



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### Report Cards

As a reminder, report cards will be distributed to students on Monday, January 29th.

### Scheduling Season is Around the Corner

There are a few dates to keep in mind as the scheduling season begins. As of January 29th, teachers will begin to complete their recommendations for student courses for next year in PowerTeacher. The Guidance Office will begin meeting with students during the week of February 6th through February 10th to discuss scheduling and hand out course selection cards.

- All juniors will receive course cards on February 6th
- All sophomores will receive course cards on February 7th
- All freshmen will receive course cards on February 9th

### Attention Parents of Prospective College Athletes - Virtual Info Session, Jan 29th

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](#)

### Attention 9th and 10th Graders, PCCASP Info Session, Stonehill College, Jan 29th

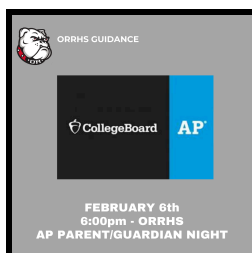


Applications are now available for Project Contemporary Competitiveness Advanced Studies Program (PCCASP). PCC is a 4 week summer overnight camp for students currently in grades 7-10. PCC is a wonderful **pre-college experience** and takes place on the beautiful campus of Stonehill College located in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

### Save the Date, February 6th, AP Parent Night



Is your student interested in taking AP courses at ORRHS?

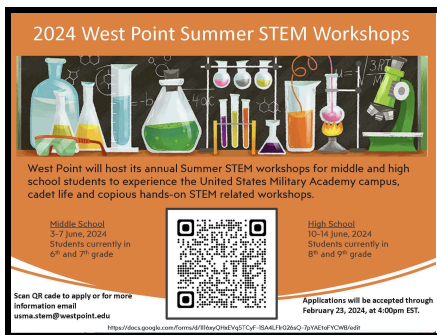
Please join us on **February 6th at 6 pm** to learn about our offerings for students in grades 9-12.

## Save the Date: MEFA College Admissions Seminar (for Junior families), February 8th



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

## West Point STEM Workshop Opportunity, Current Grade 9



The Center for Leadership and Diversity in STEM (CLDSTEM) organizes and runs the West Point High School STEM workshops. Each summer, high school students from across the United States are invited to come to West Point for a weeklong hands-on STEM workshop. The overarching goal is to increase interest in STEM through inquiry-based projects; develop and reinforce student science, math and problem-solving skills that are prerequisites to success in high school and college; and motivate students from under-resourced, geographical locations to aspire to pursue STEM courses in high school and envision themselves in STEM careers.

Tuition: CLDSTEM has received generous donations which allow for tuition to be covered for all students selected to participate in the 2024 workshop. Housing, meals, and all activities will be provided by the scholarship; *however, travel for*

*students to and from West Point is not included and must be provided by the family.* The application is live now and will be open until February 23rd. For more information, email [usma.stem@westpoint.edu](mailto:usma.stem@westpoint.edu) or scan the QR code attached to apply.

## 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](#); Learn more: [ASVAB Announcements](#)

## BSU FAFSA Assistance Night, March 7th



Did you miss our FAFSA assistance night on January 9th? No worries, take advantage of this opportunity offered at the BSU Welcome Center 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.

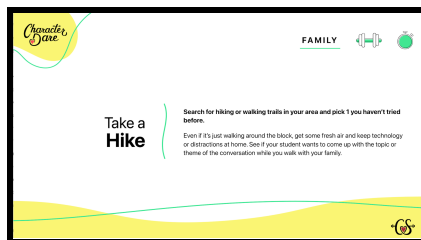
## Attention Juniors, Spring SAT information

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		INFORMATION
		<b>SECURITY ANALYST</b>  <a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a>
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"><li>• Monitor their organization's networks for security breaches and investigate when one occurs</li><li>• Use and maintain software, such as firewalls and data encryption programs, to protect sensitive information</li><li>• Check for vulnerabilities in computer and network systems</li><li>• Research the latest information technology (IT) security trends</li><li>• Prepare reports that document general metrics, attempted attacks, and security breaches</li><li>• Develop security standards and best practices for their organization</li></ul>	<b>Bachelor's Degree</b>	<p>Projected job growth 32% between 2022-2032</p> <p>Median salary \$102,600</p>

## The Family Character Dare



The Family Character Dare is designed to bring family members together. This week's dare asks you to get outside and walk as a family (even in the cold 😊). Search for hiking or walking trails in your area or even just go for a walk on your block. See if your teen wants to choose a theme for the walk to talk about!

## SEL TIP OF THE WEEK

**Build Emotional Intelligence:** Emotional intelligence refers to the ability to recognize, understand, manage, and effectively use one's own emotions and the emotions of others in various situations. It involves a set of skills that enable individuals to navigate social interactions, build positive relationships, and make sound decisions based on emotional awareness. The five key components of emotional intelligence, as proposed by psychologist Daniel Goleman, include self-awareness (recognizing and understanding one's own emotions), self-regulation (managing and controlling one's emotions), motivation (driving oneself towards goals with enthusiasm), empathy (understanding and sharing the feelings of others), and social skills (building and maintaining positive relationships). Developing emotional intelligence is crucial for personal and professional success, as it contributes to effective communication, conflict resolution, and overall well-being.