



ORRHS Guidance Newsletter

Current Guidance Happenings

Important term Dates

Term 3 ends on Wednesday, March 27th

Attention Advanced Placement Students

AP Exam balances are due **April 10th**. Payments can be made in the guidance office by either cash or check (made payable to ORRHS). Stop in Guidance to see Mrs. Bichsel or email heatherbichsel@oldrochester.org if you need to know the balance owed.

West Point's Summer Leaders Experience (SLE) for Class of 2025

West Point develops Leaders of Character. They are looking for high-achieving young people who are in great standing with their school and community and who want to challenge themselves to attend the Summer Leaders Experience.

What is SLE?

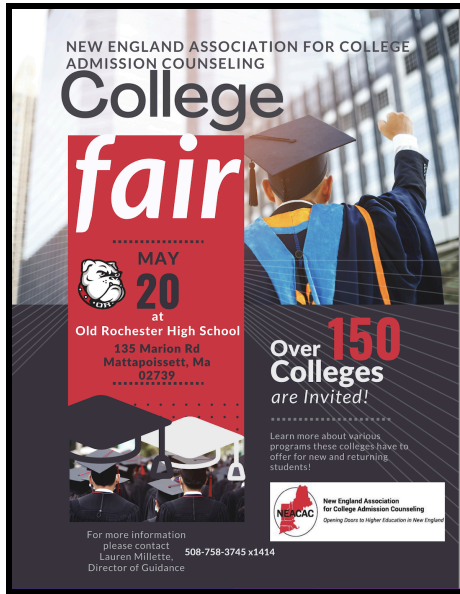
- SLE is a one-week program for current Juniors (High School Class of 2025) to visit West Point in June.
- Students in this program get to spend the week with our cadets, live in the barracks, and eat in the mess hall.
- Learn about West Point's world class academics by trying 5 of the 17 academic workshops.
- Learn about military training and becoming a Leader of Character at West Point by completing two military days to include rappelling, Zodiac boats, combatives (like Jiu-Jitsu) training and more!
- Challenge themselves physically by attempting the Candidate Fitness Assessment, conducting physical training, and sports.
- Complete their admissions interview with a cadet.
- Spend the week making friends with other students from all over the US who are applying to West Point.

Students may sign up for this program now at [westpoint.edu](https://www.westpoint.edu). The priority application deadline for SLE is Friday, **March 15th**. Applications will be accepted until April 15th. SLE is competitive and not all who apply are offered to attend. Learn more about SLE- <https://www.westpoint.edu/admissions/summer-program>. Apply now- <https://apply.westpoint.edu/portal/candidate>

Interested in a Career In Aviation?

Seniors if you are interested in a career in aviation, complete this [Book a Tour Link](#) with the Cape Cod Community College Aviation Maintenance Tech Program. The Aviation Maintenance Tech Program located at the Plymouth Airport is truly wonderful! They train problem solvers to maintain and fix anything that flies. 50% of students come to the program without a "mechanical" background. Most attend because they are intrigued by the unique blend of science and engineering in aviation maintenance. The sky isn't the limit career-wise; GE Aerospace hires Cape Cod Community College Aviation Maintenance Tech Program students! PS. 25% of the students are women!

Save the Date - May 20th, NEACAC College Fair at ORRHS



ORRHS is excited to announce that we will be hosting a College Fair with the New England Association for College Admissions Counseling on **May 20th** in our high school gymnasium from 5:30-7:30 pm. We look forward to seeing our students and families there!

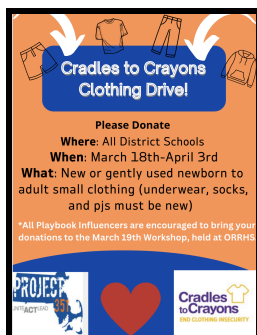
2024 Pre College Economics Program at Bryant University - August 5th-9th

In this program students will learn how to apply economic knowledge to affect social change. Students will have the opportunity to work closely with Bryant University faculty during an immersive, five day, in-person experience. By the end of the program, students will have learned both basic and advanced economic concepts and have the ability to analyze current policy issues. All students who complete the program will receive a Certificate of Completion from the Bryant University Economics Department. The program will run from 9:00am to 3:00pm, **August 5th through August 9th**. Students are responsible for their own transportation to and from campus each day. However, all materials and lunch will be included in the cost of tuition. The entire program costs \$475 and there is no application fee. Students can apply online at: [Bryant Summer Program](#). Contact Dr. Laura Beaudin at lbeaudin@bryant.edu for more information or with any questions.

