



ORRHS Guidance Newsletter

Current Guidance Happenings

Application and Info Session for the Annual U.S. Senate Youth Program:

High school juniors and seniors actively serving in an elected or appointed leadership role are invited to apply for the 64th annual [U.S. Senate Youth Program](#). The application will open on **Friday, September 5**. Those selected will represent Massachusetts at Washington Week, which will take place in Washington D.C. from **March 7-14, 2026**. The two delegates chosen to represent the state at Washington Week will also receive a \$10,000 undergraduate college scholarship. An information session about USSYP will be offered from **3:00-4:00 p.m. on Wednesday, September 10**. Please email any questions to [Juin Liu](#).

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](#)

Attention Juniors and Seniors - NACAC Virtual College Fair, 9/14, 1:00pm-6:00pm

NACAC is Sign up Link: [NACAC Virtual College Fair](#)

University of California Night at Tabor Academy, 9/16, from 6:00 PM to 8:00 PM

Registration is required and space is limited. Juniors and Seniors, register as soon as possible here: [UC Night Southern MA Registration](#)

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, October 31st**. 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 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 October 31st 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:

- 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!**

Senior Breakfast ~ 9/25

Senior families please join the ORRHs guidance team as we present our senior programming at our breakfast on September 25th from 8-9 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 office 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 christinacioffi@oldrochester.org with questions.

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- September 25 - Mass. College of Pharmacy
- October 1 - Suffolk University
- October 3 - Holy Cross
- October 3 - Endicott College - library

Information sessions will take place during Bulldog Block in the Guidance Conference Room unless otherwise noted. Please sign up with your mentor.

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.

Senior College Support Sessions

Attention Seniors: Common App and Naviance Support sessions will take place in Guidance during Bulldog Block on Wednesdays and Fridays starting September 10. These are separate from the senior meetings and serve as an additional support. Please sign up with your mentor.

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!

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.

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

Career of the Week

CAREER OF THE WEEK

Nail Technician



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• DISCUSS NAIL TREATMENTS AND SERVICES AVAILABLE• REMOVE CLIENTS' NAIL POLISH, IF ANY• CLEAN, TRIM, AND FILE NAILS• SOFTEN CALLUSES AND REMOVE ROUGH SKIN• MASSAGE AND MOISTURIZE HANDS (FOR A MANICURE) AND FEET (FOR A PEDICURE)• POLISH OR BUFF NAILS• APPLY OR REMOVE ARTIFICIAL NAILS AND NAIL ART• ADVISE CLIENTS ABOUT NAIL AND SKIN CARE FOR HANDS AND FEET• CLEAN AND DISINFECT THEIR WORK AREA AND TOOLS	<p>MANICURISTS AND PEDICURISTS MUST COMPLETE A STATE-APPROVED COSMETOLOGY OR NAIL TECHNICIAN PROGRAM. THESE PROGRAMS USUALLY INVOLVE CLASSROOM AND HANDS-ON TRAINING. FOR A LIST OF APPROVED PROGRAMS, CONTACT YOUR STATE LICENSING AGENCY.</p>	<p>PROJECTED JOB GROWTH 7% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$23/HOUR</p>

A Message from your Counseling Team

COMMUNITY RESOURCES

- Call or Text: 988, Suicide & Crisis Lifeline-988lifeline.org
- New Bedford Crisis Center: 508-996-3154
- The Trevor Project: 24/7 support for LGBTQ+ young people- thetrevorproject.org
- Samaritans: Preventing Suicide, Providing Hope, samaritanshope.org
- National Alliance on Mental Illness: nami.org
- ORRHS Resources: Ms. David, Social Worker davidson@orrhs.org; Ms. Williams, School Counselor williams@orrhs.org; Dr. Lemoine, School Counselor lemoine@orrhs.org; Ms. Williams, School Counselor williams@orrhs.org

Taking Care of Your Mental Health
#MentalHealthMatters

There is Hope

September is 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.

SEL Tip of the Week: Take a Mindful Minute

School can feel busy and overwhelming, but taking just 60 seconds to pause can reset your mind and energy. Try this:

1. Put your phone away.
2. Close your eyes and take 3 slow, deep breaths.
3. Notice one thing you can hear, one thing you can feel, and one thing you're grateful for today.

Even a short mindful break can reduce stress and help you refocus for the rest of your day.