



ORRHS Guidance Newsletter

Current Guidance Happenings

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.

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? Interested in learning more, reach out to your guidance counselor.

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.**

About the event: The Youth Opportunity Expo is intended to engage hundreds of South Coast high school students and expose and inform them of the unique array of employment opportunities and community resources dedicated to assisting them on their career path this summer.

The Expo will open up with an interactive conversation with community leader, entrepreneur and youth advocate, Peter “Lonelle” Walker. From the inner-city projects of Boston to producing programming and providing platforms steeped in positive messaging, cultural accountability and

creativity throughout the South Coast, Peter's infectious energy and passion for empowering people is sure to leave students with great inspiration and drive for their futures. In addition, students will receive lunch courtesy of MassHire GNB Workforce Board and enjoy interactive game tables on the outdoor grounds of the Fort Taber Community Center. **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>.

MTTI Info Session, Wednesday May 31, 2023

MTTI is offering a free live virtual information session on Wednesday, May 31, 2023 from 6-7pm. If interested, email rshaw@mtti.edu and include MTTI Info Session in the subject line. In the body of your email, include your first and last name, Old Rochester Regional High School, and your program of interest which can be viewed at www.mtti.edu. You will hear about the admissions application process, tuition and financial aid, short term training, hands on activities, and employment assistance and placement rates.

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		FORENSIC SCIENCE TECHNICIAN
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> Analyze crime scenes to determine what evidence should be collected and how Take photographs of the crime scene and evidence Make sketches of the crime scene Record observations and findings, such as the location and position of evidence Collect evidence, including weapons, fingerprints, and bodily fluids Catalog and preserve evidence for transfer to crime labs Reconstruct crime scenes 	<p>Bachelor's Degree</p>	<p>Projected job growth 11% between 2021-2031</p> <p>Median salary \$61,930</p>

SEL Tip of the Week

Continuing on with our SEL tips for Mental Health Awareness Month, this week's focus will return to self-care. We must take care of ourselves in order to take care of others. The spring is such a busy time and we often lose sight of taking care of ourselves in the busyness of the daily grind. Here are a few tips from SAMHSA on self care and why it is important:

1. **Enjoy the awesomeness of nature:** Research indicates that being immersed in nature can help with mild depression and anxiety symptoms. For example, just going for a walk or a hike in a natural setting can help you manage these depression and anxiety symptoms.
2. **Connect with family or friends:** This is another great way to reduce stress and even improve mental health. We thrive on the connection, support, love, and belonging that our friends and family can bring to us.
3. **Practice mindfulness:** Mindfulness techniques, such as breathing exercises or guided meditation, can help manage stress and anxiety. Making time for mindful techniques, even just a few minutes at the end, or beginning, of your day can make a big difference.
4. **Extracurriculars:** Join a book club, take a hobby related class, or enjoy live music with others.
5. **Volunteer:** Helping others and participating in community organizations can also be a positive boost.
6. **Sleep:** Another critical piece to maintaining positive mental health is getting enough sleep. Set your sights on trying to sleep for however long you need to feel rested and recharged during the day.
7. **Eat right:** Food can affect our mood. Avoid processed and sugary foods.
8. **Exercise:** Spend time each day to walk, run, bike, or whatever you can do to move your body.
9. **Practice self-gratitude:** Being grateful for yourself, what you have, and the life around you, can promote positive thinking.

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