



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### *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](mailto:laurenmillette@oldrochester.org) with questions related to APs.

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### *FAFSA Information*

Seniors are able to start applying for financial aid as early as October 1st at [fafsa.gov](https://fafsa.gov).

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### *SAT Information*

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

- 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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You can find **AVAILABLE SCHOLARSHIPS** on the [Guidance](#) website. Scholarships are updated often, so check back regularly. There are several **STEM** scholarships currently available for High School students who excel in math and science. Please click this [link](#) for more information.

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### *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 30 - United States Army
- September 30 - Fitchburg State University
- October 1 - Suffolk University
- October 3 - Holy Cross
- October 3 - Endicott College - *LIBRARY*
- October 7 - University of Vermont
- October 7 - Eastern Connecticut State University - *LIBRARY*
- October 8 - Maine College of Art and Design - *ART ROOM 1923*
- October 8 - University of Maine
- October 10 - Mass Maritime
- October 10 - University of New England - *LIBRARY*

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

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### ***MEFA College Financing Seminar - October 16***

Attention Junior and Senior Parents/Guardians: Join us as our ORRHS Guidance Department hosts a College Financing Seminar on Thursday, October 16th with Elizabeth Connelly-Sylvia, Director of Educational Services - Seven Hills, at 6 pm in the high school library.

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.

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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 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!

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## ***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](http://www.mefa.org/events).

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## **Interested in Tufts?**

Join the **Fall for Tufts** virtual open house series this September, October, and November 2025! Event details are available in the link below.

[Fall for Tufts Info.](#)

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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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## **🌟 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.

Rain Date for Grades 11-12:

- Monday, Sept. 29th

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

## Solar Photovoltaic Installers



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

### WHAT DO THEY DO?

- SET UP AND MAINTAIN SYSTEMS THAT TURN SUNLIGHT INTO ELECTRICITY.
- PREPARE AND ASSEMBLE PANELS, CONNECT WIRING, TEST SYSTEMS AND MAKE SURE EVERYTHING RUNS SAFELY.
- MOSTLY WORKING OUTDOORS - OFTEN ON ROOFTOPS.

### HOW TO BECOME ONE

EARN A HIGH SCHOOL DIPLOMA.

TAKE COURSES AT TECHNICAL SCHOOLS OR COMMUNITY COLLEGES TO BUILD SKILLS IN ELECTRICITY, CONSTRUCTION, OR RENEWABLE ENERGY.

OBTAIN CERTIFICATIONS.

OFTEN INDIVIDUALS START IN RELATED JOBS SUCH AS: ROOFING OR ELECTRICAL WORK.

ON THE JOB TRAINING OFTEN OCCURS FOR 1 YEAR.

### JOB OUTLOOK & SALARY

**PROJECTED JOB GROWTH 42% BETWEEN 2024-2034**

**MEDIAN SALARY: \$25/HOUR**

## Health & Wellness Spotlight

**Hydration** 💧 *Stay Sharp, Stay Hydrated*

### Why Water Matters

Your brain and body depend on water to function. Even mild dehydration can cause fatigue, headaches, mood changes, and make it harder to concentrate in class. Athletes and active students lose even more fluids through sweat.

**Wellness Tip:** Carry a reusable water bottle and refill it several times throughout the day. Aim for 6–8 cups daily, more if you're active. If plain water feels boring, try adding fruit slices, cucumber, or herbs like mint.

## 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 🌟

**Keep Your Momentum Going** – The school year is a marathon, not a sprint. Build small habits now that will keep you moving forward:

- **Stay organized:** Write down assignments and deadlines.
- **Set mini-goals:** Focus on what you want to accomplish each week.
- **Balance it out:** Make time for sleep, movement, and friends.

👉 **Why it helps:** Strong habits early on make school feel less overwhelming, boost your confidence, and help you stay on track as the year gets busier.

💡 **Tip:** End each day by jotting down one thing you accomplished—this keeps your motivation high and reminds you of your progress.