



ORRHS Guidance Newsletter

Current Guidance Happenings

In Case You Missed It - Senior Parent/Guardian Presentation

For families who wanted to attend the senior parent/guardian breakfast but couldn't, please access a copy of the presentation here: [Parent Senior Meeting Presentations](#) . If you have any questions, please contact your student's guidance counselor.

Architecture Pathway

Interested in a career in architecture? ORRHS has partnered with Boston Architecture College for Pre-College Opportunities. About Boston Architectural College: *We believe design, and design thinking are forces for good in the world. Our Pre-College Programs provide students with the skills they need to pursue careers in design, and empowers them to use design as a tool for social change. As an internationally recognized institution of architecture and design, the BAC's Pre-College Programs offer high school aged students a range of diverse opportunities to engage in hands-on experiences in design, critical thinking, and problem-solving, as well as opportunities to collaborate with their peers and leading design professionals around the world. Our inclusive and accessible Pre-College Programs are designed for high school students interested in learning more about architecture, interior architecture, landscape architecture, urban planning, and much more! On-campus and online programs offer students flexible options that create pathways towards earning a degree in the design fields. Benefiting from our expertise and global network, the BAC's Pre-College Programs help propel students from preK-12 systems across national and international post secondary organizations into design education.*

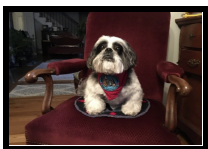
Excited to learn more? Please complete this interest form so that we can arrange for authentic learning opportunities with the Boston Architectural College: [BAC Interest Form](#)

Aviation Career Fair - October 24th



Curious about what a career in aviation & aerospace would look like? ORRHS will be sending interested students on a field trip to the Gateway Airport (for free) on October 24th for an Aviation and Aerospace Career Fair. Please complete this form if you are interested in attending: [Interest form](#).

Breton is Back - This Tuesday!



ORRHS is pleased that Mrs Lenore Everett and Breton (therapy dog) will be visiting our community again on Tuesdays! If you are at the library for a class or study, midway through block 1 and into block 2, you are welcome to greet and interact with Breton (and Mrs Everett). You might see them walking the hallways and visiting other classrooms. Breton is a very experienced, certified therapy dog, having visited many varied settings with great success. Breton's goal is always to show he cares about everyone he greets and to provide comfort during a busy day. His certification means that Breton has completed a strict test for behavior and interaction in different settings. Breton is VERY excited to see you again or to meet you for the first time!!

Attention Seniors

Guidance counselors will be hosting Naviance & Common App workshops during Bulldog Block on Tuesdays, starting October 1st. Please sign up with your mentor if you are interested in accessing help.

THIS WEEK - 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 ORRH 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

College Info Sessions in October

- [University of New England](#)- October 1st
- [Springfield College](#)- Oct 2nd (Mrs. Millette's office)
- [UMass Lowell](#)- October 2nd
- [Mass Maritime](#)- October 4th
- [Maine College of Art](#)- October 4th (Art room)
- [Rivier University](#)- October 4th (Mrs. Millette's office)
- [Montserrat College of Art](#)- October 8th
- [US Navy](#) - October 8th
- [Worcester Polytech Institute](#)- October 9th

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

Career of the Week

CAREER OF THE WEEK

ACTUARY

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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> COMPILE AND ANALYZE STATISTICAL DATA AND OTHER INFORMATION ESTIMATE THE PROBABILITY AND LIKELY ECONOMIC COST OF AN EVENT SUCH AS DEATH, SICKNESS, AN ACCIDENT, OR A NATURAL DISASTER DESIGN AND TEST INSURANCE POLICIES, INVESTMENTS, AND OTHER BUSINESS STRATEGIES TO MINIMIZE RISK AND MAXIMIZE PROFITABILITY CALCULATE CASH RESERVES NEEDED, BASED ON EXISTING POLICIES AND LIABILITIES, IN CASE OF PAYOUT OR CLAIMS PRODUCE CHARTS, TABLES, AND REPORTS THAT EXPLAIN CALCULATIONS AND PROPOSALS EXPLAIN THEIR FINDINGS AND PROPOSALS TO COMPANY EXECUTIVES, GOVERNMENT OFFICIALS, SHAREHOLDERS, AND CLIENTS 	<p style="font-size: small; margin: 0;">TO ENTER THE OCCUPATION, ACTUARIES TYPICALLY NEED A BACHELOR'S DEGREE IN MATHEMATICS, ACTUARIAL SCIENCE, STATISTICS, OR SOME OTHER ANALYTICAL FIELD. STUDENTS MUST COMPLETE COURSEWORK IN SUBJECTS SUCH AS ECONOMICS, APPLIED STATISTICS, AND CORPORATE FINANCE AND MUST PASS A SERIES OF EXAMS TO BECOME CERTIFIED.</p>	<p style="font-size: small; margin: 0;">Projected job growth is 22% between 2023-2033</p> <p style="font-size: small; margin: 0;">Median salary \$120,000</p>

SEL Tip of the Week

Practice Self Compassion: It's easy to be hard on yourself when things don't go as planned, but remember: nobody's perfect. Self-compassion means treating yourself with the same kindness and understanding as you would a friend. When you make a mistake, instead of focusing on what went wrong, think about what you can learn from it. Try using encouraging self-talk like, "I'm doing my best," or "It's okay to mess up; I'll keep growing." This mindset helps reduce stress, boosts resilience, and can make a big difference in your overall well-being.

College Now/Start Program

The College Now/START program is excited to begin accepting student applications for the Fall 2025 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 the admissions team prior to April 1st, 2025. 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 this 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.
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REMINDER - Curry College - Navigating the College Search for Students with Learning Differences on October 1st

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](#).

Northeast Maritime Institute Fall Open House - October 19th

Please join NMI for their annual Fall Open House on **Saturday, October 19th from 12-3**. Applications are now available for their Spring 2025 and Fall 2025 Cohorts! Don't let this amazing opportunity pass you by and apply today! <https://cms.nmi.edu/how-to-apply/> Have questions? The NMI admissions team is available by calling 508-992-4025 or emailing admissions@nmi.edu

Taking the PSAT? Check Out This Important Information

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](#)

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.

SAT Information

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

- **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!

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)