

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

## NEWSLETTER- November 2025

### 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](http://www.suny.edu)

### College Application Process:

<https://docs.google.com/document/d/13Z0C4yALRY406AijqMEV7bhdqcx4JpDfjNkizh7Qq8/edit?usp=sharing>

- ❖ **Create a Common Application account:** [www.commonapp.org](http://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](http://www.suny.edu)

**SUNY Financial Aid Days- Register Here:** <https://www.suny.edu/attend/events/>

# SUNY FINANCIAL AID DAYS

**November 22 • December 6**

**Receive hands-on assistance  
with FAFSA completion.**



[suny.edu/studentevents](https://www.suny.edu/studentevents)



## SAT/ ACT UPDATES

### Weekend Test Administrations:





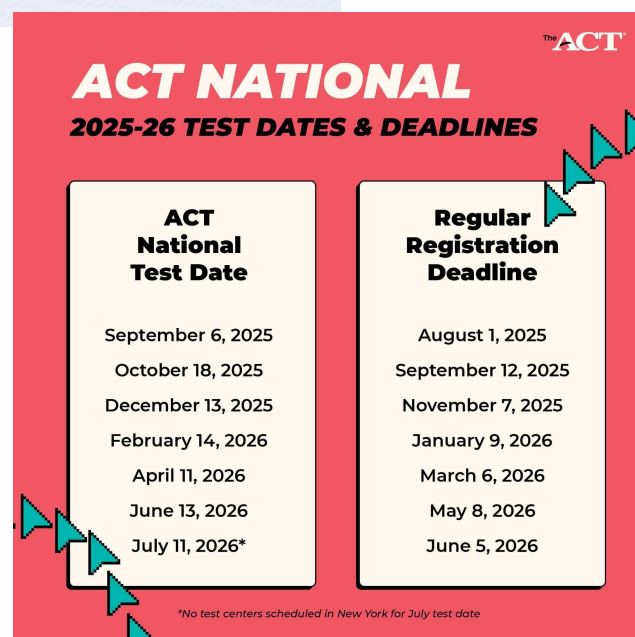
### SAT Dates and Deadlines

Fall 2025

| SAT Test Date           | Registration Deadline | Late Registration Deadline |
|-------------------------|-----------------------|----------------------------|
| August 23               | August 8              | August 12                  |
| <b>NEW</b> 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.



## 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](https://suny.edu/visit)
- ❖ **SUNY Virtual Events/ Information Sessions-** [suny.edu/studentevents](https://suny.edu/studentevents)
- ❖ **SUNY Fredonia Open House Events-** April 25-  
<https://www.fredonia.edu/admissions-aid/visit-tour>
- ❖ **St. Bonaventure University Open House** (November 22, December 6)- [www.sbu.edu/visit](https://www.sbu.edu/visit)
- ❖ **St. John Fisher University Open House Events-** November 22, 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](https://www.canton.edu/admissions/open_house.html)
- ❖ **SUNY Alfred State Open House-** March 22, April 11-  
<https://admissions.alfredstate.edu/portal/open-house>
- ❖ **Niagara University Open House-** November 15, December 6.  
<https://www.niagara.edu/events/>
- ❖ **John Jay College of Criminal Justice Open House-** November 22.  
<https://welcome.jjay.cuny.edu/register/openhouse2025>
- ❖ **FIT (Fashion Institute of Technology) Portfolio Preview Days-** December 6 (in-person at FIT) or December 7 (online)- Meet with faculty, admissions representatives, one-on-one feedback of artwork (finished pieces, works in progress, sketchbooks) with faculty members. For more information and to register- <https://go.fitnyc.edu/portal/portfoliopreview>

## 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](https://www.studentscholarships.org) , [www.fastweb.com](https://www.fastweb.com), <https://www.goingmerry.com/> or [www.racf.org/Scholarships/How-to-Apply-or-Renew](https://www.racf.org/Scholarships/How-to-Apply-or-Renew) 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>




## Destler/Johnson 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."



**2024**  
SUMMER

- ❖ **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.
- ❖ **University of Virginia Jefferson Scholars Program and Walentas Scholars Program**- For first generation college students that are interested in attending University of Virginia. Go to <https://www.jeffersonscholars.org/scholarships> for more information. Deadline to apply- December 1.
- ❖ **Canisius University Visit and Apply Grant**- Visit the Canisius campus and apply by December 15th for a \$1,000 scholarship (renewable over 4 years).
- ❖ **Nazareth University Visit Grant**- Visit the Nazareth campus for a \$1,000 (non-renewable) grant.

