



ORRHS Guidance Newsletter

Current Guidance Happenings

Happy Holidays and Happy New Year from the ORRHS Guidance Office!

We hope that our Bulldog Families have a wonderful winter break filled with joy and peace. Take this time for rest, rejuvenation, and quality time with loved ones. Please note that this newsletter is for the week of December 18th through the week of January 1st.

Seniors, A Message From Your Counselors on College Decisions

As colleges are releasing admissions decisions over the few weeks, here are some important reminders:

You have put in the work. Earned solid grades. Have strong letters of recommendation. Dedicated hours upon hours to clubs and teams. You have a strong application package...

“What does it mean if I do not get accepted?” First and foremost, you must understand it is NOT a reflection of your work, your effort, or who you are. It is simply a function of the applicant pool. While your transcript, list of activities, and letters of recommendation all reflect and are equal to other accepted students, decisions can honestly be based on numbers.

In some cases, admissions offices receive upwards of 90,000 applications (or more) to fill a freshman class of only 4,000. There is no way that applicant number 4,001 isn't as equally as admissible. But decisions have to be made. We are all left out sometimes for no other reason than that. It is not because the work you put in wasn't enough.

Admissions offices are charged with building a strong freshman class. Which is not the same as admitting only the strongest students. Colleges are looking for a student body that encapsulates the mission, focus, and personality of the institution. That can only be done by admitting different types of students from a wide variety of experiences. All of whom are also academically equal.

“But it was my dream school. And I really want to go there.” Fair concern. You do have the opportunity to contact admissions offices and make a pitch for a waitlist, delayed admission, or inquire about other options. Admissions will not be able to share detailed information or comparisons of your application to others'. But they can share general information about what they were looking for in the decision making process. Talk with your guidance counselor about how to approach these questions.

When building your list of schools, this is why we include a range. Ideally your applications have been sent to a range of schools that include campuses where you are “likely” to be admitted. Again, talk with your guidance counselor about options, your list, and next steps. **We are here for you!**

THIS WEEK - 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.

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](#)

Credit for Life Fair for Seniors - Call for Parent Volunteers



ORRHS Guidance is 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 for our Credit fair for seniors on April 10th. Please complete [this volunteer form](#) if you are interested in helping to make

this day special. On the day of the Fair, our seniors 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.

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.

Attention Juniors - Scholarship Opportunities for Class of 2025

Horatio Alger Scholarships: While most other scholarships focus exclusively on academic achievement or leadership potential, Horatio Alger Scholarships are also intended for promising students who have critical financial need, demonstrate integrity and perseverance in overcoming adversity, and are determined to succeed. To learn more, visit <https://horatioalger.org/scholarships/>.

The Plymouth Philharmonic Orchestra Music Scholarship: This scholarship is open to students from Plymouth County who are Juniors during the 2023-2024 school year, and who plan to attend a four-year music college. The award of up to \$2500 is intended to strengthen the student's application to the music college of his or her choice. Students may use the scholarship to purchase a better instrument, attend music camp, or purchase private instrumental, vocal, or composition lessons that would enhance their skills. Plymouth Philharmonic. Applicants will be judged on merit, commitment, and financial need. [The Plymouth Philharmonic Orchestra Music Scholarship](#), due to guidance by **January 18, 2024**.

Attention Juniors, 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**.

New England Institute of Technology

New England Institute of Technology has added three new Bachelor of Science degree programs for Fall 2024 - Artificial Intelligence, Cybersecurity Engineering, and Mechanical Engineering. For more information on these and all of the programs they have to offer, visit <https://www.neit.edu/>

Salve Regina University

For any students who did not make the November 1, Early Action and Early Decision deadline, Salve Regina University offers Early Action II, with a deadline of January 5 (supplemental documents to arrive by January 15). Salve continues to accept Nursing applicants on a space available basis. The Regular Decision deadline is February 1.

New Job Opportunity Alert, Grades 9-12

Attention students: Are you interested in making some extra cash this winter? The Marion Council on Aging is looking for students willing to shovel driveways/walkways for elderly residents. If you're interested in getting on their list, please contact Linda Jackvony at the Marion Council on Aging at ljackvony@marionma.gov or 508-748-3570.

