

School of the Arts Counseling Department (Grades 10-12)

NEWSLETTER- January 2026

COLLEGE APPLICATION PROCESS

- ❖ **Counselors will be meeting with seniors starting in the next couple of weeks to review graduation requirements, transcripts, and discuss plans for after graduation.**

College Research Websites:

- **SchoolLinks- Access through your RoConnect Dashboard**
- **College Board Big Future:** <https://bigfuture.collegeboard.org/>
- **State University of New York (SUNY):** www.suny.edu

College Application Process:

<https://docs.google.com/document/d/13Z0C4yALRY406AijqMEV7bhdcqx4JpDfjNkizh7Qq8/edit?usp=sharing>

- ❖ **Create a Common Application account:** www.commonapp.org and remember to write down your username and password to access in the fall
- ❖ **Please add ALL colleges you are applying to in your SchoolLinks account..** This is how we will send transcripts, school reports, and letters of recommendation. You can access SchoolLinks through your ROConnect dashboard on your Chromebook. Please see our **College Application Process** document for more information-
<https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/5271/College%20Application%20Process%20for%20Seniors.pdf> .

Rochester Education Foundation: <http://rochestercan.org/>. For help with college/ financial aid related questions and FAFSA Fest information.

RCSD College Ready Resource Page: <https://www.rcsdk12.org/Page/55421>

NEW YORK STATE HESC (Higher Education Services Corporation):

<https://www.hesc.ny.gov/>

FAFSA (Free Application for Federal Student Aid)- Online form available October 2025-

<https://studentaid.gov/h/apply-for-aid/fafsa>

SUNY (State University of New York) UPDATES: www.suny.edu

SOTA FAFSA FEST

JANUARY 8, 2026

5:00 PM – 7:00 PM

School of the Arts Library

- Support with FAFSA Completion
- Complete FSA ID 3 - 5 days in advance of event
 - <https://studentaid.gov/fsa-id/create-account/launch>
- What to bring?
 - Social Security Number
 - 2024 Tax Return
 - FSA ID

Register Here



Rochester Education Foundation Parent Series 2026



225 West
Broad St,
Suite B



JANUARY 17TH,
2026
@ 11AM-1PM

Join us for our **FIRST** session of many parent sessions to support parents in finding time for your own health, wellness and personal care.