## NEW SCHOLARSHIPS

- ❖ **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](http://www.polishheritagerochester.org) for more information and to apply. Application can also be found in the scholarship file cabinet. Deadline to apply- February 1.
- ❖ **Monroe Professional Engineers Society Scholarship**- For seniors planning to study engineering in the fall at an ABET accredited college or university. Several scholarships available- \$2000 awards. Go to scholarship file cabinet for application. Must be postmarked by December 23.
- ❖ **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.
- ❖ **Coolidge Scholarship for JUNIORS**- Full-ride, four-year, merit scholarship that can be used at any accredited college or university in the United States. Application requires candidates read President Calvin Coolidge's autobiography, other readings, and write 3 essays. Go to <https://coolidgescholars.org/> for more information and to apply. Deadline- December 16.
- ❖ **Jackie Robinson Foundation Scholarship**-For minority seniors planning to attend 4-year college, leadership potential, dedication to community service, and demonstrate financial need. Go to [https://jackierobinson.org/apply/?SFMC\\_cid=EM637251-&rid=47427165](https://jackierobinson.org/apply/?SFMC_cid=EM637251-&rid=47427165) for more information and to apply. Deadline to apply- January 7.
- ❖ **Hagan Scholarship Foundation**- For any senior with a GPA of 90 or above planning to attend a four-year college or university in the fall, must work 240 hours from January 2026 through September 2026. Household income can not exceed \$100,00 per year. Awards up to \$7,500 per semester. Go to <https://haganscholarships.org/> for more information and to apply. Deadline to apply- December 1.

- ❖ **Rochester Chapter of the Sons of the American Revolution George S. and Stella M. Knight Essay Contest**- For any student grades 9-12. Up to \$500 awarded. Student must submit an original 800-1200 word essay on an event, person, philosophy, or ideal associated with the American Revolution, Declaration of Independence, or the framing of the US Constitution. For more information and to apply-<https://www.sar.org/george-s-stella-m-knight-essay-contest/> Deadline to apply-December 30.
- ❖ **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.

## 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](http://www.precollege.risd.edu)
- ❖ **City of Rochester Mayor's Mentor Up Program**- This is a series of free event events supported by local chapters of international fraternities, community agencies, residents, area college, and business leaders. For youth ages 14-18 to interact with peers and local leaders in a formal, relaxed atmosphere. The events strive to facilitate natural mentor-mentee pairings that can lead to internships and job prospects for students. Next event- Winter Gala, December 20. Go to <https://www.cityofrochester.gov/departments/mayors-office/mayors-mentor-program> for more information and to register. Deadline to apply- November 21.
- ❖ **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>



MONROE COMMUNITY COLLEGE

# LIBERTY PARTNERSHIPS PROGRAM

Your Partner in Academic and Personal Success!

**NOW RECRUITING 7TH-12TH GRADERS**

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

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enroll



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**Monroe  
Community  
College**  
STATE UNIVERSITY  
OF NEW YORK



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](https://dol.ny.gov/apprenticeship)



# 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) 349-9000

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](https://RocYourJob.com)**

Call the Youth Bureau  
for more information  
753-6280



ADAM J. BELLO  
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

**Health  
Career  
Education**



**Scholarships**

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



**Mental Health  
First Aid**



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

**Camps & Clubs**



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



**For more information contact [info@r-ahec.org](mailto:info@r-ahec.org) | 585-786-6275**

# Family Night

Saturday  
DEC 13  
4:00 PM -  
7 PM

Light, Lasers, Games  
Cookies

Register below



480 Intercampus Dr. Rochester



University  
of Rochester  
The Institute of Optics

## GEWEP- General Education Work Experience Program



# GEWEP



## General Education Work Experience Program

- Have a job?
- Earn HS Elective Credit!