New Job Opportunity, 16+



The Massachusetts Department of Conservation and Recreation's Bureau of Pool and Waterfront Safety is looking for qualified candidates to lifeguard at many pools and beaches for the 2024 summer season. They offer free training and a competitive salary starting at \$22/hr. Already certified lifeguards are welcome to apply!

Qualifications for Lifeguard candidates include:


- At least 16 years old by June 11th
- Strong swimmers
- Interest in helping your community
- Passion for helping others
- Good attitudes and ability to work as a team
- Ability to commit to a 40 hour/week position for an 8–10-week season (limited 20-hour Lifeguard positions may be available upon inquiry at select locations)

Locations in the south region include:

Horseneck Beach (Westport), Nantasket Beach (Hull), Scusset Beach (Sagamore), Ft. Phoenix Beach (Fairhaven), Houghton’s Pond (Milton), and The Vietnam Veterans Memorial Pool (Fall River). Other facilities throughout the state can be found on mass.gov/lifeguard.

The Massachusetts Department of Conservation and Recreation’s Bureau of Pool and Waterfront Safety is also looking to grow their learn to swim program at the Vietnam Veterans Memorial Pool in Fall River. In addition to lifeguard training, they will also be able to provide a water safety instructor (WSI) training for those interested in teaching swim lessons. Lifeguards who obtain their WSI certification and teach for their program will earn an **additional \$2/hr.** [Learn more here.](#)

Career of the Week

CAREER OF THE WEEK		
FILM & VIDEO EDITOR 		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• Shoot and record television programs, films, music videos, documentaries, or news and sporting events• Organize digital footage with video-editing software• Collaborate with a director to determine the overall vision of the production• Discuss filming and editing techniques with a director to improve a scene• Select the appropriate equipment, such as the type of lens or lighting• Shoot or edit a scene based on the director’s vision	<p>Bachelor’s Degree</p>	<p>https://www.bls.gov/ooh/</p> <p>Projected job growth 7% between 2022-2032</p> <p>Median salary \$63,520</p>

Rhode Island School of Design (RISD) Pre-College Summer Residential Program

Applications are NOW open for the June 29- August 3, 2024 Summer Program. Follow a college-level curriculum

with day-long studio classes, visits to the Nature Lab and RISD Museum, critiques and projects that will forever shape the way you approach art and design. Experiment with new materials, tools, and techniques, study with award-winning instructors, take risks, test your theories and challenge your ideas. To learn more, visit <https://precollege.risd.edu/>.

New Feature: The Character Dare

The Family CharacterDare offers families the opportunity to engage in challenges designed to increase connection and conversation at home. Activities can include: Conversation Starters: Ways to practice positive communication for the whole family, Acts of Kindness: Simple ideas to support each other at home and in the community, Recreation and Rest: Fun and relaxing ways to unwind and enjoy each other's company, Expressions of Love: A variety of invitations family members can use to give & receive love.

With the holidays around the corner, here's your first family character dare challenge - Kind Conference Call:

The graphic features a blue circular logo with 'Character Dare' in white script and a red heart. The word 'FAMILY' is written in green capital letters with a green underline. To the right are icons for a dumbbell and a stopwatch. The main text 'Kind Conference Call' is in large black font. A green bracket connects the title to the challenge description. The bottom of the graphic has a blue wavy background with a small 'CS' logo containing a heart.

Character Dare

FAMILY

Kind Conference Call

Call a family member or friend that, as a family, you haven't talked to in a while. Try it "out of the blue" and surprise them by having everyone on the line say hello, catch up, and share why you've missed them.

If they don't pick up, leave an epic voicemail filled with some kind words from each person!

SEL TIP OF THE WEEK



In this journey of life, forgiveness emerges as a powerful tool for personal growth and emotional well-being. Understand that everyone, including yourself, is navigating a unique path with its share of missteps. Embrace the concept of self-forgiveness, acknowledging that imperfection is an inherent part of the human experience. Learn from your mistakes, but don't let them define you. Extend this forgiveness to others as well, recognizing that everyone is dealing with their own challenges. Holding onto grudges can be burdensome; letting go frees up mental and emotional space for your personal development. By fostering a culture of forgiveness, both internally and externally, you pave the way for healthier relationships, increased resilience, and a more positive experience overall.