



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### ***Thank you from ORRHS Guidance***

The ORRHS Guidance Department thanks our Bulldog Families for a great school year. We hope you have a wonderful summer break full of rest and relaxation. If you have any questions over summer break, please contact [laurenmillette@oldrochester.org](mailto:laurenmillette@oldrochester.org).

### ***Final Exams***

Final Exams are underway! Remember to practice self care while studying for your final exams. Taking breaks, getting enough sleep, and nourishing your body with healthy meals will actually enhance your focus, concentration, and overall cognitive performance. Be sure to prioritize creating a structured study schedule that includes dedicated time for rest and rejuvenation. Practicing active learning techniques such as summarizing information in your own words, teaching concepts to others, and using mnemonic devices to enhance memory retention and comprehension will result in optimized exam preparation efforts! You've got this!

- **Monday, June 12th** - Day 2, Final Exam Block 1: **Day 2, Block 1** from 7:30-8:48 and Final Exam Block 2: **Day 1, Block 2** from 8:53-10:08.
- **Tuesday, June 13th** - Final Exam Block 1: **Day 1, Block 4** from 7:30-8:48 and Final Exam Block 2: **Day 2, Block 4** from 8:53-10:08.
- **Wednesday, June 14th** - Final Exam Block 1: **Day 1, Block 3** from 7:30-8:48 and Final Exam **Block 2, Day 1, Block 1** from 8:53-10:08.
- **Thursday, June 15th** - Makeup Exam Block 1 from 7:30-8:38 and Makeup Exam Block 2 from 8:53-10:08.

### ***Congratulations to Boys' State/Girls' State***



Congratulations to Eva Hartley, Macy Ingham, Brenna O'Donnell, Jaymison Gunschel, Andrew Porter, Jacob Hadley and Jackson Veugen for being selected to represent ORRHS at this year's Boys' and Girls' State Convention sponsored by the American Legion's Florence Eastman Post 280.

Selection criteria includes being a member of the junior class and having outstanding qualities of leadership, character, scholarship, loyalty and service to the school.

The primary goal of Boys'/Girls' State is for attendees to develop a better understanding of how State Government functions.

While at the convention students will become part of the operation of local, county, and state government, participate in mini classes related to government, and hear from prominent guest speakers. This year's convention takes place from June 17-23 at Stonehill College.

## Mass Maritime Academy FREE Intro to Business Course

Massachusetts Maritime Academy is offering a free Introduction to Business course to high school students in grades 11 and 12 this summer under the Dual Enrollment Program. Students need to have a GPA of 2.5 or higher and be a Massachusetts resident to take the course and earn 3 college credits. The course will be offered to 25 students and seats will be allocated on a first come first served basis. Don't wait! For more details, see the [Dual Enrollment Flier](#) and the [Course Syllabus](#).

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## In Case You Missed It - Dual Enrollment Info Session

In late May, students heard from Dr. Kimberly Griffith of BCC about the dual enrollment process. Click on the link to review the presentation: [Dual Enrollment Info Session](#)

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## College Search Workshops and Webinars

- [How to Become a Seahawk: Athletic Recruitment at Salve Regina](#)  
06/27/2023 07:00 PM  
Online Event
- [Understanding the College Process](#)  
07/12/2023 07:00 PM  
Online Event
- [Breaking Down the Common Application](#)  
07/22/2023 12:00 PM  
Online Event
- [Essay Writing Workshop](#)  
08/09/2023 07:00 PM  
Online Event
- [It's Time We Talk: Tips for a Successful College Interview](#)  
08/21/2023 07:00 PM  
Online Event

Ready to get started on your college search but not sure where to start? Join experienced counselors from Salve Regina to walk through various topics relevant to the steps ahead. Workshops include a live chat to answer all your questions.

Students considering Salve Regina or simply wanting to learn more as they navigate through this process are encouraged to register. Topics include, Athletic Recruitment, Understanding the College Process, Breaking down the Common App, Essay Writing, and Tips for a Successful College Interview.

Visit: [https://admissions.salve.edu/portal/ug\\_online](https://admissions.salve.edu/portal/ug_online) to learn more.

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## SAT Prep Over the Summer

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.

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## MTTI Info Session - June 28th

MTTI is offering a [Free Live Virtual Information Session](#) on Wednesday, June 28th from 6-7pm. Reservations are required to receive a zoom link. Interested students should email [rshaw@mtti.edu](mailto:rshaw@mtti.edu) and include MTTI Info Session in the subject line and include first and last name, high school name, and program of interest (viewed at [www.mtti.edu](http://www.mtti.edu)) and best phone to be contacted.

Hear about program offerings, including:

- Admissions Application Process
- Tuition and Financial Aid
- Short-term Training (30 weeks)
- Hands-on Activities
- Employment Assistance and Placement Rates

## Career of the Week

# CAREER OF THE WEEK

# DENTIST



<https://www.bls.gov/ooh/>

## WHAT DO THEY DO?

Dentists diagnose and treat problems with patients' teeth, gums, and related parts of the mouth.

- Remove decay from teeth and fill cavities
- Repair or remove damaged teeth
- Place sealants or whitening agents on teeth
- Administer anesthetics to keep patients from feeling pain during procedures
- Prescribe antibiotics or other medications
- Examine x rays of teeth, gums, the jaw, and nearby areas in order to diagnose problems
- Make models and measurements for dental appliances, such as dentures
- Teach patients about diets, flossing, the use of fluoride, and other aspects of dental care

## HOW TO BECOME ONE

Dentists typically need a DDS or DMD degree from a dental program that has been accredited by the [Commission on Dental Accreditation](#) (CODA).

Most programs require that applicants have at least a bachelor's degree and have completed certain science courses, such as biology or chemistry.

Although no specific undergraduate major is required, programs may prefer applicants who have a bachelor's degree in a science, such as biology.

## JOB OUTLOOK & SALARY

Projected job growth  
6% between 2021-  
2031

Median salary  
\$163,220

## SEL Tip of the Week



**Stay Active this Summer!** As the sun shines brighter and the weather warms up, seize the opportunity to stay physically active and nurture your well-being during the summer months. Engage in outdoor activities that you enjoy, such as swimming, hiking, or playing sports. Take advantage of the longer days by incorporating regular exercise into your routine, whether it's morning walks or evening bike rides. Remember to hydrate, protect yourself from the sun, and listen to your body's needs. By staying active in the summer, you'll not only improve your physical health but also boost your mood, reduce stress, and enhance your overall sense of well-being.