

ORRHS Guidance Newsletter

Current Guidance Happenings

Attention Seniors - Future Plans Day, May 15th

All seniors are encouraged to wear clothing that represents their future plans on **Monday, May 15th**. Faculty are encouraged to join in and represent their college/university/military/trade as well.

Comput/her at Curry College - May 24th



Junior and Senior young women are welcomed to the Curry College campus on Wednesday, May 24, 2023 from 9:00am-2:30pm for our Comput/her @ Curry College Conference. There is no charge for participants and lunch is included for students. Comput/her @ Curry College is a one-day conference for young women in high school looking to explore career opportunities in computing and data science. This conference is intended to be a place for young women - and those who support them - to collaborate, learn about, and participate in computing, technology, and data science activities. Participants will hear inspirational stories from successful women in the field, be mentored by female college students and recent graduates, and participate in collaborative, hands-on, skill-building activities in a welcoming and supportive environment. **Interested students should let their guidance counselors know.**

BCC Dual Enrollment Info Session, May 25th, Grades 9-11



Are you interested in learning more about Dual Enrollment? Meet with Dr. Kimberly Griffith of Bristol Community College during Bulldog Block on May 25th. Sign up with your mentor if interested.

UMASS Dartmouth Preview Day, May 26th, Grades 10 and 11



UMASS Dartmouth is welcoming Sophomores and Juniors to campus this month for Preview Day! Join them on **Friday, May 26, 9am - 2pm**, to get a sneak peek at what UMassD has to offer.

Your college search should start before your senior year and Preview Day is the perfect way to start the journey. Hear from current students about their experiences, see classrooms, labs, and their new housing and dining complex. [After you register](#), you'll get UMassD's tips on preparing for college.

*See your guidance counselor for more information.

MassHire Greater New Bedford Youth Team, Youth Opportunity Expo, May 31st



The MassHire Greater New Bedford Youth Team would like to cordially invite Sophomore, Junior and Senior students to the 2nd Annual Youth Opportunity Expo on May 31, 2023 at the Fort Taber Community Center from 9:00 am to 11:30 am. **Students who are interested will travel by bus with the Guidance team and can attend at no cost to the student.**

***Interested students should complete this [Youth Opportunity Expo Interest Form](#)**

Mass Maritime Sea, Science, and Leadership 2023, Grades 9-11

Experience what Mass Maritime has to offer at the Sea, Science, and Leadership workshops this summer. All students in grades 9-11 are encouraged to apply. The program includes interactive educational workshops aimed to build confidence, challenge decision making skills, and to develop lifelong leadership qualities. The program runs from July 30 - August 2, 2023 and is \$495 for a 3 night stay, all meals and activities included. Learn more and apply at <https://www.maritime.edu/k-12/sslp>.

Care for Parents/Guardians of Seniors

Attention Seniors who will be moving away from home, this message (from Dr. Janicki) is for you.

Be patient with your parents this spring and summer. Similar to the stress you were under earlier this year, parents are now facing the reality of your moving out and beginning a new chapter. *Without them.*

Let them take you shopping for your dorm and back to school supplies. Maybe you never use the stuff, but your parents will feel secure in the fact you have it. Let them tuck you in at night and reflect back to your first day of kindergarten. Stay home for dinner together. Put the phone down and talk. Know that you are loved and us parents are only holding on to a time we enjoyed so much.

When you get to campus, let your parents make the bed and help unpack. You can move everything back to where you want it after they leave.

Let your parents introduce themselves to others around the floor and offer suggestions based on, “when I was in college...”

Your parents will want to take pictures all over campus. Stand there and smile. That photo will be looked at more often than you realize.

As you begin this new stage of your life, understand that so are your parents and the rest of your family. Honestly it is harder for them to say “goodbye” to your childhood, than it is for you to say “hello” to the next adventure. So please, take care of your parents.

Attention Juniors - “Naviance Activities” and “Anything College” Sessions

Guidance counselors will be meeting with juniors in the guidance conference room during study halls to complete Naviance activities (resume and Senior Questionnaire). Please check e-hall pass for your meeting time and please bring a device.

Counselors will be available starting the week of **April 24th on Wednesdays and Fridays during Bulldog Blocks** for "Anything College Sessions" including, but not limited to, help with a college search, Naviance support, and Q&A. **Students should sign up with their mentor or email their counselor directly.**

Attention Juniors and Junior Families

Counselors have been meeting with Juniors in small groups to review the Junior Year To-Do list, to discuss the steps involved in the post high school planning process, and to introduce students to on-line college/career search tools, including Naviance. **Click on any of the links below for useful information for Juniors.**

- [Junior Year To Do List](#)
 - [Junior Parent Letter](#)
 - [Advice for Planning a College Tour/Trip](#)
 - [Colleges and Support Services](#)
 - [To Test or Not to Test](#)
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Looking for free SAT Prep?

Students can visit this link: [Free SAT Prep](#) and take advantage of the free resources for SAT prep through College Board and Khan Academy, the official study site of the SAT. When you sign up for your free Official SAT Practice account, you'll gain access to eight full-length SAT practice tests to help you prepare.