Strategies for your health and wellness



Tips for personal growth and self care

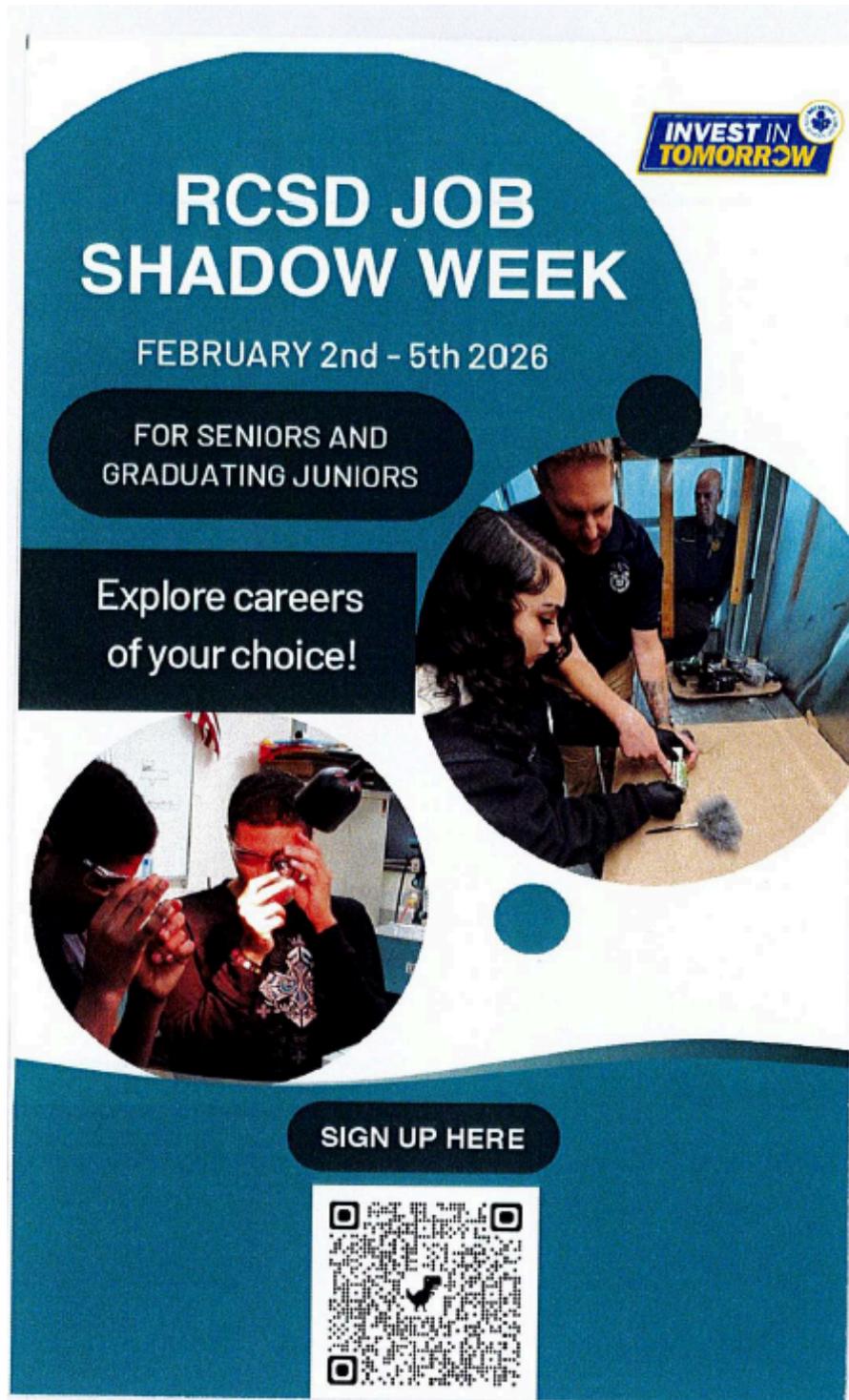


Time to connect with other parents
(Snacks Provided!!)

*Happy
New Year*

RCSD JOB SHADOW WEEK for SENIORS- Register here:

<https://docs.google.com/forms/d/e/1FAIpQLSc5VBFvSSfANv5spTog5GpdDAnZJkBUDeISfQYSPmUXrFcR8w/viewform>



INVEST IN TOMORROW

RCSD JOB SHADOW WEEK

FEBRUARY 2nd - 5th 2026

FOR SENIORS AND GRADUATING JUNIORS

Explore careers of your choice!



SIGN UP HERE



SAT/ ACT UPDATES

Weekend Test Administrations:





SAT Dates and Deadlines

Fall 2025

SAT Test Date	Registration Deadline	Late Registration Deadline
August 23	August 8	August 12
NEW September 13	August 29	September 2
October 4	September 19	September 23
November 8	October 24	October 28
December 6	November 21	November 25

Fee Waivers- Please see your counselor if you think you may qualify for an SAT or ACT fee waiver.

SAT Test Day Reminders- Arrive at your testing site on time, bring your Admission Ticket, photo ID, a calculator, #2 pencils, and any drink/snack you would like. You will not be admitted without your Admission Ticket and Photo ID.



The ACT

ACT NATIONAL

2025-26 TEST DATES & DEADLINES

ACT National Test Date	Regular Registration Deadline
September 6, 2025	August 1, 2025
October 18, 2025	September 12, 2025
December 13, 2025	November 7, 2025
February 14, 2026	January 9, 2026
April 11, 2026	March 6, 2026
June 13, 2026	May 8, 2026
July 11, 2026*	June 5, 2026

*No test centers scheduled in New York for July test date

COLLEGE VISITS @ SOTA

- ❖ **SOTA will host visits with College Admissions Representatives on Tuesdays and Thursdays.** We have College Admissions Representatives from the schools list below coming to SOTA. If you are interested in meeting with any of these colleges, please register through your **SchoolLinks** account, which can be found on your RoConnect dashboard. Once you are on your SchoolLinks account, go to the tabs on the left side of the screen, click on "School", then "Events". Here you will find a list of all the colleges signed up to visit SOTA and you can register to attend. All visits will be in the Ensemble Theatre unless otherwise noted.

COLLEGE OPEN HOUSES/ COLLEGE FAIRS

- ❖ **SUNY Campus Visit Opportunities-** suny.edu/visit
- ❖ **SUNY Virtual Events/ Information Sessions-** suny.edu/studentevents
- ❖ **SUNY Fredonia Open House Events-** April 25-
<https://www.fredonia.edu/admissions-aid/visit-tour>
- ❖ **St. John Fisher University Open House Events-** January 24-
<https://www.sjf.edu/admissions-aid/first-year-admissions/visit-opportunities/>
- ❖ **SUNY Canton Open House-** April 25- www.canton.edu/admissions/open_house.html
- ❖ **SUNY Alfred State Open House-** March 22, April 11-
<https://admissions.alfredstate.edu/portal/open-house>

SCHOLARSHIPS

- **MANY OF THE SCHOLARSHIP APPLICATIONS CAN BE FOUND ON THE SOTA WEBSITE. Go to Counselor's Corner and click "Scholarship File Cabinet".**
- **Go to SchoolLinks through RoConnect to access more scholarships.**
- **Go to www.studentscholarships.org, www.fastweb.com, <https://www.goingmerry.com/> or www.racf.org/Scholarships/How-to-Apply-or-Renew, <https://rochestereducation.scholarships360.org/> to find more private scholarships you may be eligible for.**
- ❖ **University of Rochester- Rochester Promise Program-** For any senior accepted to the U of R under regular admission, planning to enroll full-time. You are NOT eligible for the scholarship if your parent qualifies for any U of R employer tuition waivers or if your household income is more than twice the Monroe County average (approximately \$150,000). Full tuition scholarship (does not include room and board).
<https://admissions.rochester.edu/national-and-international-partners/>

- ❖ **Rochester Institute of Technology Rochester Destler/Johnson City Scholars Program-** For any senior interested in attending RIT and is accepted under regular admission, meets the requirements, and has a household income under \$75,000/ year. Full tuition scholarship (does not include room and board). Must apply to RIT and submit FAFSA by January 15. <https://www.rit.edu/aes/destlerjohnson-rochester-city-scholars>



The Destler/Johnson Rochester City Scholars Program was created in 2010. This unique program offers full-tuition scholarships for full-time first-year students from public, including select charter, high schools within the Rochester City School District, and the Urban-Suburban Interdistrict Transfer Program.

