



ORRHS Guidance Newsletter

Current Guidance Happenings

Welcome Back from the ORRHS Guidance Department!

We hope everyone enjoyed the long weekend and is returning feeling refreshed, recharged, and ready for a great week of learning. We are excited to have the school year underway and look forward to all that this year will bring.

As we continue to settle into the new year, please remember that the Guidance Office is here to support you. If you have any questions, concerns, or simply need some support, please be sure to schedule an appointment with your counselor.

A reminder this September to Be a Bulldog and look out for one another. You never know what someone else may be going through. A smile, a hello, holding the door, or checking in on a friend can make a bigger difference than you realize. Kindness matters.

Attention Sophomores and Juniors - PSAT Information, Register by 9/12



PSATs are offered to 10th and 11th grade students and will be held on **Saturday, October 17th**. It is important to note that PSATs are **DIGITAL** this year! Any student who is interested in registering to test should see Ms. Bichsel in guidance by **September 11th**. PSATs will **cost \$30 per student** and payment can be made as cash or check, payable to Old Rochester Regional High School. Please see your guidance counselor with any questions!

IMPORTANT: Please complete this link if you plan on taking the PSATs: [PSAT Sign up Link](#)

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. Cioffi.

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 30th**. 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 2nd, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$53 per exam, with \$15 due by November 2nd to avoid the \$40 per exam late fee. Please contact christinacioffi@oldrochester.org with questions related to APs.

SAT Information

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

- Sept 18th is the deadline to register for the Oct 3rd test
- Oct 23rd is the deadline to register for the Nov 7th test
- Nov 20th is the deadline to register for the Dec 5th test
- Feb 19th is the deadline to register for the March 6th test
- April 16th is the deadline to register for the May 1st test
- May 21st is the deadline to register for the June 5th

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!**

Senior Meetings



We know how important it is for our families to feel supported during the transition to life beyond high school and we 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 Bulldog Block 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 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

Check out MEFA's valuable resources and tools to help you prepare for the future and navigate the college planning process. The Massachusetts Educational Financing Authority is here to help. Register for live sessions by visiting www.mefa.org/events.

Bulldogs!

Looking for ways to get involved, build leadership skills, and explore opportunities beyond the classroom? Check out our running list of student opportunities, which will be updated throughout the year as new programs, events, and leadership opportunities become available.

 ***Opportunities Beyond the Classroom***

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- September 15 - UMass Dartmouth
- September 15 - Maine College of Art & Design (Art room 1923)
- September 18 - University of Maine
- September 29 - University of Rhode Island
- September 30 - UMass Lowell
- September 30 - UMass Amherst (Auditorium)
- October 1 - Holy Cross
- October 2 - Endicott College
- October 6 - Curry College
- October 7 - Mass Maritime Academy
- October 15 - Worcester Polytechnic Institute
- October 15 - Springfield College (Library)
- October 23 - Montserrat College of Art (Art room 1923)
- October 20 - Westfield State
- October 27 - Tufts University
- October 30 - University of New England
- October 30 - Bryant University (Library)
- October 30 - Salve Regina University (Library)
- November 4 - Regis College
- November 18 - University of New Haven (Library)
- November 18 - Ithaca College
- *Information sessions will take place during Bulldog Block in the Guidance Conference Room unless otherwise noted. Please sign up with your mentor.

SEL & Health Tip: Pause, Reset, Refocus

As the school year gets busier, it's normal to feel pulled in different directions. Taking a few minutes to reset can help you feel calmer, more focused, and ready to move forward.

- **Pause:** Take a few slow breaths and give yourself a moment before reacting.
- **Prioritize:** Focus on one task at a time instead of everything at once.
- **Reset:** Step away for a few minutes, stretch, get some fresh air, or take a short walk.
- **Refocus:** Come back and start with one small, manageable step.

Why it works: Small breaks can help reduce stress, improve focus, and make challenging moments feel more manageable.

A few minutes to reset can make a big difference!