Attention Seniors

Acceptances: Bring in your college acceptance letters to your guidance counselor. Available **scholarships** can be found on our guidance website and are updated as new scholarship opportunities come in. **Use this quick link to access this information on our website:** [Scholarship Information](#)

Scholarship Award Letters: Seniors, local scholarship award letters are due to the guidance office by **May 25th**. Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. (This list is for local scholarship awards only, not college/university scholarship awards.)

Employment Opportunities

Marion Recreation is looking for certified Lifeguards for the summer of 2023. Employees will be reimbursed for the training program if you work the whole summer. For more information, you can email recreation@marionma.gov, adam Lambert@oldrochester.org, or visit [employment opportunity - lifeguards](#).

Fieldstone Farm Market in Marion is hiring stock people to stock produce and grocery items in the store and to help unload deliveries. They are looking for someone who can work 20 hours a week. Inquire in the store if interested.

The Marion Natural History Museum is looking for a part-time lead educator and a part-time education assistant for their Coastal Explorations summer programs. Familiarity with the natural world is a big plus, and the positions are well suited for those who are interested in education or science related fields. The programs are for


grades 3-6 and run from 9-12, Monday-Friday, and there are 2 one or two-week sessions. If interested in either position, please submit a resume and cover letter to the museum director at Director@marionmuseum.org.

Water Wizz is now hiring for summer 2023 - Various positions available for kids ages 14+ including lifeguards(15+), ride attendants, food service positions, parking lot attendants.

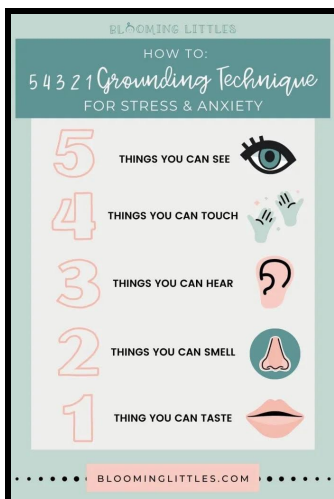
Lifeguard certification and First Aid, CPR and AED training free of cost.

Applications can be found online at <https://www.waterwizz.com/employment-2/> , and emailed to Office@waterwizz.com, or can be grabbed in person at the Water Wizz office. Any questions can be referred to office@waterwizz.com.

Career of the Week

CAREER OF THE WEEK		GENETIC COUNSELOR
		
		https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> Collect comprehensive family and medical histories through means such as interviews, discussions with physicians, and reviewing medical records Evaluate genetic information to identify clients at risk for specific hereditary disorders Document information from counseling sessions to send to clients or to referring physicians Discuss testing options and the associated risks, benefits, and limitations with clients and other healthcare providers 	<p>Master's Degree</p>	<p>Projected job growth 18% between 2021-2031</p> <p>Median salary \$80,150</p>

SEL Tip of the Week



Continuing on with our SEL tips for Mental Health Awareness Month, please check out these [resources](#) to learn more about taking care of your mental health.

The 5-4-3-2-1 Grounding Technique for stress and anxiety is often used by students and adults to help when anxiety presents itself and it works!

- Focus on 5 things you can see
- Focus on 4 things you can touch
- Focus on 3 things you can hear
- Focus on 2 things you can smell
- Focus on 1 thing you can taste

Pre-College Opportunities

Adelphi University's Summer Pre-College Program will take place July 9-29, 2023.

Adelphi's Summer Pre-College Program is open to rising juniors and seniors in high school. Their summer program for high schoolers features an updated curriculum that will allow students to explore an academic area of interest, participate in college preparedness workshops, and discover all that Adelphi University has to offer. Credit-bearing options are available. Explore their program pages to [find the right option for you](#).

Worcester Polytechnic Institute is offering pre-college STEM summer programs. In each program, students learn from a dedicated team of outstanding WPI faculty, using state-of-the-art experimental, analytical, and computer technology. Students will be challenged to explore their passions in a hands-on environment. For more information visit their website: www.wpi.edu/+summer

Montserrat College of Art offers a three-week residential pre-college summer program for high school students (16+). Spend July immersing yourself in a creative environment just three blocks from the ocean with other young artists from across the country. Students take three studio classes and can earn three college credits for the program and receive evaluations from each instructor. For more information visit www.Montserrat.edu/pre-college Payment deadline **June 16, 2023**.

Stanford University Summer Mentorship Program 2023 for students in **grades 6-12**. Organized by Stanford University undergraduate and graduate students, Qualia Global Scholars is a selective pre-collegiate virtual summer mentorship program matching talented students in grades 6-12 with Stanford mentors. The program features personalized mentorship, interdisciplinary research, project-based learning, and guidance on college applications. The program aims to empower students to become future global leaders by teaching them about leadership & problem solving, emerging areas in STEM & liberal arts, critical thinking & communication skills, and real-world impact through research & innovation. Applications are reviewed on a rolling basis. Need-based financial aid is available for the program. Click [here](#) to apply.

Pre-College at **Syracuse University** - Experience college as a high school student this summer! For more than 60 years, Syracuse University's Office of Pre-College Programs has been giving high school students the opportunity to explore potential college majors and careers in its renowned pre-college programs. Students not only learn about what it's like to be a college student, they leave the program with more confidence, enthusiasm and a sense of being ready for college. Students can choose from over 100 courses in one of our six pre-college programs. Learn more: www.precollege.syr.edu