



# ORRH Guidance Newsletter

## Current Guidance Happenings

Welcome back from your ORRH 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:** A-F [lisashields@oldrochester.org](mailto:lisashields@oldrochester.org); G-M [wendymcphree@oldrochester.org](mailto:wendymcphree@oldrochester.org); N-Z [mikejanicki@oldrochester.org](mailto:mikejanicki@oldrochester.org);
- **Social Workers:** [kerridowdall@oldrochester.org](mailto:kerridowdall@oldrochester.org); [rosemarywilliams@oldrochester.org](mailto:rosemarywilliams@oldrochester.org);
- **School Psychologist:** [julieandrade@oldrochester.org](mailto:julieandrade@oldrochester.org);
- **Registrar:** [kellybertrand@oldrochester.org](mailto:kellybertrand@oldrochester.org)
- **Director of Guidance** [christinacioffi@oldrochester.org](mailto:christinacioffi@oldrochester.org)

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### ***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 18th**. 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 \$30 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!

**IMPORTANT:** Please complete this link if you plan on taking the PSATs: [PSAT Sign up Link](#)

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### ***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 ORRH) 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 including AP Seminar and Research. If you qualify for Free or Reduced lunch and would like to apply for a waiver, you must contact Guidance or Mrs. Millette prior to Friday, November 1st, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$53 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 19th is the deadline to register for the Oct 4th test
- Oct 24th is the deadline to register for the Nov 8th test
- Nov 21st is the deadline to register for the Dec 6th test
- Feb 27th is the deadline to register for the March 14th test
- April 17th is the deadline to register for the May 2nd test
- May 22nd is the deadline to register for the June 6th 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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## ***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 **9/24, 10/1, 10/8, 10/15 @6pm** in the HS Library.

9/24 - Making the List

10/1 - The Essay

10/8 - The Common App

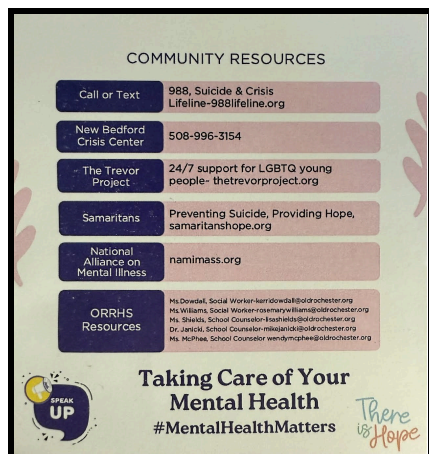
10/15 - Miscellaneous Support

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## ***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).

## A Message from your Counseling Team



This week starts National Suicide Prevention Month. This is a time to raise awareness, spread hope and spark meaningful action around one of the most urgent mental health issues of our time.

As a community, ORR is committed to ensuring that everyone (individual, friends, families) have access to resources and support they need to talk openly about suicide prevention, recognize warning signs and to ask for help.

Throughout this month there will be different activities planned to continue to spread awareness as well as strengthen our commitment. **If you haven't already, stop by the table in the foyer to visit our table and take a ribbon to show your support to this important cause.**

## Career of the Week

<div> <div>CAREER OF THE WEEK</div> <div>OPERATIONS RESEARCH ANALYSTS</div> <div> <a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a> </div> </div>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> <li>IDENTIFY PROBLEMS IN AREAS SUCH AS BUSINESS, LOGISTICS, HEALTHCARE, OR OTHER FIELDS</li> <li>COLLECT AND ORGANIZE INFORMATION FROM A VARIETY OF SOURCES, SUCH AS DATABASES, SALES HISTORIES, AND CUSTOMER FEEDBACK</li> <li>GATHER INPUT FROM WORKERS OR SUBJECT-MATTER EXPERTS</li> <li>ANALYZE COLLECTED DATA AND EXTRACT INFORMATION RELEVANT TO THE PROBLEM BEING ADDRESSED</li> <li>DEVELOP AND TEST QUANTITATIVE MODELS, SUPPORT SOFTWARE, AND ANALYTICAL TOOLS</li> <li>WRITE MEMOS, REPORTS, AND OTHER DOCUMENTS EXPLAINING THEIR FINDINGS AND RECOMMENDATIONS FOR MANAGERS, EXECUTIVES, AND OTHER OFFICIALS</li> </ul>	<p>OPERATIONS RESEARCH ANALYSTS TYPICALLY NEED AT LEAST A BACHELOR'S DEGREE, BUT SOME JOBS REQUIRE A MASTER'S DEGREE. FIELDS OF DEGREE MAY INCLUDE OPERATIONS RESEARCH OR A RELATED FIELD, SUCH AS BUSINESS, MATHEMATICS, ENGINEERING, OR COMPUTER SCIENCE.</p>	<p>PROJECTED JOB GROWTH 21% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$91,290</p>

## SEL Tip of the Week

### Back-to-School SEL Tip

Do a daily reset. High school moves fast - classes, sports, clubs, activities, work, friends, college planning. Take 30 seconds at the start of your day (or even before each class) to ask yourself:

- Where's my head at? (focused, stressed, tired, excited?)
- What's one thing I can do to show up at my best? (keep distractions away, take a breath, ask a question, grab water, set goals)

Why it works: Naming how you feel builds self-awareness, and choosing one small action keeps you in control - even on overwhelming days.