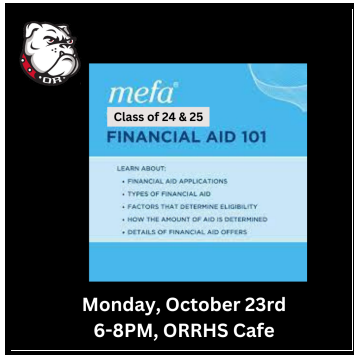




# ORRHS Guidance Newsletter

## Current Guidance Happenings

### ***THIS WEEK - MEFA College Financing Seminar - 10/23, Grades 11 & 12 families***



**Attention Parents/Guardians** - 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](http://www.mefa.org))

**P** [Financial Aid 101 Fall 2023a.pptx](#)

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### ***Important Term Dates***

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

The deadline to make-up incomplete grades is November 15th. Please refer to the Handbook rules below if this applies to you.

#### **Incomplete Grades:**

- Students have two weeks from the day grades close to make up any Incomplete Grades issued by teachers, including 4th term and the summer.
- All work not completed within the specified period will be given no credit and averaged with the completed work to determine a grade.
- In the case of extenuating circumstances, any extension of this policy must be arranged with the Principal before the end of the two-week time period.

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### ***Attention Seniors - Yellow Sheets Due, October 31st***

Students with a **November 15th** deadline should return all yellow sheets to Guidance by **October 31st**.

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### ***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.

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### ***Grade 9 Meetings - Happening Now***

**Attention Freshman** - Beginning **Friday, October 13**, the guidance counselors will be meeting with small freshmen groups to discuss the transition to the high school and making the most of the high school experience. Meetings will last approximately 30 minutes during directed study halls in the Guidance conference room. Students should check e-hall pass for appointment times.

## SAT Information for Juniors and Seniors

Are you planning on taking the SAT? Reminder: **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 - Oct 27 [BU Fall Visit Day](#)
- Southern New Hampshire University - Oct 27, Nov 5 [SNHU Open House](#)
- Bridgewater State - Oct 28, Nov 4 [Bridgewater State University Open House](#)
- Western New England - October 28 [WNE Open House](#)
- Curry College - Oct 29 [Curry College Open House](#)
- Framingham State - Nov 4 [Framingham State Open House](#)
- Suffolk University - Nov 5 [Open House Suffolk University](#)
- Merrimack - Nov 5 [Undergraduate Open House](#)
- LeMoyné College - Nov 5 [Fall Open House LeMoyné](#)
- 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](#)

## Upcoming College Rep Visits for Juniors and Seniors

College	Date
Southern New Hampshire University	October 25th
Roger Williams University	October 25th
MASSART	October 25th
University of New England	October 26th
Quinnipiac University	October 27th
Western New England	October 31st
Mass Maritime	November 1
Suffolk University	November 3
Montserrat	November 8
Emmanuel College	November 14
University of Rhode Island	November 16

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.

## **Job Opportunity:**

The Marion Natural History Museum is looking for a part-time assistant for our after-school programs. Additional responsibilities may include some Saturday mornings, and other responsibilities. The Marion Natural History Museum is undergoing some substantial upgrades and this position will be helpful on resumes and for references. This is a paying position and programs will be starting soon. If interested, please contact the museum director at [Director@marionmuseum.org](mailto:Director@marionmuseum.org).

## **SEL Tip of the Week**

**RESILIENCE**  
Resilience is the ability to bounce back from setbacks and challenges, adapting and recovering quickly.

**DEFINITION**  
Resilience involves maintaining a positive mindset, perseverance, and the ability to learn and grow from adversity. Resilient individuals display mental and emotional strength, allowing them to navigate through difficult situations with determination and resilience.

**EXAMPLES**  
People with resilience may have the following traits:

- Adaptability
- Optimism
- Self-confidence
- Problem-solving
- Flexibility
- Emotional regulation
- Determination

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### **Practice Building Resilience:**

Building resilience as a teenager is vital for navigating the ups and downs of adolescence. To cultivate resilience, remember that setbacks and challenges are opportunities for growth. Embrace the power of a growth mindset, which means viewing difficulties as chances to learn and improve. Seek support from trusted adults and friends when facing adversity, and remember that you're not alone in your journey. Practice self-compassion, be kind to yourself in moments of self-doubt, and understand that mistakes are part of life's larger curriculum. Lastly, develop healthy coping mechanisms like mindfulness, exercise, or creative outlets to manage stress

and build the emotional strength needed to bounce back from life's hurdles.