



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### Important Term Dates

Term 1 grades closed on **Wednesday, November 1st**. Report cards will be distributed to students on Thursday, **November 16th**, during Bulldog Block.

### World Kindness Day Challenge



Students and families, did you know that **November 13th** is World Kindness Day? The skill of kindness requires empathy, resilience, and vulnerability. Be intentional with your kindness and let those who make a difference in your life know! In honor of World Kindness Day, please reach out and let your friends, family, and our amazing faculty and staff know how they have made a difference for you.

### Get Involved

ORRHS offers a variety of clubs and activities for student participation. Check out our Clubs and Activities list by visiting: [clubs and activities](#). Athletics information is available [here](#).

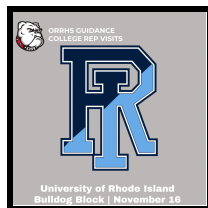
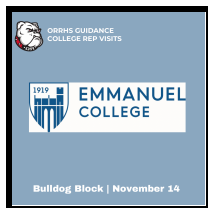
### Financial Aid Information for Seniors

Over 200 private colleges require the CSS Profile. The CSS Profile is available now and can be found at <https://cssprofile.collegeboard.org/>. Colleges have deadlines for financial aid applications, including the CSS Profile. Please check your schools to see if they require the CSS Profile and the timeline for submission.

### Grade 9 Meetings

The guidance counselors have been meeting with small groups of freshmen to discuss the transition to high school and making the most of the high school experience. Check out the [Freshmen Presentation](#) here.

### Upcoming College Rep Visits for Juniors and Seniors



College/University information sessions will be held during Bulldog Block. **Juniors and Seniors** must sign up online through Naviance and with your Bulldog Block Mentor to attend. To access [Naviance](#) use your student username and password.

### Save the Date - RISD Pre-College Program Application Opens 11/14



This summer, follow a college-level curriculum in the format that works for you with [Pre-Collegiate Programs](#) at Rhode Island School of Design. Applications open November 14, 2023. RISD's residential Pre-College program allows HS students to live like a RISD student and work alongside hundreds of other creative, highly motivated students who will inspire you to push your limits and produce your best work. Advanced Program Online, our online intensive for change makers, will also open November 14, 2023.

## Local College Events for Juniors and Seniors

- UMass Lowell - Nov 18 [UMASS Lowell Open House](#)
- Massasoit Community College - Nov 18 [Massasoit Community College Open House](#)
- Salem State University - Nov 18 [Salem State Open House](#)

## Rhode Island College - Calling All Music Majors



Rhode Island College Audition dates: January 20, February 3, February 17, March 9, May 10

Auditions are required for music, theater and dance majors at Rhode Island College.

Please Note: You don't need to wait to be admitted to RIC in order to audition, but RIC recommends that you at least have your Admissions application completed by your audition date. Register for an audition at [RIC.edu/auditions](http://RIC.edu/auditions)

## FAQ Fee Waivers

If you qualify for a fee waiver, you'll get free SAT tests, reduced AP test costs, and several other benefits to help you apply for college. One way to know if you qualify is if you are enrolled or eligible to participate in the federal free or reduced price lunch program. Please visit [income eligibility guidelines](#) to see if you are eligible. Learn about meal applications [here](#).

Here are some of the benefits that students with fee waivers may access through CollegeBoard and the Common App:

- Reduced cost for AP exams
- Free SAT Tests and Feedback: 2 Free SAT tests, 2 chances to access answer services
- Free College Benefits
  - Unlimited score reports to send to colleges
  - Waived application fees at [participating colleges](#)
  - Free CSS Profile™ applications to apply for financial aid from participating schools
- Other Benefits
  - No late registration fees for free tests (if you're in the U.S. or U.S. territories)
  - No cancellation fees (upon cancellation, your unused fee waiver benefits will be returned to you)
  - Fee reductions for [score verification reports](#)

Visit here to learn more about the Common App and fee waivers: [What is the Common App Fee Waiver?](#) If you have any questions, please contact your guidance counselor.

## SEL Tip of the Week



Reflection plays an important role in the personal and academic success of students. Beyond the grades received, **post-assessment reflection** offers a unique opportunity for students to analyze their learning process. By dissecting what worked well and what could be improved upon, students can uncover effective study techniques, grasp complex concepts, and develop a deeper understanding of the material. This practice not only enhances academic performance but also cultivates valuable skills such as critical thinking and self-evaluation. Moreover, reflection in general is a powerful tool for personal growth, fostering resilience and adaptability. It allows us to recognize and celebrate successes, learn from setbacks, and develop a mindset of continuous improvement. In navigating the academic landscape and personal challenges, the habit of reflection becomes a guiding compass, steering teens toward greater self-awareness and overall success. Practicing reflection really makes a difference - give it a try!

## Career of the Week

### CAREER OF THE WEEK

### HEATING, AIR CONDITIONING, & REFRIGERATION MECHANICS

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

#### WHAT DO THEY DO?

- Install, clean, and maintain HVACR systems
- Install electrical components and wiring
- Inspect and test HVACR systems and components
- Discuss system malfunctions with customers
- Repair or replace worn or defective parts

#### HOW TO BECOME ONE

Technical/Trade school

#### JOB OUTLOOK & SALARY

Projected job growth 6% between 2022-2032

Median salary  
\$51,390