



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### **Course Cards Past Due**

Course cards were due on February 16th. If you haven't already, be sure to return your course card to your guidance counselor ASAP. Visit our website [ORRHS Guidance](#) to check out our program of studies and electives showcase video. Both are located on the left side of the page under student and family services.

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### **US Army Rep Visit - February 27th**

Sergeant Schuler from the United States Army will have a table display during lunch on February 27th.

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### **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.

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### **Paid Internship Opportunities -**

#### ***Paid Office & Warehouse Internship:***

Upper Deck, Ltd/Moby Dick Marine Specialties, Inc., small local family-owned businesses located at 10 Pequod Road, Fairhaven, MA which sells gifts, home décor, nautical items, etc. is looking for warehouse helpers; shippers, pickers, packers, stockers, clean ups and office work, along with marketing; "GRAPHIC DESIGN SOFTWARE" through 'PHOTOSHOP', "INDESIGN", "ADOBE" and others! Projects include taking photos, creating fliers, brochures, cleaning photos, working on social media, catalog projects and customer service. Experience a plus, but if not, they will train anyone who is motivated and focused! Although hours of operation are 8am – 4pm, they are happy to work around any school or work schedules! As little as 2, 4, 6, etc. hour shifts are available!! (starting \$15 per hour plus 20% employee discount, for more experienced, wages are negotiable!) If you are interested, please email [stella@upperdeckltd.com](mailto:stella@upperdeckltd.com) with your contact information!

#### ***Paid Office Manager Internship: Students, faculty, family, friends & even retirees welcomed!!***

They are also looking for motivated and focused applicants to train for office manager positions!! They will train!! If you are interested, please email [stella@upperdeckltd.com](mailto:stella@upperdeckltd.com) with your contact information!

## New Scholarship Opportunity



**THE STERN FAMILY CHARITABLE TRUST**  
SCHOLARSHIP FOR PERSERVANCE

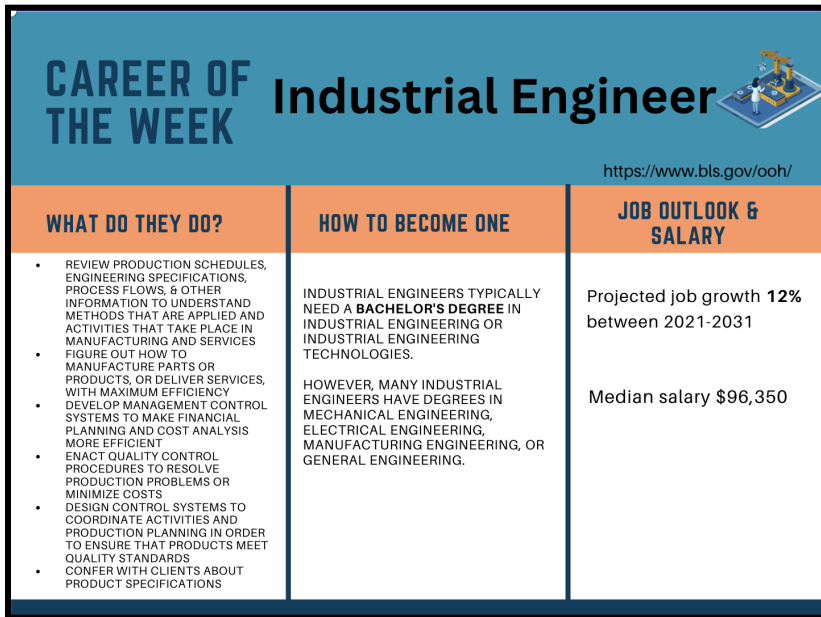
**Now Accepting Applications**  
Visit [SternFamilyFund.org](http://SternFamilyFund.org) to apply for 2024


**Final Deadline**  
Mar 15, 2024

Open to Massachusetts residents and US citizens graduating from any State accredited high school in 2024.  
Available for 4-year Bachelors program, 2-year Associates program, or other skilled professional Certification program.  
Our trustees will consider the student's and family's income level, financial need, student character, and academic standing.

