

ORRHS Guidance Newsletter

Current Guidance Happenings

Open House for Parents/Guardians - September 18th

We are excited to see all of our parents and guardians at our open house this Wednesday from 6:30-8:09. Open house is an opportunity to follow your student's academic schedule and learn about course expectations. Parents and guardians will have the opportunity to sit in each class for an 8 minute period while the classroom teacher reviews pertinent course information. Student schedules that will allow you to follow the open house schedule will be emailed home before the event.

RSVP Senior Parent Breakfast - September 24th



Senior families please join the ORRHS guidance team as we present our senior programming at our breakfast on **September 24th from 8-9am** in the high school cafe. Please [RSVP](#) here to attend. We will discuss all Senior related information including the college application process and scholarships. The presentation will run for approximately an hour. All registered families should sign in at the front and will be brought to the cafeteria by counseling staff. For those who cannot attend, we will send you our presentation via email. Please contact laurenmillette@oldrochester.org with questions.

Comput/HER - Curry College Workshop - October 16th



Join Curry College on **WEDNESDAY, OCTOBER 16TH** from 9:00am-2:30pm. This one-day conference is designed to engage and inspire young women looking to pursue careers in data and computer sciences. High school sophomore, junior and senior women are welcome to attend. [Comput/HER @ Curry College](#) is an event for young women - and those who support them - to collaborate, learn about, and participate in computing,

technology, and data science activities. Participants will hear inspirational stories from successful women in the field, be mentored by female college students and recent graduates, and participate in collaborative, hands-on, skill-building activities in a welcoming and supportive environment. There is no charge for participants and lunch is included. **If you are interested in attending as a guidance sponsored field trip, please complete this [Comput/Her Interest Form](#).**

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](#)

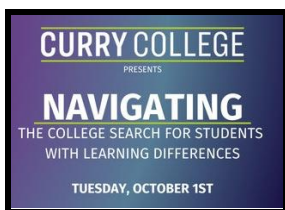
Reminder: Fee waivers are available in guidance for eligible students - please see your counselor to learn more!

LAST CALL - Fire & EMS Explorer Post 343 Program - For 14-18 Year Olds



The MMR Hose Company, Fire & EMS Explorer Post 343 program, hosted by the Rochester, Marion, and Mattapoissett Fire Department's, is for youth between ages of 14-18 that are enrolled in high school that may have an interest in becoming a first responder. The program runs from September through June as a normal fire academy class would be held and is very low cost to parents or guardians. The program has graduated approximately 50 youth in the last 7 years, 10 of those have either become certified firefighters or gained a certification as an emergency medical technician. This program is not only beneficial for youth interested in being a first responder, but any youth that wants to be part of a team environment, one that is willing to step out of their comfort zone in a controlled and safe environment, and one that is looking to experience something that not many of their peers have. Contact fire.emspost343@gmail.com if you are interested!

Curry College - Navigating the College Search for Students with Learning Differences



On **October 1st**, 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 institutions 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](#).

The College Boot Camp for Seniors and Families



The College Boot Camp is a series of **one hour evening sessions** for seniors and families offered by ORRHHS 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	10/9- The Common App
10/2 - The Essay	10/16 - Miscellaneous Support

Fee Waiver Quick Facts

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.**

To Apply for the Free Reduced Lunch Program - All schools participate in the National School Lunch Program, offering free or reduced-price meals to students who meet the state and federal income guidelines. Although all students will receive free school meals, if you believe your family meets the federal income guidelines, we encourage you to complete the meal application online at [ORR School Meals](#). Only one application is necessary per family. If you received free or reduced-price lunches last year, you must complete a new application each school year. If you believe that you are eligible, please let guidance know. A consent form will need to be completed for this information to be shared with us.

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](#)

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

College Info Sessions in September

Juniors and Seniors, sign up with your Bulldog Block mentor for College Info sessions this month!

- [Bryant University](#)- September 18th
- [UMass Dartmouth](#)- September 20th
- [Regis College](#)- September 20th
- [American University](#)- September 26th
- [Sacred Heart](#)- September 27th
- [Northwestern University](#)- September 27th

Sophomores and Juniors - PSAT Information & Resources

PSATs are offered to **10th and 11th grade students** and will be held on **Saturday, October 12th**. Students who will be taking the PSAT should report to the high school by **7:30 am on October 12th** 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 8th** (Sophomores) & **October 9th** (Juniors). Students will be added to these Bulldog Block sessions by guidance and should report to the media room for the practice. 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 let Mrs. Millette know ASAP.

Testing room locations for the 12th will be emailed to students on October 9th. Students, check out these resources before test day: [PSAT resource center](#), [PSAT Practice](#), [What to bring and what to leave](#)

Have you missed the deadline for registration? Please contact Mrs. Millette ASAP.

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 with questions related to APs.

Senior Meetings

This month, the Guidance Counselors have begun 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.


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!

Career of the Week

CAREER OF THE WEEK

FIRE INSPECTOR



<https://www.bls.gov/ooh/>

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> • SEARCH BUILDINGS FOR FIRE HAZARDS • REVIEW BUILDING BLUEPRINTS WITH DEVELOPERS • ENSURE THAT EXISTING BUILDINGS AND DESIGNS COMPLY WITH FIRE CODES • CONDUCT FIRE AND SAFETY EDUCATION PROGRAMS AND REVIEW EMERGENCY EVACUATION PLANS • COLLECT AND ANALYZE EVIDENCE FROM SCENES OF FIRES AND EXPLOSIONS • TESTIFY IN CIVIL AND CRIMINAL LEGAL PROCEEDINGS • WORK WITH LAW ENFORCEMENT OR EXERCISE POLICE POWERS, SUCH AS THE POWER OF ARREST, AND CARRY A WEAPON 	<p>High School Diploma, Employers may prefer to hire candidates who have a 2 or 4 year <u>degree</u> in fire science or a field related to the position.</p>	<p>Projected job growth 6% between 2022-2032</p> <p>Median salary \$74,160</p>

SEL Tip of the Week

Feeling Overwhelmed? It's important to pause and take a deep breath when you are feeling overwhelmed. Break big tasks or problems into smaller, manageable steps so you can tackle them one at a time. Prioritize what needs to be done first and let go of trying to do everything at once. Reach out to a trusted friend or adult for support—they can help you see things from a fresh perspective. Remember, it's okay to take breaks and give yourself permission to rest. Practice self-compassion and remind yourself that it's normal to feel overwhelmed sometimes; you're not alone in this!

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)

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.