



ORRHS Guidance Newsletter

Current Guidance Happenings

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 Parents of Prospective College Athletes

Please join MEFA on the virtual college athletics information night on **January 29th at 6:30 pm**. Our very own Dr. Janicki will be presenting virtually to families of prospective college athletes. Topics will include sports divisions, eligibility, the college search, and key issues to consider throughout this process. Live transcription will be available. If you are interested in joining: [Register Here](#)

ASVAB Testing Coming Soon - March 6th, Grades 10-12



Are you interested in learning more about your strengths? Do you want to find your interests to enhance your likelihood of job satisfaction in the future? If so, sign up to take the ASVAB (Armed Services Vocational Aptitude Battery) test on March 6th from 12-3pm. There is no requirement to join the Armed Services if you take the ASVAB, instead the focus is on future planning that fits every student.

RSVP here: [ASVAB Test Interest Form](#)

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.

BSU FAFSA Assistance Nights, January 25th & March 7th



BRIDGEWATER STATE UNIVERSITY

NEED HELP FILLING OUT YOUR FAFSA?

You're invited to attend either of our two upcoming

BSU FAFSA Nights

We will help you complete the updated online Free Application for Federal Student Aid.

January 25, 2024 | March 7, 2024
4:00 – 8:00 PM
at the BSU Welcome Center
 45 Plymouth St., Bridgewater, MA

Please visit www.studentaid.gov before the event to create your FSA ID. If you have a laptop or tablet, please bring it with you. Arrive any time between 4 – 7 PM.

BSU OFFICE OF FINANCIAL AID
 508.531.1341 | fnaid@bridgew.edu

Did you miss our FAFSA assistance night on January 9th? No worries, take advantage of these opportunities offered at the **BSU Welcome Center** on **January 25th** or on **March 7th**. Bring your laptop with you and arrive anytime between 4-7pm. Be sure to have your FSA ID in advance of these events.

Save the Date: MEFA College Admissions Seminar (for Junior families)



ORRHS GUIDANCE

College Admissions


FEBRUARY 8, 2024
6 pm - ORRHS CAFETERIA
MEFA College Admissions Seminar

Junior Families, please save the date of **February 8th, 2024 at 6 pm** in the ORRHS Cafeteria for our College Admissions Seminar with the Massachusetts Educational Financing Authority.


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**.

Career of the Week

| CAREER OF THE WEEK | | PSYCHOLOGIST |
|---|-------------------|--|
| | |  https://www.bls.gov/ooh/ |
| WHAT DO THEY DO? | HOW TO BECOME ONE | JOB OUTLOOK & SALARY |
| CONDUCT SCIENTIFIC STUDIES OF BEHAVIOR AND BRAIN FUNCTION OBSERVE, INTERVIEW, AND SURVEY INDIVIDUALS IDENTIFY PSYCHOLOGICAL, EMOTIONAL, BEHAVIORAL, OR ORGANIZATIONAL ISSUES AND DIAGNOSE DISORDERS RESEARCH AND IDENTIFY BEHAVIORAL OR EMOTIONAL PATTERNS TEST FOR PATTERNS THAT WILL HELP THEM BETTER UNDERSTAND AND PREDICT BEHAVIOR DISCUSS THE TREATMENT OF PROBLEMS WITH CLIENTS WRITE ARTICLES, RESEARCH PAPERS, AND REPORTS TO SHARE FINDINGS AND EDUCATE OTHERS SUPERVISE INTERNS, CLINICIANS, AND COUNSELING PROFESSIONALS | Ph. D. or Psy.D. | Projected job growth 6% between 2022-2032 Median salary \$85,330 |

The Family Character Dare



FAMILY  

Record of Accomplishments

As a family, write down all that you have accomplished together over the last year. Decide on a creative way to capture all of these accomplishments.

Use photos that you've printed, documents that you've saved, or pictures on your phone as a way to jog your memory. Maybe you want to create something to hang in your home or to send out to family members. Perhaps, you prefer to create something digital to share online. Take some time to celebrate and be grateful of the good you've gone through.

The Family Character Dare is designed to bring family members together. This week's dare asks you to write down all that you have accomplished in the last year. This is a great way to reflect and remember all that you have done as a family.

SEL TIP OF THE WEEK



Never Give Up: In the face of challenges and setbacks, it's crucial to embrace the mindset of perseverance and resilience. Never giving up is not only a powerful tool for personal growth but also a key factor in achieving long-term success. When confronted with difficulties, it's essential to view difficulties as opportunities to learn and grow rather than insurmountable obstacles. With a resilient attitude, you can develop the strength to overcome adversity, build confidence, and ultimately achieve your goals. Remember, setbacks are a natural part of life and the determination to never give up can pave the way for lasting success and fulfillment.