Admitted students are eligible for full tuition covered through a combination of RIT scholarships and state and federal need-based grants.

Scholarship Program Requirements:

- Students must live in the city and attend an approved high school within the district, or Urban Suburban school, for the last three years of high school.
- **Students should apply for admission by January 15** to ensure full consideration. **The \$65 application fee is waived.** (Applications received after January 15 will be considered as long as space and funds remain available.)
- Must be accepted through RIT's regular admission standards and **enroll full-time** at RIT in the fall semester after graduation.
- The high school counselor, or Urban Suburban Program Director, must submit RIT's electronic Student Eligibility Certification form.
- Must file a valid FAFSA and be a U.S. Citizen or eligible non-citizen to be reviewed by the Office of Financial Aid and Scholarships. The student's total annual family income (including taxed and untaxed income) must not exceed \$75,000.
- **Once the offer of admission is accepted, the \$500 enrollment deposit will be waived.**

DDI Summer Experience

Students admitted to the Destler/Johnson Rochester City Scholars program are required to participate in the **Division of Diversity and Inclusion's Summer Experience**, which is a fully funded residential summer program providing personalized one-on-one academic coaching, academic skills enhancement, a strong support network, and the opportunity to **earn up to six RIT college credits.**

First-year, Lah May Paw, was asked: How did the DDI Summer Experience help her prepare for her first semester, academically and socially:

"The DDI SE program helped prepare me for my first semester by showing me how I can stay on track with my classes and spend time with my friends. I need to make a weekly or monthly planner in order to succeed academically and socially. The program also opened a connection for me. With my peer advisor and my academic coach, I now know where to get help, make new friends, join clubs, and receive information that might interest me."



- ❖ **Excelsior Scholarship**- For any senior interested in attending a SUNY or CUNY school and is accepted under regular admission, meets the requirements, and has a household income under \$100,000/ year. Full tuition scholarship (does not include room and board). Go to <https://www.hesc.ny.gov/pay-for-college/financial-aid/types-of-financial-aid/nys-grants-scholarships-awards/the-excelsior-scholarship.html> for more information and to apply.
- ❖ **St. John Fisher College- Fisher Urban Scholar Award**- \$40,000 over 4 years for first-year undergraduates from the RCSD that are accepted to St. John Fisher College. Students will also be eligible to receive additional merit aid and scholarships, including the Service Scholarship and First Generation Scholarship.
- ❖ **Nazareth University/ RCSD Direct Admission Program**- Any senior with a B average (80) or higher will be eligible for Direct Admissions to Nazareth and offered \$23,000/ annually. Seniors must apply to Nazareth through the Common Application. <https://www2.naz.edu/admissions/rochester-city-school-district-naz>
- ❖ **Rochester Area Community Foundation (RACF) Scholarships**- RACF has many scholarships available, some specifically for RCSD seniors. Go to <https://www.racf.org/scholarships/search-for-scholarships/> to search for scholarships and apply. Go to scholarship file cabinet to access the RACF document listing of specific scholarships for RCSD students and criteria. **Application open December 1- February 28.**
- ❖ **College Board BIG FUTURE Scholarships**- This is a scholarship program for **JUNIORS** and **SENIORS**. Monthly scholarship winners are drawn when you complete steps. Go to <https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships?excmid=vt-00248> for more information and to get started.
- ❖ **Nazareth University Visit Grant**- Visit the Nazareth campus during the fall semester for a \$1,000 (non-renewable) grant.
- ❖ **St. John Fisher University Service Scholars Program**-For high school seniors planning to attend SJF who demonstrate ongoing interest in serving others through community service. Must apply to SJF and complete scholarship application. Preferred deadline- December 15, final deadline- January 15. <https://www.sjf.edu/admissions-aid/first-year-admissions/scholarships/>
- ❖ **St. John Fisher University First Generation Scholars Program**- For high school seniors planning to attend SJF who demonstrate a high degree of academic potential and motivation and whose parents did not graduate from a 4-year post-secondary institution. Must apply to SJF and complete scholarship application. Preferred deadline- December 15, final deadline- January 15. <https://www.sjf.edu/admissions-aid/first-year-admissions/scholarships/>
- ❖ **Daughters of the American Revolution Polly F. Burke Memorial Scholarship**- For any senior with an outstanding academic record, planning to attend college, demonstrates community service. \$1000 award. Go to the scholarship file cabinet for application. Deadline to apply- March 1.
- ❖ **New York State DAR Scholarship**- For any senior with an outstanding academic record, planning to attend a four year college in New York state. \$2000 award. Go to the scholarship file cabinet for application. Deadline to apply- January 15.

