



ORRHS Guidance Newsletter

Current Guidance Happenings

Attention Sophomores and Juniors - PSAT Information



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! If you have not yet paid your PSAT fee (\$30), please bring cash or check to Ms. Bischel no later than Monday, September 15th. Students who do not submit payment by this date will be removed from the testing list.

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.

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.

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!**

College Event for Neurodivergent Students

On 9/30 Curry College is hosting “Navigating the College Search Process for Neurodivergent Students” 6:00pm-7:00pm.

This event is designed to support neurodivergent students and their families as they explore the college search process.

[Click here to register](#)

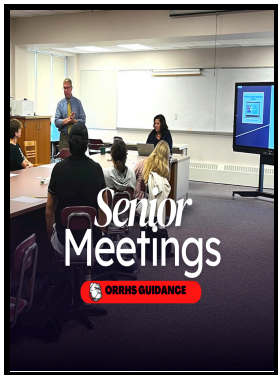
Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- September 16 - Bridgewater State
- September 19 - Elms College
- 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

Webinar series, Financial Aid 101, starting on 9/17.

Participating in the webinar will provide you with an overview of the financial aid process, including: financial aid applications and eligibility, types of financial aid, and how colleges determine financial aid offers.

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

🌟 Walk a Mile in My Shoes: Suicide Prevention Awareness Walk 🌟

Join us as we come together to raise hope, build community, and walk in support of suicide prevention.

Dates:

- Grades 9-10 Tuesday, Sept.23
- Grades 11-12 Thursday, Sept. 25

Time: Bulldog Block

Location: High School Track

What to Bring for the Walk: Your Personal belongings (This may take the entire block)

Let's walk with empathy, strength, and unity.

Because when we walk a mile in someone else's shoes, we bring understanding—and hope—closer to home.

[Sign up here](#)

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"> ANALYZE FINANCIAL COSTS OF RISK AND UNCERTAINTY USE MATH, STATISTICS, AND FINANCIAL THEORY TO STUDY POTENTIAL EVENTS (LIKE ACCIDENTS, ILLNESSES, OR NATURAL DISASTERS) HELP BUSINESSES AND CLIENTS DEVELOP POLICIES THAT MINIMIZE RISK PREPARE REPORTS, CHARTS, AND FORECASTS TO EXPLAIN FINDINGS WORK WITH INSURANCE COMPANIES, CONSULTING FIRMS, GOVERNMENT, OR CORPORATIONS 	<p>EARN A BACHELOR'S DEGREE IN MATH, STATISTICS, ACTUARIAL SCIENCE, OR A RELATED FIELD</p> <p>PASS A SERIES OF PROFESSIONAL CERTIFICATION EXAMS.</p> <p>COMPLETE INTERNSHIPS TO GAIN EXPERIENCE</p>	<p>PROJECTED JOB GROWTH 22% BETWEEN 2024-2034</p> <p>MEDIAN SALARY: \$60/HOUR</p>



A Message from your Counseling Team

Our Counseling Team is committed to fostering a school culture where every student feels seen, safe, and supported. If you or someone you know is struggling, please drop in and see us. You are not alone.

SEL Tip of the Week: Check In on a Friend & Yourself

- Ask a friend, “How are you really doing?” A simple check-in can help someone feel seen and supported.
- Just as important, take a moment to check in with yourself. Pause and notice how you are feeling today. If things feel heavy, it is okay to reach out to someone you trust.

Taking time to check in, both with yourself and with a friend, builds connection, reduces feelings of isolation, and reminds us that we are not alone.