

October  
2023

# Guidance Newsletter

Happy Fall!

## OCTOBER

Thursday, October 19  
New England College Fair, 11am–12pm - Gym

## NOVEMBER

Wednesday, November 1 - 6pm  
NHHEAF presents Understanding Financial Aid  
Auditorium

Wednesday, November 1  
Apply NH Event - Library  
Seniors apply to NH colleges for free  
Sign up required in Guidance

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## Military Information

Wednesday, November 15  
Bow High School  
Military Fair - 9-11am

All Military Branches in attendance, plus military academies,  
ROTC programs and military vehicles and a helicopter  
Bow has no school on this day, so our families are  
welcome to be on their campus

**Students considering applying to military academies;**  
U.S. Naval Academy, U.S. Air Force Academy, U.S. Merchant  
Marine Academy, or the U.S. Military Academy at West Point  
An advance and specific application and Congressional  
nomination process is required  
Visit [www.shaheen.senate.gov](http://www.shaheen.senate.gov) and “Academy Nominations”  
for more information


## Student Leadership Opportunities






### HOBY Hugh O'Brian Youth Leadership


Since 1958 HOBY has offered leadership training for thousands of students around the world. The NH HOBY program seeks two sophomores to attend a weekend leadership seminar in the Spring of 2024. There is a cost for students to participate.

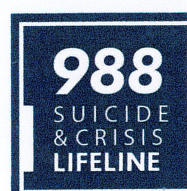
### St. Paul's Advanced Studies Program (ASP)

Sophomores and Juniors are encouraged to apply for this five week, residential, academic and social program on the St. Paul's campus in Concord. Students live, learn and meet other students from around N.H.

 Advanced Studies Program at St. Paul's School  
**ACADEMIC EXPLORATION - LEADERSHIP DEVELOPMENT  
COLLEGE PREP - SUMMER FUN**  
A unique residential summer program for New Hampshire's most  
talented and engaged public and parochial high school students.

 @ASPStPauls  
[www.sps.edu/asp](http://www.sps.edu/asp)



**Do you know anyone in  
need of immediate  
mental health or Suicide  
Prevention services?  
Call 988 or  
1-833-710-6477  
24 hours a day**



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**SHORT TERM YOUTH EXCHANGE** ~ Attention All Students Age 15-18 1/2 Spend the summer with another student from another country What is Short Term Exchange: Participating students live with a matched student and host family in their selected country from three to six weeks in the summer, under the sponsorship of the Meredith Rotary Club. The exchange in each country is for an equal amount of time. You spend 3 weeks or more with a family in your chosen country – then that student returns with you and spends the same amount of time with your family, or vice versa. Though speaking the language is a plus – for the Short Term program it is not a requirement. Hear and see more about the Short-Term exchange program from Isabel Dube who spent the summer of 2019 in France: “My Rotary Short Term Exchange was something that I will definitely remember for the rest of my life. Even though it was only for a short time of my life, I now have friends in another country and amazing memories from every day I was in Europe. Going to live with a new family was a completely new experience for me that got me out of my comfort zone for a whole month. I am so glad that my correspondent ended up being an amazing girl that I got to spend two months with while traveling around Europe, and showing her where I am from. I am so grateful for everything that I had the opportunity to experience and see for the first time while overseas like Paris, Barcelona, South of France, and other parts of France and Spain.”

If you are interested in participating in the summer 2024 short term exchange program, please contact Gary Dehnel, Rotary’s Short Term Exchange Program leader, by no later than December 31, 2023, to express your interest and/or learn more about the program. His e-mail address is: [gcdhnel@verizon.net](mailto:gcdhnel@verizon.net). Detailed information about the program can also be found at: <https://www.exchangestudent.org/> and <https://portal.clubrunner.ca/2942/page/youth-programs>

### **Career Partnerships Program**

*On Thursday, September 28th, Mr. Derrick and Mr. Griffin brought 22 students to the NH Construction Career Days in New Boston, NH. Students who attended were able to engage in hands-on learning, ask questions, and receive guidance from trained experts in a variety of trades. This was the second year that I-L attended the trip, and we plan to attend again next year! For more information, contact Mr. Griffin or Mr. Derrick.*