- ❖ **Helen and Arnold Barben NSDAR Scholarship**- For any female senior with an outstanding academic record, planning to attend a four year college. \$2000 award. Go to the scholarship file cabinet for application. Deadline to apply- January 15.
- ❖ **Damaris Smith Desimone NSDAR Scholarship**- For any senior planning to attend a four year college to study United States History. \$1000 award. Go to the scholarship file cabinet for application. Deadline to apply- January 15.
- ❖ **Peggy Jo Power Gifford NSDAR Scholarship**- For any senior planning to attend a two or four year college to study United States History, Philanthropic Studies, or Non-Profit Management. \$500 award. Go to the scholarship file cabinet for application. Deadline to apply- January 15.
- ❖ **Niagara University Full Flight Scholarship**- For students that are admitted to Niagara and whose family income is \$80,000 or less per year. This is a full tuition grant (\$37,000/ year). Applicants must file their FAFSA form to qualify. <https://www.niagara.edu/tuition-aid/scholarships-grants/full-flight-scholarship/>
- ❖ **Polish Heritage Society of Rochester Scholarship**- For any senior of Polish descent (at least one parent) planning to attend college in the fall. Up to \$4000 award. Go to www.polishheritagerochester.org for more information and to apply. Application can also be found in the scholarship file cabinet. Deadline to apply- February 1.
- ❖ **BigSun Athletic Scholarship**- All senior student-athletes are eligible to apply. \$500 award. Go to <http://www.bigsunathletics.com> for more information and to apply. Deadline- June 19.
- ❖ **Princeton Prize in Race Relations**- The Princeton Prize in Race Relations identifies and recognizes high school students who, through action and service, have demonstrated leadership in advancing racial equity or promoting racial understanding in their schools and communities. Prize winners receive \$2500 and an invitation to participate in the Princeton Prize Symposium on Race. For more information and to apply- <https://pprize.princeton.edu/>. Deadline to apply- January 15.
- ❖ **The Summit Federal Credit Union Scholarship Program**- Four scholarships available:

New York Credit Union Association Scholarship (deadline to apply- January 9)- Must be a member in good standing at any New York credit union and plan to attend college in the fall.

Summit's 2026 Scholarship Program (deadline to apply- February 28)- Must be a current member of the Summit Federal Credit Union (new members welcome to apply) and plan to attend college in the fall.

Rochester Chapter of the New York Credit Union Association Scholarship (deadline to apply- February 28)- Must be a member in good standing of New York credit union.

Summit's Skilled Trade Scholarship- (deadline to apply- February 28)- Must be a current member of the Summit Federal Credit Union (new members welcome to apply) and plan to pursue an Associate's Degree, Certificate, or diploma at a trade school, technical certificate program, or apprentice program.

Go to <https://www.summitfcu.org/join-the-summit/services-benefits/scholarships/> for more information on each scholarship and how to apply.

Attention Seniors!

The Summit Federal Credit Union's **2026 scholarships** window is now open!



2026 Scholarships

- ▶ Rochester NYCUA Chapter Scholarship
- ▶ New York Credit Union Association Scholarship
- ▶ The Summit's Scholarship
- ▶ The Summit's Skilled Trade Scholarship

Applications for the New York Credit Union Association Scholarship must be received by **January 9, 2026**.

All others must be received by **February 28, 2026**.

**Scan here to find out more
and apply today!**



NEW SCHOLARSHIPS

- ❖ **Horatio Alger Association Scholarship**- For **JUNIORS and SENIORS** planning to attend college after high school, 2.50 minimum GPA, demonstrate financial need, participate in extracurricular activities and community service, display integrity and perseverance in overcoming adversity. Go to <https://horatioalger.org/scholarships-and-services/> for more information and to apply. Deadline to apply: Juniors- March 1, Seniors- February 15.
- ❖ **TMCF/McDonald's Black and Positively Golden Scholarship**- For any senior planning to attend a HBCU next fall, 80 GPA, demonstrate leadership, demonstrate financial need. Go to <https://tmcf.org/open-scholarships/2026-2027-tmcf-mcdonalds-black-and-positively-golden-scholarship/> for more information and to apply. Deadline to apply- April 24.
- ❖ **Utica University Pioneer Passport Scholarship**- Students who are accepted to Utica University, are a NY state resident, and annual family income of \$65,000 or less will be granted free tuition. Go to <https://www.utica.edu/tuition-and-financial-aid/pioneer-passport> for more information.

- ❖ **IBERO Scholarship**- For any senior of Hispanic origin planning to attend college in the fall, 3.0 GPA or better. At least one parent of Hispanic origin from one of the following places: Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Spain, Uruguay or Venezuela. Go to <https://www.iber.org/scholarship/> to apply. Deadline to apply- March 6.
- ❖ **Charlotte Community Association (CCA) Edward Watson Memorial Scholarship**- For any senior that resides in the Charlotte neighborhood of the city and plans to attend college, trade school, or vocational/technical program in the fall. \$1000 award. Go to the scholarship file cabinet for application. Deadline to apply- June 30.

