



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 with questions related to APs.

FAFSA Information

Seniors are able to start applying for financial aid as early as October 1st at fafsa.gov.

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!**

Scholarships

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.

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!

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- 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*
- October 15 - UMass Amherst - *MEDIA ROOM*
- October 15 - Worcester Polytechnic Institute (WPI)
- October 16 - Bryant University

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

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 guidance conference room. Please note this is a change from the 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.

Families interested in attending are asked to register for the seminar in advance and are asked to fill out the registration form in their student's name through this URL link or QR code

<https://botform.compansol.com/202455147943962>

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.

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.

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.](#)

The College Boot Camp for Seniors and Families

We are now halfway through the program, with the following two dates remaining: 10/8, and 10/15 at 6:00 p.m. 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

Veterinarian



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

WHAT DO THEY DO?

- **DIAGNOSE AND TREAT ANIMALS**
- **PERFORM SURGERIES**
- **GIVE VACCINATIONS AND PRESCRIBE MEDICATION**
- **ADVISE ANIMAL OWNERS**
- **EXAMINE ANIMALS**
- **CONDUCT TESTS**
- **ENSURE FOOD SAFETY AND PUBLIC HEALTH**

HOW TO BECOME ONE

EARN A BACHELOR'S DEGREE (USUALLY IN BIOLOGY, ANIMAL SCIENCE, OR RELATED FIELD).

DOCTOR OF VETERINARY MEDICINE (DVM/VMD)

EARN A 4-YEAR DEGREE FROM AN ACCREDITED VETERINARY SCHOOL.

PASS THE NORTH AMERICAN VETERINARY LICENSING EXAMINATION (NAVLE) AND MEET STATE LICENSING REQUIREMENTS.

OPTIONAL: PURSUE INTERNSHIPS, RESIDENCIES, OR BOARD CERTIFICATION TO SPECIALIZE (E.G. SURGERY, DENTISTRY, EXOTIC ANIMALS).

JOB OUTLOOK & SALARY

Projected job growth 10% between 2024-2034

Median salary: \$60/hour

Health & Wellness Spotlight

Sleep 😴 Sleep = Student Superpower

Sleep as a Superpower

Sleep is when your body heals, hormones balance, and your brain organizes what you've learned. High schoolers who don't get enough sleep often feel groggy, irritable, or struggle to focus and remember information.

Wellness Tip: *Aim for 8–10 hours per night. Keep a consistent bedtime—even on weekends. Power down screens at least 30 minutes before bed, and try reading or stretching instead. If you're short on rest, a 15–20 minute nap can give a quick reset.*

SEL Tip

✨ ✨ Practice the Power of the Pause

Before responding to a situation whether it's in class, with friends, or at home take a moment to pause and breathe.

Why it helps: *Pausing gives your brain time to calm down, lowers stress, and helps you choose a response that reflects your best self rather than reacting in the heat of the moment.*



A Message from your Counseling Team

October is National Bullying Prevention Month, a time to raise awareness and strengthen our commitment to creating a safe, supportive school community for all. Here at ORRHS we believe that every student deserves to feel respected, included, and valued. Words and actions carry power, both to uplift and to harm, and we encourage all students to think about how their choices impact those around them.

Throughout the month, we will be highlighting ways to build kindness, show empathy, and stand up when we see bullying or unkind behavior. Prevention starts with each of us, and even small steps like checking in on a peer, choosing inclusive language, or speaking up when someone is left out can make a lasting difference.

Together, we can continue to build a culture of respect and belonging here at ORRHS. If you or someone you know needs support, please reach out to a member of the Counseling Team.