



ORRHS Guidance Newsletter

Current Guidance Happenings

THIS WEEK: Elective 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](#)

Course Selection Cards, Grades 9-11

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 through March 8th. Remember to have a happy, healthy balance in your schedule.

Girls STEM Summit 2024

Registration is open for [Girls STEM Summit-Statewide 2024](#) at a NEW location this year, UMass Lowell! Details:

- When: Sunday, April 7, 2024
- Where: UMass Lowell, Lowell, MA
- Time: 8 am-4 pm
- Who: 8th-12th grade participants interested in STEM
- Pricing: \$75 per participant (includes activities, continental breakfast, lunch, and giveaways)
- Register Now: <https://juniortech.org/>
- Hosted by: Jr.Tech, Inc

Please send questions to: rachel@juniortech.org *Girls STEM Summit-Statewide 2024 is open to all persons who identify as female, non-binary, or other gender identity or expression.

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.


FINAL CALL FOR SIGN UPS - ASVAB Testing - March 6th, Grades 10-12

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 (half day) from 12-3pm. RSVP here: [ASVAB Test Interest Form](#); Learn more: [ASVAB Announcements](#)

ACT vs SAT

The Princeton Review
ACT® & Digital SAT® Comparison

ACT	DIGITAL SAT
Paper and pencil	Computer based test Offered at testing centers
3 hours, 35 minutes (with Writing Test) 2 hours, 55 minutes (without Writing Test)	Total testing time: About 2 hours
Four Sections: English, mathematics, reading, and science—with an optional writing section	Two Sections: Reading & Writing, Math
No penalty for wrong answers	No penalty for wrong answers
Writing Test (optional) 40 minutes, timed	No essay
Students can use their own calculator on all Math questions	Students can use built-in Desmos Calculator or their own calculator on all Math questions

 PrincetonReview.com | 800-2Review

The Princeton Review is not affiliated with Princeton University. ACT is a registered trademark of ACT, Inc.

Are you considering whether you should take the ACT or the SAT? You'll want to consider your schedule and how often you plan to test. It really is up to the individual student to determine if you want to take one test over the other or both.

Students are encouraged to take the SAT in the Spring of their Junior Year. This is the recommended time to take the ACT too. Both tests evaluate your skills in reading, writing, and math. However, the ACT offers an optional essay component that can highlight your writing skills. The ACT also has a science section, making it a go to choice for those interested in STEM fields.

Your guidance counselor is here to help guide you in this decision making if you have any questions!

To learn more about the ACT: visit [ACT.org](https://www.act.org)

Save the Date: NACAC National College Fair in Boston, May 2nd & May 3rd



The National Association for College Admission Counseling (NACAC) invites **students and parents** to explore the college search process at the NACAC National College Fair in Boston held on Thursday, **May 2, 2024** from 9 a.m. – 12 p.m. and 6 p.m. – 8:30 p.m. and Friday, **May 3, 2024** from 9 a.m. – 12 p.m. The fair will be held at the Boston Convention and Exhibition Center.

Highlights of this year's fair include Science, Technology, Engineering, and Mathematics (STEM) and Visual and Performing Arts (VPA) focused areas, workshops covering topics such as college essays and financial aid, and access to the College Advising and Financial Aid Center.