Rochester Area Community Foundation Scholarship Portal Now Open!

SCHOLARSHIPS

THE COMMUNITY FOUNDATION

OVER \$1.5M AWARDED IN 2025

130+ LOCAL SCHOLARSHIPS

NEW CONSOLIDATED APPLICATION Due February 28

Find more info at racf.org/Scholarships

PROGRAMS/ EVENTS/ SUMMER PROGRAMS

- ❖ **University of Rochester Pre-College Programs**- New program for students ages 13+ to explore subjects they may wish to pursue in college, taught by professors, supported by mentors. Currently offering courses in Biomedical Engineering, U.S. Healthcare, and Personalized Medicine. Go to <https://rochesteronline.precollegeprograms.org/> for more information and to apply.
- ❖ **Guided Pathway Support Program for Juniors and Seniors**- The program is a part of the Ron Brown Scholar Program. It is a free, online, African American college advising community-advising services, mentorship, accepts students all year. Go to <https://rbsgps.com/> for more information and to apply.
- ❖ **Project Level the Field**- A non-profit organization with one mission: make sure everybody has access to FREE high-quality college application resources regardless of their race, ethnicity, or financial background. They provide college application support, SAT test prep and tutoring. <https://projectlevelthefield.com/>
- ❖ **Rhode Island School of Design Pre-College Summer Programs**-
www.precollege.risd.edu
- ❖ **SUNY Geneseo Summer Academy**- This is a one-week (July 12-18) residential program for high school students who want to prepare for college, explore academic interests, and gain real college experience. For more information and to apply-
<https://www.geneseo.edu/admissions/geneseo-summer-academy-live-and-learn-campus>
- ❖ **Fordham Summer Leaders Academy**-
<https://www.fordham.edu/summer-session/pre-college-programs/summer-leaders-academy/>
- ❖ **SUNY New Paltz Summer Honors Program**-
https://www.newpaltz.edu/summer-honors/?utm_campaign=honors&utm_content=honors&utm_medium=email&utm_source=slate&utm_term=25_summer
- ❖ **SUNY Delhi Introduction to Veterinary Technology (VETS 120)**- Online course for seniors interested in the field, Spring semester (January 19- May 15), 4-6 hours per week including instructor presentations, videos, readings, discussions and assignments. Cost- \$203.40 for 2 credit hours. Go to
<https://apply.delhi.edu/register/?id=e5496d7c-d3c2-4d4a-8acb-f3b0c8bb46c0> to register. Deadline to register- January 12.

MONROE COMMUNITY COLLEGE

LIBERTY PARTNERSHIPS PROGRAM

Your Partner in Academic and Personal Success!

NOW RECRUITING 7TH-12TH GRADERS

- After-school tutoring
- On-site advisor to support you and advocate for you
- College and career exploration opportunities
- Summer enrichment program
- Parent and family support

scan to enroll



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WE ARE YOUR DOL



A DIFFERENT KIND OF HIGHER EDUCATION REGISTERED APPRENTICESHIPS



Benefits Include:

- **EARN \$\$ WHILE YOU LEARN** in a full-time job from day one
- Hands-on learning from experts
- Supplemental classroom instruction
- A nationally recognized credential upon completion
- Often no cost or debt!

Find Your Career Pathway
dol.ny.gov/apprenticeship



ACTION for a **BETTER COMMUNITY**
ABC's Of College

ABC's Youth Services Department will provide year-round college and trade school exposure through guided workshops and campus tours throughout New York State. Exposing ABC youth participants to college will allow students to feel a sense of belonging and learn what college entails, while increasing their likelihood of attending a post-secondary educational institute.



Shamira McClain- Director

Our Focus Areas

College Awareness
 Students will get college exposure by hearing from College Admissions and College Tours.

Application Process
 Students will learn how to apply to college, search for scholarships, and utilize the FAFSA

College Experience
 Students will participate in interactive workshops that cover dorm life, sports, class, Greek life, and more

The Basics

- ✓ Monthly Workshop (Capacity of 35)
- ✓ Quarterly Tours (Capacity of 12)
- ✓ After School 4:00pm - 6:00pm
- ✓ Prizes and Takeaways for Participation

Requirements

- 1 Students must be willing to learn and respectful of staff, peers, and visitors
- 3 Open to 7th-12th grade students to increase student understanding by senior year.
- 5 Students must attend 3 workshops to be eligible to attend a tour.

