



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### ***Step Up Day - This Week***

Step Up Day will be held on Wednesday, June 7th. Students will be able to meet next year's teachers and learn more about classes. This is a great opportunity to ask questions and prepare for the transition to the next grade level.

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### ***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>.

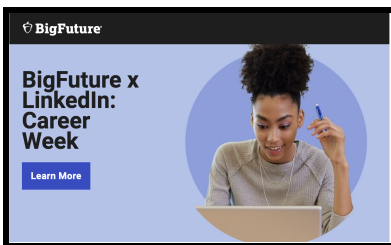
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### ***In Case You Missed It - Dual Enrollment Info Session***

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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### ***BigFuture x LinkedIn: Career Week, June 6th-8th***



Join BigFuture® and LinkedIn for a series of free, virtual events to learn about the most in-demand jobs, how to build your network, and how to craft your own LinkedIn profile. Get all your career questions answered, and hear guest speakers from TikTok, Deloitte, and more.

- **Fast Growing Jobs and the Skills You Need**, Tuesday, June 6th, 7-7:45 pm, [Register Now](#)
- **The Secret to Career Success: Building Your Network**, Wednesday, June 7th, 7-7:45pm, [Register Now](#)
- **Stand Out on LinkedIn: Building a Great Student Profile**, Thursday, June 8th, 7-7:45pm, [Register Now](#)

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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.

## ***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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## ***Early Childhood Education Classes***

Did you know that if you are enrolled in any of our Early Childhood Education classes that you are eligible to take one free course through the BCC Perkins Program per BCC semester? If you are interested in childcare, education, social work, psychology, pediatric medicine, and more...the early childhood education program is for you! If you are interested in learning more, please reach out to your guidance counselor.

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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.

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## ***Volunteer Opportunity***

Retired ORRHS science teacher is seeking six students to help direct parking along Wolf Island Road, in Mattapoisett, for a "Celebration of Life" service, being held for a family member. This would take place on Sunday June 11, from 11:30 - 1:00. If interested, please email her as soon as possible, at [marykcabral@gmail.com](mailto:marykcabral@gmail.com).

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## ***Employment Opportunities***

**Child Care Wanted** - Local family looking for a responsible high school student with experience working with kids to look after 6 and 9 year olds for 15 hours a week this summer, mostly at Pico Beach in Mattapoisett. \$16/hr, must be available to work Wednesday, Thursday and Fridays. Contact Mrs. Millette for more details if you are interested in learning more.


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**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](mailto:recreation@marionma.gov), [adam Lambert@oldrochester.org](mailto:adam Lambert@oldrochester.org), or visit [employment opportunity - lifeguards](#).

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**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](mailto:Office@waterwizz.com), or can be grabbed in person at the Water Wizz office. Any questions can be referred to [office@waterwizz.com](mailto:office@waterwizz.com).

## Career of the Week

CAREER OF THE WEEK		CIVIL ENGINEER	
		<a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a>	
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY	
<ul style="list-style-type: none"><li>Analyze long range plans, survey reports, maps, and other data to plan and design projects</li><li>Consider construction costs, government regulations, potential environmental hazards, and other factors during the planning and risk-analysis stages of a project</li><li>Compile and submit permit applications to local, state, and federal agencies, verifying that projects comply with various regulations</li><li>Oversee and analyze the results of soil testing to determine the adequacy and strength of foundations</li><li>Analyze the results of tests on building materials, such as concrete, wood, asphalt, or steel, for use in particular projects</li><li>Prepare cost estimates for materials, equipment, or labor to determine a project's economic feasibility</li></ul>	Bachelor's Degree	Projected job growth 7% between 2021-2031  Median salary \$88,050	

## SEL Tip of the Week

Before the summer break, it's crucial for teens to prioritize their social and emotional well-being. Take time to recharge and reflect on the year, your current emotions, and set intentions for the summer. Stay connected with friends, embrace new experiences and challenges, and step out of your comfort zone. By focusing on self-care, maintaining connections, setting goals, and embracing new opportunities, you can make the most of your summer break and lay the groundwork for a positive school year ahead. Take the time to find joy this summer...you deserve it!

## 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](http://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](http://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](http://www.precollege.syr.edu)