



ORRHS Guidance Newsletter

Current Guidance Happenings

Bulldogs, it's Week 4!

As we move further into the school year, schedules are getting busier and responsibilities are starting to build. A reminder that Wednesday is a half day, so be sure to plan ahead for the shortened schedule. This is a good time to check in with yourself, stay organized, and ask for help when you need it. Remember, the Guidance Team is always here if you have questions, need support, or simply want to check in.

And as always, **Be a Bulldog, look out for one another, lead with kindness, and remember that even the smallest gesture can make a difference.**

Holiday Helping Angels ~ ROCHESTER HELPING ROCHESTER

The Holiday Helping Angels are a group of Rochester-based volunteers. Our mission is to provide support to Rochester families who need a little extra help during the holiday season. They provide Thanksgiving and Christmas holiday dinner food bags as well as Christmas gifts. Christmas gifts include both items that are "needed" and others that are on a "wish list".

If you or someone you know **residing in Rochester** would like to sign-up for a little extra help, please fill out the on-line request form: <https://forms.gle/sfDK6StS5WD6vn>

Senior Breakfast ~ 9/23

Senior families please join the ORRHS guidance team for the annual Senior Parent Breakfast being held on September 23rd from 7:45-8:45 in the high school library. We will discuss all Senior related information including the college application process and scholarships. The presentation will run for approximately an hour. If you are unable to join us in person, ORCTV will be recording the presentation, and the recording will be linked in next week's Guidance Newsletter. Families should sign in at the front office and will be brought to the library by counseling staff. Please contact christinacioffi@oldrochester.org with questions.

Attention Sophomores and Juniors - PSAT Information, Register by 9/25



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 25th. 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](#)

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.

Attention Junior and Senior Parents/Guardians: College Financing Seminar - 9/30

Join us as our ORRHS Guidance Department hosts a College Financing Seminar on Wednesday, September 30th from 6-7:00 PM in the high school library. Elizabeth Connelly-Sylvia, Director of Educational Services - Seven Hills, will be the guest speaker.

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.

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

Attention Junior and Senior Parents/Guardians: [Financial Aid 101 ~ MEFA](#)

Students and families are invited to attend a free Financial Aid 101 webinar to learn more about the college financial aid process. Topics will include financial aid applications, types of aid available, factors that determine eligibility, how colleges determine financial aid awards, and how to understand financial aid offers.

Upcoming Live Webinar Dates Include:

- October 1st 6:30pm-7:30pm
- October 14th 6:30pm-7:30pm
- October 27th 12:00pm-1:00pm
- November 12th 12:00pm-1:00pm
- December 1st 6:30pm-7:30pm
- March 18th 6:30pm-7:30pm
- May 11th 6:30pm-7:30pm

Please use this link to RSVP: [MEFA Financial Aid 101](#)

For a Spanish option, [click here](#)

Attention JUNIORS and SENIORS

College Board has teamed up with [schoolhouse.org](https://www.schoolhouse.org) to offer free small group SAT tutoring through zoom sessions.

SAT Information

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

- 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!**

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.

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- 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 20 - Wheaton College (Library)
- October 20 - Westfield State University
- October 22 - Plymouth State University
- October 22 - Lasell University
- October 23 - UMass Boston
- October 23 - Montserrat College of Art (Art room 1923)
- October 27 - Tufts University
- October 29 - Saint Anselm College
- October 30 - University of New England (Library)
- October 30 - Bryant University (Library)
- October 30 - Salve Regina University
- November 4 - Regis College
- November 5 - Suffolk University
- 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.

Attention Seniors:

Common App and Naviance Support sessions will take place in Guidance during Bulldog Blocks on Tuesdays starting September 22nd and running through October. If interested, 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!

Senior Meetings

On Friday, September 11th, our Guidance Counselors began meeting with small groups of Seniors in the Guidance Conference Room during a study hall or bulldog block to review the steps in the college application process, Naviance, the Common Application, and scholarships. Students should be checking EHall Pass for meeting times. Meetings will last approximately 45 minutes.

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

SEL & Health Tip: One Thing at a Time

As school gets busier, assignments, activities, sports, and responsibilities can start to pile up. When everything feels important at once, focusing on one small step can make things feel much more manageable.

- **Pause:** Take a minute to identify what needs your attention most.
- **Prioritize:** Choose one or two things to focus on first.
- **Break It Down:** A big assignment or responsibility feels easier when you tackle it in smaller steps.
- **Reset:** Take short breaks, get some movement, or step away from a screen when you need to recharge.

Why it works: Breaking things into smaller steps can reduce stress, improve focus, and help you feel more in control.

You don't have to do everything at once. Small steps still move you forward.