Launching February 2026

Call Us For More Info **585-325-5116**
 Register for Workshop Information Here →

START YOUR FUTURE TODAY AT THE CENTER FOR WORKFORCE DEVELOPMENT



TRANSPORTATION

BUS AND HEAVY EQUIPMENT MAINTENANCE

18 weeks \ 118 hours

Work on steering, suspension, brake systems, engines, & electrical components

CDL CLASS-B

7 weeks \ 53 hours

Prepare for the Class-B road test in an entry-level driver training program



CONSTRUCTION

BUILDING MAINTENANCE

18 weeks \ 118 hours

Learn basic plumbing and electrical to drywall repair and HVAC maintenance

ELECTRICAL FOR CONSTRUCTION

18 weeks \ 121 hours

Gain skills to begin a career in residential or commercial electrical

HVAC/R

18 weeks \ 118 hours

Discover the basics of heating, ventilation, air conditioning and refrigeration

HEALTHCARE

DENTAL OFFICE ASSISTING

18 weeks \ 180 hours

Learn a variety of skills to prepare for dental office work and patient care

NURSE ASSISTING

18 weeks \ 138 hours

Gain essential experience and skills to provide safe, compassionate patient care as a nursing assistant.

PHLEBOTOMY

18 weeks \ 126 hours

Understand the theory and practice of safe and proper blood draws

REGISTERED DENTAL ASSISTING

Online \ Self-Paced

A NYS approved Dental Assisting program for individuals working in the field and seeking licensure.



SCHOLARSHIP & FUNDING
OPPORTUNITIES AVAILABLE!



MANUFACTURING

INDUSTRIAL ELECTRICAL

18 weeks \ 118 hours

Discover the basics of industrial and mechanical power distribution

MACHINING FUNDAMENTALS

18 weeks \ 133 hours

Gain skills in manual machining and related instruction for apprenticeships

MANUFACTURING PROCESS TECHNOLOGY

18 weeks \ 118 hours

Learn all about the process technology industry, an in-demand, growing field

WELDING

18 weeks \ 118 hours

Explore and practice the most common processes of joining metal to metal



ADULT EDUCATION

FREE

HIGH SCHOOL EQUIVALENCY/GED

No-cost individualized instruction in preparation to earn a GED

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Learn and improve your English for work, school and life at no cost

ESOL COMMERCIAL DRIVER'S (CDL) PERMIT

Learn the information and skills to pass the CDL permit test

ESOL PARAPROFESSIONAL/SCHOOL AIDE

Learn about the public school system and prepare to assist in the classroom

YOUR FUTURE AWAITS AT THE CENTER FOR WORKFORCE DEVELOPMENT

Monroe 2-Orleans BOCES
Center for Workforce Development

WEMOCO CTE Center
3589 Big Ridge Road,
Spencerport, NY 14559

(585) 348-9000

CWDinfo@monroe2boces.org

The CWD Advantage

- Earn while you learn with a schedule that allows for work and class
- Be supported from enrollment to employment
- Work on employability skills such as building resumes and interviewing
- Network and connect with potential employers for in-demand jobs

Get started
today!



www.monroe2boces.org/cwd



@BOCES2CWD

ROC Your Job

Youth Employment Event

Why wait until the summer to
get a job?

10:00 am - 2:00 pm

October 18, 2025

- * Learn about exciting career opportunities
- * Sign up for afterschool jobs on site
- * Bring birth certificate, Social Security card, work permit, most recent physical papers and report card
- * Community vendors present to help

**MCC Downtown Campus
High Falls Room
321 State Street**

**Apply Today at
RocYourJob.com**

Call the Youth Bureau
for more information
753-6280



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COUNTY EXECUTIVE



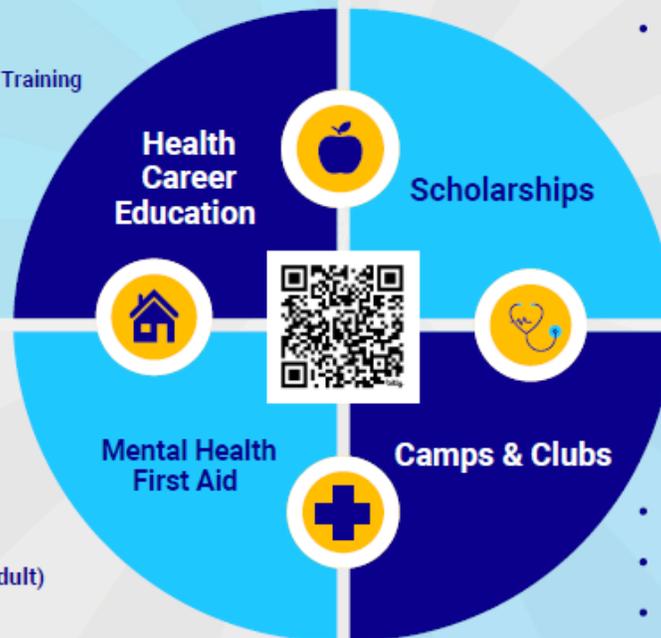
WNY R-AHEC SCHOOL OPPORTUNITIES



Improving the quality of healthcare in our region through workforce development, education, and resources.

