



# 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](https://sat.collegeboard.org). **Reminder: Fee waivers are available in guidance for eligible students - please see your counselor to learn more!**

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### *Scholarships*

You can find **AVAILABLE SCHOLARSHIPS** on the [Guidance](#) website. Scholarships are updated often, so check back regularly.

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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.

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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!

## Attention JUNIORS and SENIORS

### UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- October 14 - U.S. Army
- 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.**

## Attention SOPHOMORES and JUNIORS

**JOIN US FOR A**

# **COLLEGE FAIR**

**AT NEW BEDFORD HIGH SCHOOL**



**TUESDAY,  
OCTOBER 14, 2025**

**6:00 TO 7:30 PM**

**NEW BEDFORD HIGH SCHOOL  
GYMNASIUM  
230 HATHAWAY BLVD  
NEW BEDFORD, MA**

**OPEN TO ALL AREA HIGH SCHOOL STUDENTS  
AND THEIR FAMILIES!  
NO COST TO ATTEND**

**REGISTER AT [STRIVESCAN.COM](https://strivescan.com) TO  
GET A BARCODE FOR THE COLLEGE  
FAIR. IT'S FREE AND SAVES YOU TIME.  
AFTER THE FAIR, YOU WILL RECEIVE  
AN EMAIL WITH INFORMATION ON  
THE COLLEGES YOU MET WITH  
DURING THE FAIR.**



### **INSTITUTIONS REGISTERED TO DATE**

Alfred University	Johnson & Wales University	Salve Regina University
Anna Maria College	The Landing School of Boatbuilding & Design	Seton Hall University
Assumption University	Lasell University	Simmons University
Bay Path University	Lesley University	Southern Maine Community College
Bentley University	Lincoln Technical Institute	Southern New Hampshire University
Binghamton University	Massachusetts Army National Guard	St. Mary's College of Maryland
Boston College	Massachusetts College of Liberal Arts	Stonehill College
Bridgewater State University	Massachusetts College of Pharmacy and Health Sciences	Stoney Brook University
Bristol Community College	Massachusetts Maritime Academy	Suffolk University
Bryant University	Massasoit Community College	Tufts University
Cape Cod Community College	Merrimack College	United States Army
Central Connecticut State University	MTTI	United States Marine Corps
Citizens	National Offshore Wind Institute	University of Connecticut
Clark University	Nichols College	University of Hartford
Colby-Sawyer College	Northeast Maritime Institute	University of Maine
College of the Atlantic	Norwich University	University of Maine at Farmington
Community Bridges, Inc.	Nova Southeastern University	University of Maine at Fort Kent
Curry College	Ohio Wesleyan University	University of Massachusetts Amherst
Dean College	Pace University	University of Massachusetts Boston
Eastern Connecticut State University	Plymouth State University	University of Massachusetts Dartmouth
Eckerd College	Quincy College	University of Massachusetts Lowell
Emerson College	Quinnipiac University	University of New England
Emmanuel College	Regis College	University of New Haven
Endicott College	Rhode Island College	University of Rhode Island
Fisher College	Rider University	University of Vermont
Fitchburg State University	Rivier University	Vermont State University
Framingham State University	Rob Roy Academy	Wake Forest University
Franklin Pierce University	Roger Williams University	Wentworth Institute of Technology
Gordon College	Sacred Heart University	Western New England University
Hofstra University	Saint Anselm College	Wheaton College
Husson University	Saint Joseph's College of Maine	Worcester Polytechnic Institute (WPI)
Iona University	Saint Michael's College	Worcester State University
IYRS School of Technology & Trades	Salem State University	

**FOR MORE INFORMATION:**

 [WWW.NEWBEDFORDSCHOOLS.ORG/  
COLLEGEANDCAREER](https://www.newbedfordschools.org/collegeandcareer)

 [COLLEGEANDCAREER@  
NEWBEDFORDSCHOOLS.ORG](mailto:COLLEGEANDCAREER@NEWBEDFORDSCHOOLS.ORG)

## ***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 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.

If you are unable to attend or want to preview the information please use this link. [FinancialAidPresentation](#)

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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***

Our final date is: 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

## Anthropologists and Archeologists



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

### WHAT DO THEY DO?

- CONDUCT AND OVERSEE CULTURAL RESEARCH AND DATA COLLECTION
- GATHER INFORMATION THROUGH OBSERVATION AND INTERVIEWS
- ANALYZE ARTIFACTS AND DATA TO IDENTIFY CULTURAL PATTERNS
- DOCUMENT FINDINGS AND MANAGE RESEARCH RECORDS
- PREPARE REPORTS AND PRESENT RESULTS
- ADVISE ORGANIZATIONS ON CULTURAL IMPACTS OF POLICIES AND PROGRAMS

### HOW TO BECOME ONE

EARN A BACHELOR'S DEGREE IN ANTHROPOLOGY OR ARCHAEOLOGY

EARN A MASTER'S OR PH.D

ENGAGE IN FIELDWORK, INTERNSHIPS, OR ARCHAEOLOGICAL DIGS

### JOB OUTLOOK & SALARY

**PROJECTED JOB GROWTH 4% BETWEEN 2024-2034**

**MEDIAN SALARY: \$30/HOUR**



## Marion Library Monthly Book Club!

Looking for something new to read or a fun way to connect with others? Check out the Marion Library's Monthly Book Club! Stop by the library to see this month's featured book selections and join the conversation. It's a great way to discover new favorites and meet fellow readers, don't miss out!

## Health & Wellness Spotlight

### Week 3 – Nutrition 🍎 Snack Smart

#### Food as Fuel

*What you eat directly impacts your energy, focus, and mood. Sugary snacks can cause energy spikes and crashes, making it harder to stay alert. Balanced snacks, on the other hand, give your brain steady fuel.*

**Wellness Tip:** Pair a carbohydrate (fruit, crackers, granola) with a protein or healthy fat (nuts, yogurt, cheese, peanut butter). Don't skip breakfast—students who eat in the morning often perform better academically and feel more energized throughout the day.

## **SEL Tip**



### **Choose Words that Uplift**

*Words have power. Try to use language that encourages, supports, and builds others up. Even small compliments or positive comments can make someone's day.*

*Why it helps: Positive words boost confidence, strengthen relationships, and create a more supportive school community where everyone feels valued.*

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### **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.