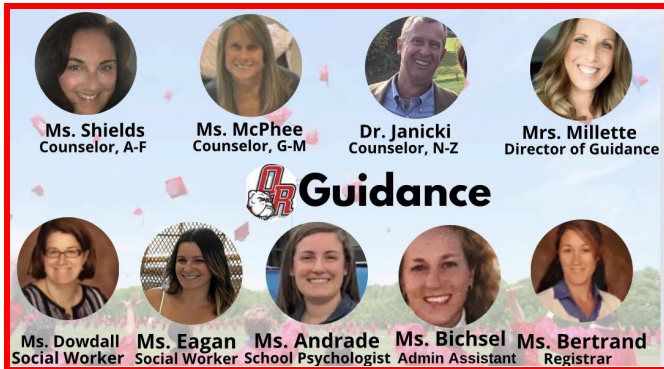




# ORRHS Guidance Newsletter

## Current Guidance Happenings



Welcome back from your ORRHS Guidance Department! We love having our Bulldogs back in the building and can't wait for the year ahead! We are committed to advocating for all students and providing a comprehensive guidance curriculum as an integral part of our students educational experience. Our counselors provide students with the necessary tools to support their educational, social-emotional, and career interests through individual, small group, and classroom experiences and promote responsible, active citizenship and lifelong learning. As a result, our students are inspired to think, learn, and care.

Students and families, please reach out to the guidance team if you need anything:

- **Administrative Assistant:** [heatherbichsel@oldrochester.org](mailto:heatherbichsel@oldrochester.org); 508-758-3745 x 1414
- **Guidance Counselors:** [lisashields@oldrochester.org](mailto:lisashields@oldrochester.org); [wendymcphoe@oldrochester.org](mailto:wendymcphoe@oldrochester.org); [mikejanicki@oldrochester.org](mailto:mikejanicki@oldrochester.org);
- **Social Workers:** [kerridowdall@oldrochester.org](mailto:kerridowdall@oldrochester.org); [vanessaeagan@oldrochester.org](mailto:vanessaeagan@oldrochester.org);
- **School Psychologist:** [julieandrade@oldrochester.org](mailto:julieandrade@oldrochester.org);
- **Registrar:** [kellybertrand@oldrochester.org](mailto:kellybertrand@oldrochester.org)
- **Director of Guidance** [laurenmillette@oldrochester.org](mailto:laurenmillette@oldrochester.org);

### **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 12th**. 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!

### **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 1st**. 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 \$99 with the exception of Seminar and Research, which is \$147 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 1st, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$50 per exam, with \$15 due by November 1st to avoid the \$40 per exam late fee. Please contact [laurenmillette@oldrochester.org](mailto:laurenmillette@oldrochester.org) with questions related to APs.

## ***SAT Information***

Are you planning on taking the SAT? Here are some important deadlines to remember:

- Sept 20th is the deadline to register for the Oct 5th test
- Oct 18th is the deadline to register for the Nov 2nd test
- Nov 22nd is the deadline to register for the Dec 7th test

Students register using their College Board accounts at [SAT College Board Registration](#)

Reminder: Fee waivers are available in guidance for eligible students - please see your counselor to learn more!

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## ***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. 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 in early September. 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. Senior Meetings will last approximately 45 minutes. Meeting appointment times will be sent via e-hall pass.

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### ***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!

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### ***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 **9/25, 10/2, 10/9, 10/16 @6pm** in the HS Library.

- 9/25 - Making the List
  - 10/2 - The Essay
  - 10/9 - The Common App
  - 10/16 - Miscellaneous Support
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### ***Save The Date: MEFA College Financing Seminar - November 13th***


**Attention Junior and Senior Parents/Guardians:** Join us as our ORRHS Guidance Department hosts a College Financing Seminar on **Wednesday, November 13th with Kevin Fudge from MEFA 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))

## 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](http://www.mefa.org/events).

## Career of the Week

CAREER OF THE WEEK		ABA THERAPIST
<b>WHAT DO THEY DO?</b>	<b>HOW TO BECOME ONE</b>	 <a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a>
<ul style="list-style-type: none"><li>• ABA THERAPISTS CREATE A SAFE ENVIRONMENT FOR PATIENTS TO PARTICIPATE IN LEARNING ACTIVITIES AND DEVELOP COMMUNICATION SKILLS.</li><li>• ABA THERAPISTS CREATE A SAFE ENVIRONMENT FOR PATIENTS TO PARTICIPATE IN LEARNING ACTIVITIES AND DEVELOP COMMUNICATION SKILLS.</li><li>• ABA THERAPISTS TEACH PATIENTS ACADEMIC LEARNING STRATEGIES AND LIFE SKILLS, AND HELP THEM IMPROVE THEIR COMMUNICATION, SPEECH, AND SOCIAL SKILLS.</li><li>• ABA THERAPISTS CUSTOMIZE TREATMENTS FOR INDIVIDUAL PATIENTS AND LOOK FOR WAYS TO INCORPORATE BEHAVIOR TREATMENT INTO EVERY ASPECT OF THE CLIENT'S LIFE</li><li>• ABA THERAPISTS DOCUMENT AND REVIEW PROGRESS THROUGH CHARTING AND STAFF COMMUNICATION.</li><li>• ABA THERAPISTS CONDUCT BASIC ADMINISTRATIVE DUTIES, SUCH AS KEEPING DETAILED NOTES AFTER THERAPY SESSIONS.</li></ul>	ABA THERAPISTS NEED A GRADUATE DEGREE	<b>JOB OUTLOOK &amp; SALARY</b>  Projected job growth 25% between 2019-2029  Median salary \$60,000

## SEL Tip of the Week

With school back in session, it's easy to get caught up in the busyness of it all, but self-care is essential. Prioritize small moments for yourself—whether it's a quick walk, deep breathing, listening to your favorite music, or connecting with classmates and family. Stay hydrated, eat balanced meals, and ensure you're getting enough rest. Remember, taking care of your well-being helps you stay focused and energized, even during the busiest times. It's important to strike a happy and healthy balance to your world!