- Career & Behavioral Health Presentations
- Monthly Career Newsletter
- Career Guide
- Career Fairs
- Career Shadowing
- Virtual Reality Medical Training
- Other Events & Presentations
- Discover Wellness Program

- Annual scholarships available to seniors pursuing a career in health care



- Teen MHFA
- Youth MHFA
- QPR (Youth & Adult)
- Resiliency

- In School & After School Clubs
- Summer & School Break Camps
- HCOP (Health Careers Opportunity Program)



For more information contact info@r-ahec.org | 585-786-6275

"Thank you for believing in me and giving me the confidence to soar beyond just a job, allowing me to find a career."
-Amanda, Graduate

"My interest and decisions about college increased through college tours and presentations. As a result, I applied to more than 10 colleges and I have already been accepted into 5... It makes me so happy to think about how I came to Future Ready so far behind and that now I only need to finish two classes to graduate."
-Liniaha, High School Senior

Are you Future Ready?

Quick, Online Application:
bit.ly/futureready-app





Contact Us

EnCompass: Resources for Learning
Future Ready Program
16 Lake View Park
Rochester, NY 14613
585-505-3936
futureready@e-success.org
Learn More: www.bit.ly/enc-FR



Academic Success
College & Career Preparedness
Job Training & Job Placement



Learn More & Apply Today!
Enrolling Teens Grades 6-12



About Future Ready

Future Ready prepares middle and high school students for lifelong success in school, college, and career. Students in Future Ready receive year-round academic and navigation support as they develop job and life skills. Students work 1:1 with a Navigator to chart the college and career pathways that will make them Future Ready!



Academic Success

Bright futures start with the foundations students need to succeed in school and graduate from high school:



- Academic Tutoring
- Regents Exam Prep
- Other Test Prep
- Experiential Learning
- Summer Learning & Enrichment



Career & College Ready

Preparing for post-graduation success starts with the skills training, navigation support, and interactive experiences students need to be college and/or career-ready:

- Career Spotlights & Enrichments
- Networking Opportunities
- Future Ready Employment Education (FREE) Academy
- College Tours & Readiness Academy
- College Application and FAFSA planning



How Students Benefit



Navigation Support

Navigators are mentors and guides who meet with students regularly to:

- Develop & Implement Personal College & Career Plans
- Identify & Assess Academic Needs
- Coordinate Wraparound Services and Hands-On Career Exposures
- Arrange Work-Readiness Training and Job Placement

What's New?

Future Ready is focused on providing unique and life-changing experiences:

- Cross-Community Activities as Part of "The Hive"
- Mystery Trips
- Student-Designed Spaces
- Local & Out-of-State College Tours
- Summer Career Immersions

The Optics Industry Needs YOU!

The optics industry is exploding locally, nationally and internationally. Optics is the backbone, driving cutting edge innovations in every sector of our economy: medical, environmental, manufacturing, communications, research, security and defense.

Come learn how you can become part of it!

Monroe Community College Optical Systems Technology Program

- Nationally recognized
- Employer connections
- State-of-the-art lab facilities
- Industry experienced faculty
- Supported by state and federal grants



Optics Spring Information Sessions

When: Thursdays, 6:30-8:00 PM

- January 8, 2026
- February 12, 2026
- March 12, 2026
- April 9, 2026

Where: Building 9, Room 9-132
Monroe Community College
1000 East Henrietta Road
Rochester, NY 14623

Parking: Lot J Parking Permit & Map
on the back of this flyer

Questions: www.monroecc.edu/go/optics
optics@monroecc.edu
(585) 292-2677

Information to be covered:

- Optics Industry & Careers
- MCC Optics Programs
- Financial Aid & Scholarships
- Application Process
- Lab Tours

Register for a session:



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GEWEP- General Education Work Experience Program



GEWEP



General Education Work Experience Program

- Have a job?
- Earn HS Elective Credit!

Sign up for the GEWEP Class!

Sign up **ASAP** to start counting your hours worked for elective credit!

Credit is given based on how many hours you work. (example: 150 hrs. = .5 credit / 300 hrs. = 1 credit, etc.)



SIGN UP: Scan the above QR code to fill out the GEWEP Interest Form

Or type in the URL: <https://forms.gle/1zZRLgi8Lh11fd4g6>

This is a Virtual Course!

Your teacher: Ms. Richardson, RCSD Work Based Learning Coordinator

Assignments: all in Google Classroom

Offered: first and/or second semester

Q&A's

Q-When can I sign up? A- As soon as you are employed and earning a paycheck

Q-How old do I have to be? A- 14 or older and employed

Q- If I don't have a job, but get one later this school year, can I join in the middle of the year? A - Yes, join at any time

Q- I work for my family, can I join GEWEP? A - You must be paid "on the books" and earn a paycheck (you can't be paid "under the table") and the business must provide Workers Compensation

Further Questions: Contact Ms. Richardson, RCSD Work Based Learning Coordinator at donna.richardson@rcsdk12.org or see your school counselor

EMPLOYMENT OPPORTUNITIES

Looking for a job? Check out the RCSD Job Board for information on local businesses that are hiring:

https://docs.google.com/spreadsheets/d/11oLGRPW1XDrdtSbLSR7bvEnGNy_1al-6ZLtdDoUKpmk/edit#gid=0

HOW TO APPLY FOR A WORK PERMIT at SOTA:

<https://www.rcsdk12.org/domain/13307>

You will need three documents to apply for a work permit.