*Internship Opportunity: Career Partnerships has connected with Meredith Bay Colony Club to engage our student population with their resident population. Students will be able to work with seniors at MBCC to teach them how to use their personal technology devices. Interested students can contact Mr. Griffin for more information.*

*Open House Opportunity: Empire Beauty School has an opportunity for students to tour their Laconia Campus on Tuesday November 7<sup>th</sup> from 10am-2:00pm. Students interested in future career opportunities in cosmetology, barbering, and/or esthetics can contact Mr. Griffin for more details. [michael.griffin@interlakes.org](mailto:michael.griffin@interlakes.org)*

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### **Early College at High School Deadline October 19th!**

*Students in Semester one Statistics, Economics and Personal Finance, Web Page Design, Spanish 3, French 4 and Graphics 2/3 have the option to take a course for Early College Credit! This program was formerly known as Running Start and are college courses taught at high schools by teachers who have college-level teaching credentials and use a college syllabus and course materials. These courses are taken as part of the daily class schedule. Up to two courses per year can be taken at no cost! Students need to sign up on <https://ccsnh.dualenroll.com/>. If you have questions, contact Stacey Gagnon at [stacey.gagnon@interlakes.org](mailto:stacey.gagnon@interlakes.org) or 603-279-6162.*



# Why HVAC?

## HIGH-DEMAND JOBS

Every building in the U.S. has a climate-control system. The HVAC industry designs, builds, installs, services, troubleshoots and repairs heating and cooling systems all year. These jobs cannot be sent overseas.

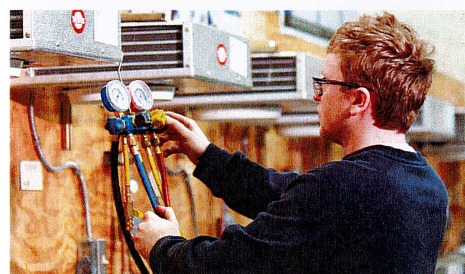
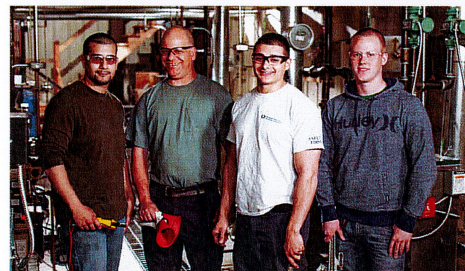
People and businesses depend on these systems and must keep them in good working order, regardless of economic conditions. As a result, HVAC is a recession-proof career. HVAC technicians coming from MCC have 100% placement in the HVAC industry.

## GOOD WAGES

Graduates with an associate degree in HVAC from MCC are prepared for a variety of potential job positions within the HVAC industry. Because of this, the salary range one could expect upon graduation can vary greatly. Graduates have seen salary ranges up to \$67,000 a year to start, not including overtime opportunities! For further information about potential salaries please contact a member of the HVAC Department.

## VARIETY (Every Day is Different!)

Workers must have the ability to provide maintenance, identify problems and carry out repairs on a wide range of HVAC systems. You'll use the hands-on skills, technical skills, and problem-solving skills you've acquired at MCC every day.



# Still Unsure?

**TRY IT OUT!** No tools or equipment needed.

## HVAC101M: INTRODUCTION TO HVAC SYSTEMS

This course introduces the fundamental concepts and principles that apply to the HVAC industry. Topics include a basic understanding of: thermodynamics, industry terminology and units of measurement; common HVAC systems and components; materials used in the installation of HVAC equipment; and methods for joining materials. Industry standards and codes are explored. Techniques for proper use of hand and power tools are presented. Safely working on HVAC systems and components is emphasized. **Contact [ecurran@ccsnh.edu](mailto:ecurran@ccsnh.edu) for further information.**

## COURSE SESSIONS / FY 2023-24 / SATURDAYS, 8-10:30AM

### FALL 2023

**Saturdays, 8-10:30am**

1st 8 week – 9/2-10/21

2nd 8 week – 10/28-12/16

### SPRING 2024

**Saturdays, 8-10:30am**

1st 8 week – 1/20-3/9

2nd 8 week – 3/23-5/4

*This is a college credit course which is required for the HVAC degree and certificates. It could also be used for open elective college credits if you decide HVAC is not for you.*

Not a school sponsored event