



ORRHS Guidance Newsletter

Current Guidance Happenings

Credit for Life Fair for Seniors - Save the Date: April 10th

Did You Know?

86%

of high school students say the most important skill they need post-graduation is understanding personal finance; only 30% believe their schools are preparing them.

(Barr Foundation 2019)

ORRHS Guidance is excited to announce that we will be hosting a **Credit for Life Fair** with our seniors on **April 10th**. On March 28th, during Bulldog Block, our seniors will hear directly from Credit for Life about the upcoming Fair and opportunities to earn a free [FinanciallyFit Online Certificate](#) from Fitmoney.org. They will also create a personalized profile and pick a profession. On the day of the Fair, students will assume the role of a 25 year old professional with paychecks and use their monthly salaries, savings and credit cards to purchase everything they need to live as adults. This includes housing, transportation, food, healthcare, fun and more. The goal of Credit for Life is to teach students how to balance a budget and live within their means.

Why are we sharing this news now? We are looking for volunteers to help run decision stations alongside representatives from Credit for Life founding partners: Institution for Savings, Fit Money, Cape Cod 5, Country Bank, BayCoast Bank, Rockland Trust, Harbor One Bank, The Savings Bank, & Westfield Bank. Complete [this volunteer form](#) if you are interested in helping to make this day special.

Attention Senior Families - Important & Time Sensitive FAFSA Information

Although the FAFSA will not be released until December 31st, students and families **can and should** create their FSA ID now. Your FSA ID will be your digital signature and used to open your FAFSA account.

Use [this link](#) and follow the steps to create your account. You will need your social security number, your email address, and a cell phone number.

Check out these documents to learn more about the FAFSA: [FSA ID and College Board Accounts](#), [What do you need to complete a FAFSA?](#)

Senior Families - FAFSA Assistance Night, January 9th at 6 pm -RSVP NOW

The ORRHS Guidance Department will be hosting a FAFSA night on January 9th at 6 pm in the library. Beth Connelly-Silvia, Director of the Educational Opportunity Center, a program of Seven Hills, will work with families to complete their FAFSA. Please register in advance here: [FAFSA Night RSVP](#)

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.

Scholarship Information

Updated scholarship information can be found on our ORRHS Guidance Website. Visit this link for quick access to current scholarship information (found on the right hand side of the page): [ORRHS Guidance](#)

Sophomore Meetings - Personality and Career Inventories

Starting Thursday, December 7th, counselors will be meeting with groups of sophomores to discuss Career Exploration. Meetings will take place in the guidance conference room during study halls and will last approximately 50 minutes. Students, please bring a writing utensil and a chromebook as you will be completing a Personality/Career Interest Inventory. Students should continually check e-hallpass for meeting times.

Parents, learn more about your Sophomore will be doing here: [Grade 10 Presentation](#)

Spring SAT information

SATs will be digital this spring. Juniors, it is recommended that you test in the Spring if you choose to test. To learn more, visit: <https://satsuite.collegeboard.org/digital>. The deadline for registering for the March 9th test is February 23rd, the deadline for registering for the May 4th test is April 19th and the deadline for registering for the June 1st test is May 16th.

Junior and Senior Information Session with BCC

Attention Juniors and Seniors, a Bristol Community College information session will be held during Bulldog Block on December 19, in the Guidance conference room. Please sign up with your Bulldog Block Mentor and in Naviance to attend. To access Naviance use your student username and password. If you have any questions please email your guidance counselor.

Upcoming ON THE SPOT ACCEPTANCE event for Seniors, January 18

Attention seniors: A representative from Bristol Community College will be here on Thursday, January 18, for an “On-the-Spot College Acceptance Day”. Senior students are offered same day admittance and the application fee is waived. To take advantage of this one-time opportunity, you must contact your guidance counselor to sign up by Thursday, January 11. On Friday, January 12, during Bulldog Block, students who have registered for this opportunity will meet in the Guidance conference room to pre-register online. Please bring your social security number and your chromebook.

Employment Opportunities




Did you know the ORRHS guidance department has a partnership with MassHire? The MassHire career center provides one-on-one and group work-readiness and career development guidance to youth ages 14–25 who live in the Greater New Bedford workforce area including:

- Career and Education Assessments that help solidify your future.
- Job Search Tips that help get you noticed.
- Job application guidance that helps to put your application in the YES pile.
- Résumé and Cover Letter Writing assistance to help you catch an employer’s attention.
- Interview Preparation and Mock Interviews to help you interview with confidence.
- Job postings and referrals to open positions.
- Onsite recruitments and job fairs that put you face to face with hiring managers.

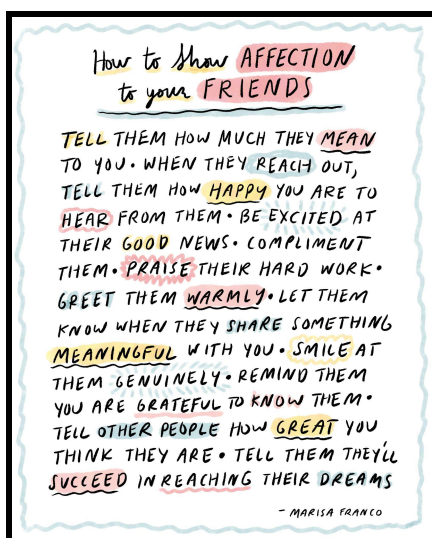
- Helpful resources, articles and labor market statistics.
- Access to Massachusetts Child Labor Laws, Youth Work Permit and Minimum Wage information.

If you are looking for a job and interested in learning more about how Mass Hire can help you, please contact Mrs. Millette.

Career of the Week

CAREER OF THE WEEK GENETIC COUNSELOR		
 https://www.bls.gov/ooh/		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> • Collect comprehensive family and medical histories through means such as interviews, discussions with physicians, and reviewing medical records • Evaluate genetic information to identify clients at risk for specific hereditary disorders • Document information from counseling sessions to send to clients or to referring physicians • Discuss testing options and the associated risks, benefits, and limitations with clients and other healthcare providers • Educate clients and provide information about genetic risks and inherited conditions 	<p>Master's Degree</p>	<p>Projected job growth 16% between 2021-2031</p> <p>Median salary \$89,990</p>

SEL TIP OF THE WEEK



Maintaining healthy relationships as a high school student is crucial for social-emotional well-being. Prioritize open communication by expressing your feelings and thoughts honestly while actively listening to those of others. Establish clear boundaries and respect them, fostering a sense of trust and mutual understanding. Embrace empathy by seeking to understand the perspectives and emotions of your peers, promoting a supportive and inclusive atmosphere. Choose friends who uplift and inspire you, and reciprocate that positivity. Check out the image (on the left) on how to show affection to your friends and be sure to put those steps into action. Conflict is inevitable, but approaching disagreements with respect and a willingness to find common ground ensures that relationships withstand challenges and evolve positively. By cultivating communication, empathy, and mutual respect, you can build the foundation for lasting and meaningful connections.