- **Application- Part I only completed and signed by parent or guardian**
- **Proof of Age- birth certificate, learner's permit, license**
- **Medical Form- must be completed by your doctor's office (or the school nurse if she has your physical on file at school), you can also use a copy of your most recent physical**
- **The application and medical form can be accessed through the link above or there are copies in the counselor's offices and house offices.**

When you have those three documents complete, you can bring them to the house office and the clerical staff can issue you a work permit. They usually have specific days and times they process work permits, so check with your house office clerical staff.



We are seeking 9th-12th grade students at RCSD and charter schools - it is a requirement that students who take on this job plan to apply to college

Student College Access Ambassador Job Description:

- Participate in training sessions on zoom or in person as necessary
- Learn about all aspects of the college application process
- Attend and assist at FAFSA Fest events at your school and other schools as needed
- Promote College Access events your social media, via text and email, and in person with other students at school
- Meet regularly with College Access and Success Team
- Meet with teachers, coaches, and school counselors at your school to promote College Access events and workshops
- Bring students to college access workshops and events
- Attend college access workshops and events in addition to FAFSA Fest
- Present information about the college application process
- Attend college tours
- Create a welcoming environment for new students
- Develop and maintain relationships with new students
- Support parent engagement efforts

Please submit a resume and a letter of recommendation.

A green graphic with a jagged, starburst-like top edge. Inside the starburst, the text 'WE ARE HIRING' is written in large, bold, dark green capital letters. Below this, 'Rochester Education Foundation' is written in a smaller, dark green font. Below the starburst, the text 'Open Position:' is in bold, followed by 'Student Ambassador'. A paragraph of text describes the role: 'Our Student Ambassadors Are High School Students Who Get To Experience College Life Opportunities, How To Complete Your FAFSA And Public Speaking!'. To the right of this text is a dark green megaphone icon. At the bottom right, the text 'If you are interested Email: Tawana@rochestereducation.org' is displayed.

WE ARE HIRING
Rochester Education Foundation

Open Position:
Student Ambassador

Our Student Ambassadors Are High School Students Who Get To Experience College Life Opportunities, How To Complete Your FAFSA And Public Speaking!

If you are interested
Email: Tawana@rochestereducation.org

Resources for Social & Emotional Support

WHO CAN HELP AT SOTA:



School Counselors

Mr. Murphy - A179
Mrs. Sirianni - A249
Mrs. Rossette - A349
Mrs. Kelly - A432
Ms. Adams - A249
Mrs. Everts - A423



Social Workers/ School Psychologists

Mrs. Lindsey - A179
Mrs. Gordon - A349
Mrs. Johnson - A432
Mr. Blumkin - M325
Mr. Dingman - M332



Community Organization Support

Caroline Cuyler - M151
Ms. Nicki - 4th Fl House
CFY Help Zone - M138
Pathways to Peace - 4th Fl House
Hillside - 2nd Fl House

*Feel free to reach out to any staff member and they can help connect you to one of us!

24/7 HOTLINES FOR SUPPORT:

Suicide & Crisis Support Lifeline: Call or text 988

The Trevor Project Hotline: Call 1-866-488-7386 or text 'START' to 678-678 (LGBTQ+ safe hotline)

The Center for Youth: Call 585-271-7670

Resource Services Hotline: Call 211

For life threatening crises or emergencies please call 911

Mental Health Crisis Hotlines

If you are experiencing a mental health crisis these resources are available 24/7 to provide immediate help!

❖ 211 Lifeline:

If you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options, call 211 to speak with a live person who can help.

- 211 conversations are confidential, can be made anonymously, and are available in 180 languages upon request.
- If you prefer to text, use web chat, or search for resources online, click here to find more ways to contact [your local 211](#).

❖ 988 Suicide and Crisis Lifeline:

Dial 988 or 1-800-273-8255 for the <https://988lifeline.org/> . 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline). When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

❖ URM C Brighter Days Pediatric Mental Health Urgent Care Center-
300 Crittenden Blvd., (585) 275-8686
<https://www.urmc.rochester.edu/locations/mental-health-wellness-brighter-days-pediatric-urgent-care-center>

MENTAL WELLNESS



Event

STUDENT ORGANIZED EVENT

What is the event?

Performances from all of the majors at SOTA dedicated to Mental health awareness. Community partners and resources available.

When is the event?

January 28th
6-7:30pm

In the Allen Main Stage Theater

Who you can call if you need help:

- **988 Suicide & Crisis Lifeline:** Call or text 988 (or chat online) for immediate support.
- **Crisis Text Line:** Text HOME to 741741 for confidential support from a live counselor

- You are loved •



SUPPORTING MENTAL HEALTH

Ways to take care of yourself and others

- **Self-Care**

Regular exercise, balanced diet, adequate sleep.

- **Seek Professional Help**

Therapists, counselors, and support groups.

- **Be There**

Offer support and listen without judgment.