



ORRHS Guidance Newsletter

Current Guidance Happenings

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](#)

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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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!

THIS WEEK - 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](#)

Paid Internship Opportunity

Paid Office & Warehouse Internship & Paid Office Manager Internship: Students, faculty, family, friends & retirees welcome to apply! Upper Deck, Ltd/Moby Dick Marine Specialties, Inc., are small local family-owned businesses located at 10 Pequod Road, Fairhaven, MA which sells gifts, home décor, nautical items, etc. Every year, they ask the local schools if there are any students, et al who are interested in a part/full time job. They are looking for warehouse helpers; shippers, pickers, packers, stockers, clean ups and office work along with marketing; “GRAPHIC DESIGN SOFTWARE” through ‘PHOTOSHOP’, ‘INDESIGN’, ‘ADOBE’ and others!! Projects include taking photos, creating fliers, brochures, cleaning photos, working on social media, catalog projects and customer service. Experience a plus, but if not, we will train anyone who is motivated and focused! They are also looking for motivated and focused applicants to train for office manager positions!! They will train!

In the past 16 years, they have had students from local high schools. Students also come back from their various college breaks/summers, vacations!! Although our hours of operation are 8am – 4pm, we are certainly happy to work around any school, work & retiree schedules!! As little as 2, 4, 6, etc hour shifts available!! (starting \$15 per hour plus 20% employee discount, for more experienced, wages are negotiable!!) If you are interested, please email stella@upperdeckltd.com with your contact information!

Last Call: 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](#).

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

- October 8th [Montserrat College of Art](#)
- October 8th [US Navy](#)
- October 9th [Worcester Polytech Institute](#)
- October 10 - [University of Vermont](#)
- October 10 - [Saint Anselm](#) (Ms. Millette's office)
- October 10 - [Mass College of Pharmacy](#) (location tbd)
- October 11 - [Bryant University](#) (Ms. Millette's office)
- October 11 - [Johnson & Wales](#)
- October 15 - [American University](#) (ZOOM - Asst. Principals conference room)
- October 17 - [University of Maine](#)
- October 17 - [Mass Art](#) (Art room 1923)
- October 18 - [Roger Williams University](#)
- October 18 - [Salve Regina University](#) (Ms. Millette's office)
- October 22 - [Rhode Island College](#)
- October 23 - [UMass Boston](#)
- October 24 - [Endicott College](#)
- October 24 - [Bridgewater State University](#)
- October 29 - [Fitchburg State](#)
- October 29 - [Curry College](#) (Ms. Millette's office)
- October 30 - [Savannah College of Art \(SCAD\)](#) Savannah College of Art (SCAD) (Art room 1923)
- October 30 - [Framingham State](#)

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

Career of the Week

CAREER OF THE WEEK		PSYCHOLOGIST
<p>WHAT DO THEY DO?</p> <ul style="list-style-type: none"> STUDY BEHAVIOR AND BRAIN FUNCTION BY OBSERVING, INTERVIEWING, AND SURVEYING INDIVIDUALS IDENTIFY PSYCHOLOGICAL, EMOTIONAL, BEHAVIORAL, OR ORGANIZATIONAL ISSUES AND DIAGNOSE DISORDERS RESEARCH AND IDENTIFY BEHAVIORAL OR EMOTIONAL ISSUES, SUCH AS ANXIETY AND DEPRESSION TEST FOR PATTERNS THAT WILL HELP THEM BETTER UNDERSTAND AND PREDICT BEHAVIOR DISCUSS THE RESULTS OF TESTING WITH CLIENTS OR THEIR FAMILIES AND, IF NEEDED, DEVELOP TREATMENT PLANS WRITE ARTICLES, RESEARCH PAPERS, AND REPORTS TO SHARE FINDINGS 	<p>HOW TO BECOME ONE</p> <p>PSYCHOLOGISTS TYPICALLY NEED AN ADVANCED DEGREE, SUCH AS A MASTER'S OR DOCTORAL DEGREE, IN PSYCHOLOGY.</p> <p>LICENSING REQUIREMENTS VARY BY STATE AND POSITION.</p>	<p>JOB OUTLOOK & SALARY</p> <p>PROJECTED JOB GROWTH 7% BETWEEN 2022-2032</p> <p>MEDIAN SALARY \$92,740</p> <p><small>https://www.bls.gov/ooh/</small></p>

SEL Tip of the Week

You are more than enough! When you feel like you're not enough, it's easy to get caught up in thoughts about what you should be or should have. Instead, try to shift your focus to what makes you unique. Being "enough" isn't about being perfect—it's about valuing yourself just as you are. One way to start is by acknowledging your strengths. Take a moment to write down three things you're good at, no matter how small. Maybe you're a good friend, or you're great at listening—these qualities matter more than you might realize. Also, remember to focus on your effort, not just the outcome. You don't have to ace everything to be enough; showing up and putting in the work is a success in itself. It's also important to avoid falling into the comparison trap. When you measure yourself against others, you lose sight of what's special about you. If you catch yourself comparing yourself to others, try to switch gears and think of one thing you genuinely like about yourself instead. And if you're feeling overwhelmed, remember that asking for support doesn't mean you're weak—it means you're brave. Reach out to someone you trust, whether it's a friend, family member, or teacher. They want to support you, and it's okay to lean on others. Most importantly, know that your worth is not defined by your achievements or what others think of you. You are more than enough simply by being who you are. Believe in yourself—you've got this!

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

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.

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)

Attention Seniors

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