, kindness, and resilience.
- **Tip #5- Apologize** - Be willing to apologize. This sets a powerful example of accountability and humility. Showing that adults can learn from mistakes and grow will help reinforce the expectations of your teen to acknowledge faults and grow as a result.

These practices help create a strong parent-teen relationship built on mutual respect, understanding, and emotional support.