



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### ***It's National School Counseling Week!***

We are so thankful for all of our amazing ORRHS school counselors. Students and families, if your school counselor has made a difference for you, be sure to let them know!

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### ***Scheduling Season is Here***

The Guidance Office will begin meeting with students this week 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

The course cards will be due back to the Guidance Office by **February 16th**. Students have the opportunity to meet with guidance counselors individually to discuss course requests beginning February 6th and through March 8th.

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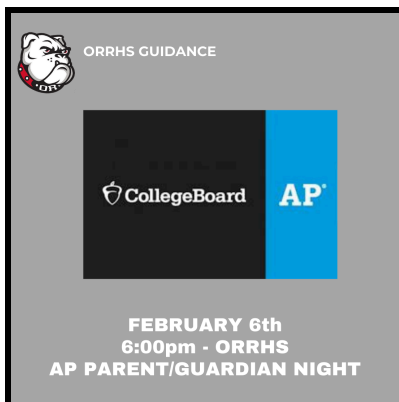
### ***Electives Showcase & AP Presentation for students, Grades 9-11***

We are excited to host an Electives Showcase on **February 12th** during Bulldog Block for students to learn more about our elective offerings.

Students who are interested in AP courses will hear an AP presentation in Bulldog Block on **February 13th**, led by Administration, AP teachers, and students. Want to learn more about our offerings? Check out our Program of Studies: [POS 24-25](#)

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### ***THIS WEEK, February 6th, AP Parent Night***



Parents and Guardians, if your student is thinking about taking an AP course, please join us on February 6th at 6:00pm for our AP Parent's Night. You will learn about our AP offerings for students in grades 9-12.

## THIS WEEK: MEFA College Admissions Seminar (for Junior families), February 8th



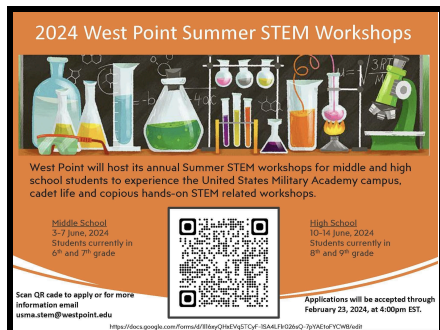
Junior Families, please join us on **February 8th, 2024 at 6 pm** in the ORRHS Cafeteria for our College Admissions Seminar with the Massachusetts Educational Financing Authority (MEFA).

## STEAM the Streets Assembly, February 15th, Grades 10-12



ORRHS is excited to host Steam the Streets on February 15th for a career focused assembly entitled, *This Can be You!* Currently 4 Million jobs in STEM and the Arts are unfilled. That's a huge opportunity for today's youth to step into! STEAM the Streets utilizes music, video, performance, and motivational speaking to make STEAM careers relatable and within reach.

## 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](#)

## Career of the Week

# CAREER OF THE WEEK


## SOCIAL WORKER




<https://www.bls.gov/ooh/>

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> <li>IDENTIFY PEOPLE AND COMMUNITIES IN NEED OF HELP</li> <li>ASSESS CLIENTS' NEEDS, SITUATIONS, STRENGTHS, AND SUPPORT NETWORKS TO DETERMINE THEIR GOALS</li> <li>HELP CLIENTS ADJUST TO CHANGES AND CHALLENGES IN THEIR LIVES, SUCH AS ILLNESS, DIVORCE, OR UNEMPLOYMENT</li> <li>RESEARCH, REFER, AND ADVOCATE FOR COMMUNITY RESOURCES, SUCH AS FOOD STAMPS, CHILDCARE, AND HEALTHCARE, TO ASSIST AND IMPROVE A CLIENT'S WELL-BEING</li> <li>RESPOND TO CRISIS SITUATIONS SUCH AS CHILD ABUSE AND MENTAL HEALTH EMERGENCIES</li> <li>MONITOR CLIENTS' SITUATIONS, AND FOLLOW UP TO ENSURE THAT THEY HAVE IMPROVED</li> <li>MAINTAIN CASE FILES AND RECORDS</li> <li>PROVIDE PSYCHOTHERAPY</li> </ul>	<p style="margin: 0;"><b>Clinical Social Workers need a master's degree, supervised clinical experience, and a license from the state in which they practice</b></p>	<p style="margin: 0;">Projected job growth is 7% between 2022-2032</p> <p style="margin: 0;">Median salary \$61,420</p>

## The Family Character Dare




FAMILY



### Their Thing

Offer to spend time with a family member doing something that you know means a lot to them. For example, playing chess with grandpa or learning the new video game your student loves.

Even though it might not be interesting to you, investing in other people's interests is a great way to have them feel appreciated and validated.



The Family Character Dare is designed to bring family members together. This week's dare, "Their Thing", is to offer to spend time with a family member doing something that you know means a lot to them. Even if the activity isn't something that interests you, investing in other people's interests can mean a lot to them!

## SEL TIP OF THE WEEK



Using self-talk as a tool for perseverance can have a lot of benefits. By engaging in a positive and motivating inner dialogue, you can build a resilient mindset to help navigate challenges more effectively. Self-talk allows us to reframe negative thoughts, build self-confidence, and maintain focus on our goals. It serves as a powerful internal support system, providing encouragement and motivation during tough times. Remember this important quote, "Be careful how you are talking to yourself, because you are always listening!"