Career Opportunities with the US Postal Service - Seniors

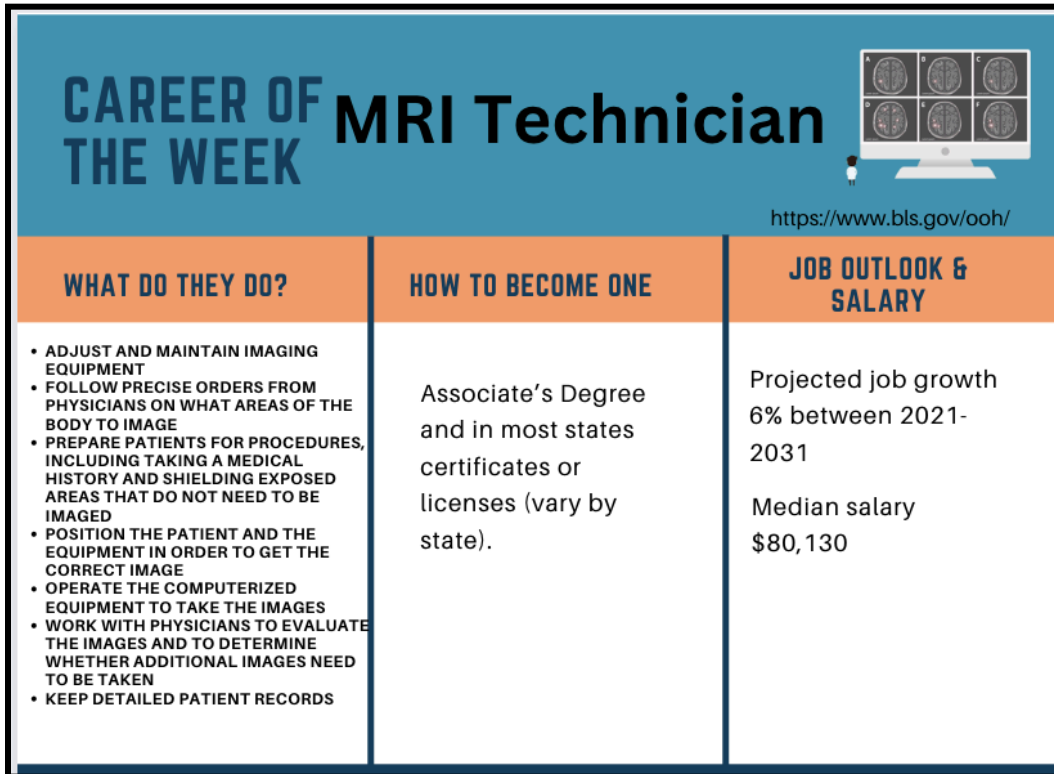
With career opportunities available through the United States Postal Service, graduates have the ability to set themselves up for success without taking on the massive debt that can often accompany a college degree. The US Postal Service has several entry level positions available ranging from clerks and letter carriers to mail handlers and administrative staff that require no experience and on-the-job training as needed. The Postal Service offers competitive wages, outstanding benefits, and opportunities for career advancement. Continuing education and skill building courses are available to qualified individuals at no cost to them.

For more information, graduating seniors can contact:
Sarah Etro, USPS Marketing/Recruitment for Massachusetts/Rhode Island
(857) 274-2713, Sarah.A.Etro@usps.gov

Career of the Week

CAREER OF THE WEEK

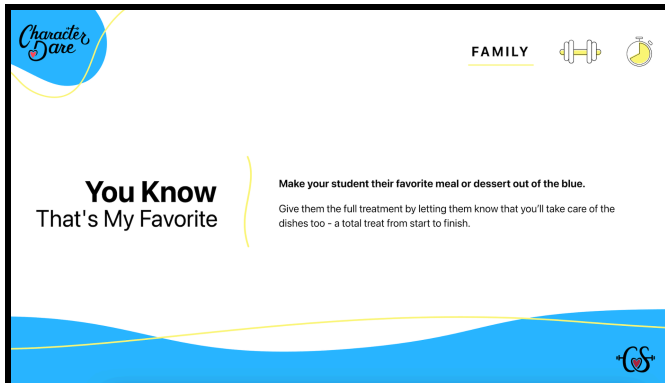
MRI Technician



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• ADJUST AND MAINTAIN IMAGING EQUIPMENT• FOLLOW PRECISE ORDERS FROM PHYSICIANS ON WHAT AREAS OF THE BODY TO IMAGE• PREPARE PATIENTS FOR PROCEDURES, INCLUDING TAKING A MEDICAL HISTORY AND SHIELDING EXPOSED AREAS THAT DO NOT NEED TO BE IMAGED• POSITION THE PATIENT AND THE EQUIPMENT IN ORDER TO GET THE CORRECT IMAGE• OPERATE THE COMPUTERIZED EQUIPMENT TO TAKE THE IMAGES• WORK WITH PHYSICIANS TO EVALUATE THE IMAGES AND TO DETERMINE WHETHER ADDITIONAL IMAGES NEED TO BE TAKEN• KEEP DETAILED PATIENT RECORDS	Associate's Degree and in most states certificates or licenses (vary by state).	Projected job growth 6% between 2021-2031 Median salary \$80,130

The Family Character Dare



Character Dare

FAMILY

You Know That's My Favorite

Make your student their favorite meal or dessert out of the blue.
Give them the full treatment by letting them know that you'll take care of the dishes too - a total treat from start to finish.



The Family Character Dare is designed to bring family members together.

This week's dare, "You Know That's My Favorite", is to make your student's favorite meal or dessert out of the blue. Students, you can do the same for your family! A nice surprise like this can really make someone's day!

SEL TIP OF THE WEEK

Do something kind! Being kind has so many benefits - not only for others, but also for yourself! Practicing kindness enhances your social awareness and builds empathy and understanding of others' perspectives. By actively engaging in acts of kindness, you will develop strong interpersonal skills, including communication, cooperation, and conflict resolution, which are important for building healthy relationships. Positive classroom or community environments are strengthened with kind acts. Being kind promotes inclusivity and a sense of belonging for everyone involved.