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### 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>

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### 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

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#### 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](mailto: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](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.**

## 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 - 4<sup>th</sup> Fl House  
CFY Help Zone - M138  
Pathways to Peace - 4<sup>th</sup> Fl House  
Hillside - 2<sup>nd</sup> 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>

## COMMUNITY RESOURCES

October 2025



### Food for You

Incarnate Word Lutheran Church

(597 East Ave. on the corner of East Ave. and Goodman St.)

#### HEALTHY HOT MEAL

Mustard Seed Kitchen

**In-House Full Service Dining**  
**(Last Saturday of the Month)**

Served 5:00 – 6:00

#### October 25, 2025 Menu

Barbequed Chicken, Parslied  
Potatoes, Peas, Cornbread, Salad,  
Dessert, & Fruit

Free Bag of Groceries  
Provided by  
Loop Ministries



#### Food Pantry Open Loop Ministries



#### ONE GROCERY BAG

for each HOUSEHOLD MEMBER

Available once per month  
(*proteins, canned fruits &  
vegetables, bread, pasta, & more*)

**Open Each Tuesday and Thursday**  
Distributing 10:00 – 12:00

**Third Wednesday**  
**of the Month**

**5:00 – 8:00**

October 15

November 19

December 17

#### LAUNDRY LOVE

Bright Bubble Laundromat  
458 Monroe Avenue



- ✦ Free Wash & Dry Service
- ✦ Detergent Provided
- ✦ Individuals: Wash & Dry 3 Loads
- ✦ Families: Wash & Dry 5 Loads

# holiday food distribution

Special holiday food boxes available while supplies last.

**Friday, November 7 | 3:00 pm - 5:00 pm.**

📍 170 Science Parkway

**Friday, November 14 | 2:00 pm - 5:00 pm.**

📍 The MOCHA Center

**Friday, November 21 | 2:00 pm - 5:00 pm.**

📍 259 Monroe Ave

**Saturday, December 20 | 11:00 am - 2:00 pm.**

📍 259 Monroe Ave



No sign-ups required. First come, first serve.



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**Rochester City School District**

## **Drive-Thru Food Distribution**



**Friday, November 21, 2025**

**9:00AM  
Until Supplies Last**

**Rochester International Academy  
Parking Lot  
(Jefferson Campus)**

**1 Edgerton Park, Rochester, NY 14606**

**No qualifications to receive food. EVERYONE is eligible.**

**If RCSD schools are closed due to inclement weather,  
the Drive-Thru Food Distribution  
event will automatically be canceled and rescheduled.**

**Upon arrival, you will be directed to pick up points.**

**Remain in your vehicle, open the trunk, and we will place  
food items inside.**

# Responding to the SNAP crisis

SNAP benefits are in jeopardy for thousands of our neighbors.  
Here are key resources you need to know.

## Need help?

### Find Food

If you are in need of food assistance, find a local food pantry or meal program by visiting [FoodlinkNY.org/FindFood](https://FoodlinkNY.org/FindFood)



### SNAP changes

Look for notifications from your County DHS/DSS about any changes to your SNAP eligibility. If you have questions, call Foodlink's SNAP Line at **585.413.5091**, or email **SNAP@foodlinkNY.org**



### Check eligibility

TogetherNow developed a new screening tool to help SNAP recipients navigate changes to their eligibility. Visit **My-WayFinder.org**



## Take action

### Donate funds

A monetary donation to our Crisis Response Fund is the fastest and most efficient way to support the emergency food system and help us address the needs of our partners and neighbors.



### Donate food

If you have food to donate, visit our Find Food page to look up a food pantry in your area that could use additional support, or visit our website to learn more about hosting a food drive.



[FoodlinkNY.org](https://FoodlinkNY.org)