Seniors, please continue to access our guidance website to access scholarship opportunities. Visit [ORRH Guidance](#) and select scholarships, located on the right side of the page.

## Career of the Week

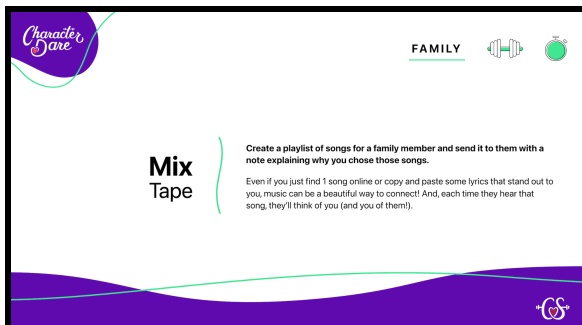




**CAREER OF THE WEEK** **Industrial Engineer** 

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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> <li>REVIEW PRODUCTION SCHEDULES, ENGINEERING SPECIFICATIONS, PROCESS FLOWS, &amp; OTHER INFORMATION TO UNDERSTAND METHODS THAT ARE APPLIED AND ACTIVITIES THAT TAKE PLACE IN MANUFACTURING AND SERVICES</li> <li>FIGURE OUT HOW TO MANUFACTURE PARTS OR PRODUCTS, OR DELIVER SERVICES, WITH MAXIMUM EFFICIENCY</li> <li>DEVELOP MANAGEMENT CONTROL SYSTEMS TO MAKE FINANCIAL PLANNING AND COST ANALYSIS MORE EFFICIENT</li> <li>ENACT QUALITY CONTROL PROCEDURES TO RESOLVE PRODUCTION PROBLEMS OR MINIMIZE COSTS</li> <li>DESIGN CONTROL SYSTEMS TO COORDINATE ACTIVITIES AND PRODUCTION PLANNING IN ORDER TO ENSURE THAT PRODUCTS MEET QUALITY STANDARDS</li> <li>CONFER WITH CLIENTS ABOUT PRODUCT SPECIFICATIONS</li> </ul>	<p>INDUSTRIAL ENGINEERS TYPICALLY NEED A <b>BACHELOR'S DEGREE</b> IN INDUSTRIAL ENGINEERING OR TECHNOLOGIES.</p> <p>HOWEVER, MANY INDUSTRIAL ENGINEERS HAVE DEGREES IN MECHANICAL ENGINEERING, ELECTRICAL ENGINEERING, MANUFACTURING ENGINEERING, OR GENERAL ENGINEERING.</p>	<p>Projected job growth <b>12%</b> between 2021-2031</p> <p>Median salary \$96,350</p>

## The Family Character Dare




**Character Dare** FAMILY  

**Mix Tape**

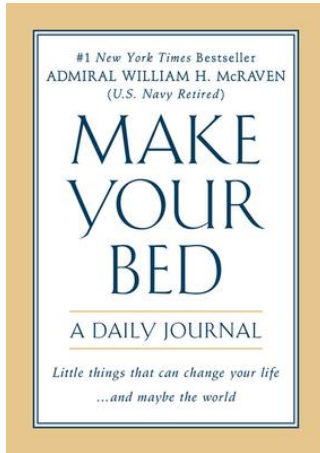
Create a playlist of songs for a family member and send it to them with a note explaining why you chose those songs.

Even if you just find 1 song online or copy and paste some lyrics that stand out to you, music can be a beautiful way to connect! And, each time they hear that song, they'll think of you (and you of them!).



The Family Character Dare is designed to bring family members together. This week's dare, "Mix Tape", is to make a playlist for a family member and send it to them with a note of why you chose the songs you chose! Whenever your family member hears a song on the playlist, they will think of you!

## **SEL TIP OF THE WEEK**



***Make Your Bed:*** Making your bed may seem like a small and insignificant task, but it can set the tone for a positive and productive day. It establishes a sense of order and accomplishment right from the start, creating a tidy and welcoming space to return to at the end of the day. This simple act can also have a psychological impact, providing a sense of control and discipline that can translate into other areas of your life. Making your bed can promote better sleep hygiene, as a neat and tidy bed can help signal to your brain that it's time to wind down at the end of the day.