



ORRHS Guidance Newsletter

Current Guidance Happenings

Career Training Opportunity for Grades 9-12



Take your career to the next level!

Join the Massachusetts Society of CPAs at their downtown Boston office on Friday, January 26, from 9:00 a.m.–3:00 p.m., for a [FREE half-day skill-building workshop](#).

Don't miss out on this fantastic opportunity to refine your resume and sharpen your interview skills! This workshop, facilitated by MassCPAs members, offers a comprehensive

experience covering resume building, interview mastery, interactive sessions and networking opportunities. As a special perk, lunch will be provided for all participants. Contact your **guidance counselor** if you are interested in learning more!

Upcoming ON THE SPOT ACCEPTANCE event for Seniors, January 18



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. As a reminder, to take advantage of this one-time opportunity, you needed to contact your guidance counselor to sign up .

Attention Prospective College Student Athletes, Grades 9-11

On Thursday, January 25th, during Bulldog Block, Dr. Janicki will be holding an info session for all prospective college student-athletes grades 9-11 in the guidance conference room. Please sign up with your mentor if you are interested in attending.

Attention Juniors - Scholarship Opportunity for Class of 2025, DUE THIS WEEK

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 9th and 10th Graders, Project Contemporary Competitiveness



Applications are now available for Project Contemporary Competitiveness (PCC). PCC is a 4 week summer overnight camp for students currently in grades 7-10. PCC is a wonderful **pre-college experience** and takes place on the beautiful campus of Stonehill College located in Easton, MA.

If you are interested in applying or have questions, please see your guidance counselor. Visit <https://pccasp.org/> to learn more and to register for the PCC Info Night on **January 29th** at the Stonehill College Welcome Center.

Scholarships - South Coast Community Foundation

Over 100 scholarships totaling over \$700,000 available for students on the South Coast and South Shore! Applications are being accepted **now through March 1st**. Click [here](#) to learn more and create an account to apply to over 100 scholarships with one application. Visit southcoastcf.org/scholarships to apply by March 1st. Attend an info session via Zoom to learn more about how to apply, what scholarships you could be eligible for, and how the SouthCoast Community Foundation evaluates applications: January Info Session – **Wed. Jan 31st**, 6:30 – 7:30 pm <https://us06web.zoom.us/j/83169806851> [List of scholarships available.](#)

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**.

Important Junior Information

Please note these important upcoming events for Juniors and their families:

- **January 23**, guidance counselors will begin small group presentations during directed study on the college process
- **January 25** - College Athletics information for grades 9-11 during Bulldog Block
- **January 29** at 6:30pm - Virtual College Athletics information for parents: [Register Here](#)
- **February 8** at 6pm (ORRHS cafeteria): College Admissions Seminar for parents from MEFA
- **May 20** - NEACAC College Fair hosted at ORRHS (5:30-7:30PM)

Internship Opportunity - Local Media Lab

Are you a **junior** or a **senior** who has an interest in working in media labs with [a 3-D printer, a circuit laser cutter, and a few other things](#)? The Mattapoissett Library is looking to provide an internship opportunity for two students for 10 hours a week after school and on weekends. If you are interested in learning more, please contact Mrs. Millette.

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 	Bachelor's Degree	<p>https://www.bls.gov/ooh/</p> <p>Projected job growth 7% between 2022-2032</p> <p>Median salary \$63,520</p>

New Feature: The Character Dare



FAMILY  

The Collaborative Cook

Plan and cook a meal you've never tried before as a family. Make sure everyone helps create the meal. Then, sit and enjoy it together.

How many phases can you involve the whole family with? The shopping? The prepping? The cooking? The cleaning? At the end, give yourself a Yelp review by assigning a number of stars and reviewing the atmosphere of the "restaurant."

Looking for ways to connect as a family? The Collaborative Cook is a fun opportunity to plan and cook a meal together while spending quality time as a family.

This activity is *five stars* fun!

SEL TIP OF THE WEEK



Build Self Esteem: Building self-esteem begins with self-compassion. It is important to celebrate your achievements, no matter how small, and acknowledge your strengths. When negative self talk presents itself to you, challenge your thoughts by replacing them with self affirmations. For example, if you find yourself saying, "I am not good enough" replace that thought with "I love myself, I believe in myself, and I will support myself." Surround yourself with supportive and positive influences, and remember that your worth is not determined by external validation. Embracing self-love and acceptance is a powerful journey towards improving your self-esteem. The more that you practice this, the better you will be at it!