Paid Internship Opportunity - Sippican Historical Society

The Sippican Historical Society (SHS) in Marion is looking for a paid intern this summer. They are looking for a high school or college student interested in museum studies, history education, and/or archival skills to work 10-hours per week for 10 weeks between June and August 2024. This is a paid opportunity (\$17/hour) onsite at our museum in Marion with **applications due by March 22**. The complete description and directions to apply are posted on SHS's website: [Sippican Historical Society](#).

Project 351 Playbook Workshop Cradles to Crayons Clothing Drive



Please support the Project 351 8th Grade Ambassadors and all of our Project 351 Playbook Workshop Influencers by donating new or gently used clothing for all ages in support of Cradles to Crayons. Please note that all underwear or pajamas donations must be new. **All Project 351 Playbook Influencers are encouraged to bring their donations to the next Project 351 Playbook Workshop, held at the high school on March 19th as a Day of Action Service Leadership Initiative.**

Visionary Pathfinders Competition



Visionary Pathfinders is committed to empowering the next generation of leaders, thinkers, and innovators. They are thrilled to announce the launch of the Visionary Pathfinders Competition, an exciting opportunity designed specifically for high school and college students to explore and articulate their future aspirations. For more information, including detailed submission guidelines and how to enter, visit [visionarypathfinders](https://www.visionarypathfinders.com). **The deadline is April 10, 2024**

Career of the Week

CAREER OF THE WEEK

DATA SCIENTIST

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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<p>DETERMINE WHICH DATA ARE AVAILABLE AND USEFUL FOR THE PROJECT</p> <p>COLLECT, CATEGORIZE, AND ANALYZE DATA</p> <p>CREATE, VALIDATE, TEST, AND UPDATE ALGORITHMS AND MODELS</p> <p>USE DATA VISUALIZATION SOFTWARE TO PRESENT FINDINGS</p> <p>MAKE BUSINESS RECOMMENDATIONS TO STAKEHOLDERS BASED ON DATA ANALYSIS</p>	<p>Data scientists typically need at least a bachelor's degree, but some jobs require a master's or doctoral degree.</p> <p>Common <u>fields of degree</u> include <u>mathematics</u>, <u>statistics</u>, <u>computer science</u>, <u>business</u>, and <u>engineering</u>.</p>	<p>Projected job growth 35% between 2022-2032</p> <p>Median salary \$103,500</p>

The Family Character Dare

FAMILY

Home Theater

Make some popcorn and curl up as a family with a good movie. Have all other distractions turned off and put away.

Take it up a notch by moving things around to make it more of a theater experience. Bust out some blankets, build a mini fort, or get some extra cups from a local restaurant or theater to make it feel like the real thing. Afterward, discuss the movie as a family by sharing favorite parts or lessons learned.

The Family Character Dare is designed to bring family members together. This week's dare, "Home Theater" creates a fun family experience by watching a movie together and without distractions. Pop some popcorn, get out the blankets, and enjoy each other's company!

SEL TIP OF THE WEEK

Get Your Sleep: Getting enough sleep is crucial for your well-being. It helps you concentrate better, improves your mood, and keeps you healthy. Here are four reasons to be sure to get that good night's rest:

- Good sleep enhances your ability to focus, make decisions, and solve problems efficiently.
- Adequate sleep helps regulate emotions, reducing the risk of mood swings and irritability.
- Quality sleep supports your immune system and promotes overall physical well-being.
- Good sleep is linked to better mental health outcomes, including lower levels of stress, anxiety, and depression.