



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### **Important Term Dates**

Term 3 ends on Wednesday, March 27th.

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### **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](mailto:heatherbichsel@oldrochester.org) if you need to know the balance owed.

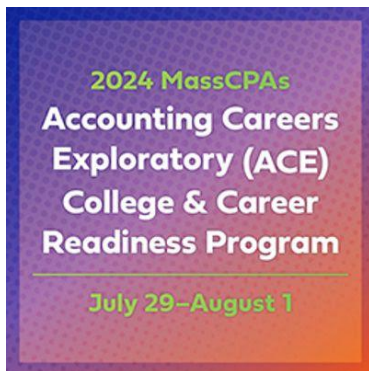
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### **AI and Social Science Summer Program**

Inspirit AI is a 25-hour project-based AI program taught by Stanford graduates that introduces middle and high school students to fundamental AI concepts to build interdisciplinary AI projects across disciplines. In 2024, the team is excited to announce new projects such as Generating Language Safely with ChatGPT. No Computer Science experience is necessary to apply and priority applications are due soon.

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### **Mass CPA Opportunities**



July 29–August 1 | Suffolk University Boston

Applications for the Accounting Career Exploratory (ACE) Program are now open! Students will dive into interactive case studies, team building and networking with professionals during three and half days — free to high school students. Unlock the secrets of the business world, make new friends and develop real-life skills — all in a vibrant college setting. Apply today!

#### A.C.E Residential Camp:

Target Audience: Grade 9 to 12 (15yrs and older)

Accommodation: Nathan R Miller Hall

Sign up here: <https://forms.gle/MPxv8cpgBiGUgABh8>

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Discover the exciting world of teen entrepreneurship at "Dreams to Dollars: Teen Entrepreneurship Workshop at Bentley University!" You'll learn from industry experts, refine your ideas with faculty mentors and explore Bentley's campus in this immersive experience.

#### Dreams to Dollars: Teen Entrepreneurship workshop at Bentley

Date: 25<sup>th</sup> June or 27<sup>th</sup> June

Location: Bentley University

Target Audience: Grade 9 to 12

Sign up here: <https://forms.gle/q6J2M4xNRRUfVLxx5>

## CPR Training for Students



CPR for students will be offered after school on **March 28, 2024** at 2:30 here at the High School. Get your certification now and apply for your summer jobs with certification in hand. (Camp Counselor, Babysitter/Nanny, Food Service Worker) Cost \$50.00 (with a donation going to the class you represent.) Class will run from 2:30-4:30 Register with Mrs.Oleson [betholeson@oldrochester.org](mailto:betholeson@oldrochester.org). Classroom location will be announced, limited enrollment so sign up early. **Registration Deadline March 25, 2024.**

## Credit for Life

All seniors will be participating in the Credit for Life Fair on April 10th. We will have a meeting with Jim Curran from Cape Cod 5 on March 28th during Bulldog Block to learn about the Credit for Life Fair and the FitMoney certificate program.

Are you a parent who would want to contribute to the Credit for Life Fair by volunteering at a life decision station or by providing prizes for the seniors to win after their successful completion of the fair? If so, please contact [laurenmillette@oldrochester.org](mailto:laurenmillette@oldrochester.org).

## Attention Juniors

Starting March 13, guidance counselors will be meeting with juniors in the guidance conference room during Bulldog Blocks for Session 3 to complete Naviance activities (Senior Questionnaire & Resume) Students should bring your device and a writing utensil. Counselors will also be scheduling individual meetings with Juniors during their study blocks. Please check eHall pass for appointment times.

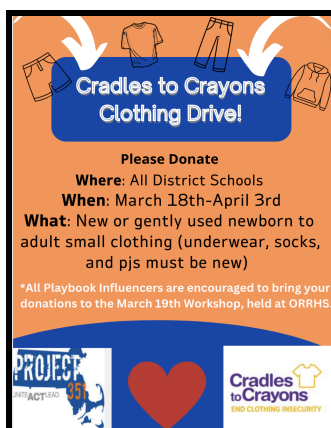
## Attention Seniors

Attention Seniors: Don't forget to bring a copy of your college acceptance letters to your guidance counselor. It does not need to be the original - it can be a copy, screenshot, email, etc.

## Scholarship Information

You can find AVAILABLE SCHOLARSHIPS in the Guidance Office and also on the Guidance website. Visit the [guidance page](#) on the school website and click on Scholarship Information on the right side of the page. Scholarships are updated often, so check back regularly.

## 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.**

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



New England Association for College Admission Counseling  
**SPRING 2024 COLLEGE FAIRS**

<b>Mitchell College</b> <small>Yernall Athletic Center New London, CT</small> <b>Monday, April 29</b> <b>9:00 - 11:00 a.m.</b>	<b>Merrimack College</b> <small>Merrimack Athletic Complex Lawler Rink North Andover, MA</small> <b>Sunday, May 5</b> <b>6:00 - 8:00 p.m.</b>	<b>Quabbin Regional High School</b> <small>Barnes, MA</small> <b>Monday, May 6</b> <b>6:00 - 8:00 p.m.</b>
<b>Berkshire Community College</b> <small>Peterson Field House Pittsfield, MA</small> <b>Tuesday, May 7</b> <b>9:00 - 11:00 a.m.</b>	<b>University of Maine Augusta</b> <small>Augusta Civic Center Augusta, ME</small> <b>Thursday, May 16</b> <b>9:00 - 11:00 a.m.</b>	<b>Old Rochester Regional High School</b> <small>Mattapoisett, MA</small> <b>Monday, May 20</b> <b>5:30 - 7:30 p.m.</b>
<b>Assumption University</b> <small>Flourde Recreational Center Worcester, MA</small> <b>Wednesday, May 29</b> <b>5:30 - 7:30 p.m.</b>	<b>Bridgewater State University</b> <small>Tinsley Center Bridgewater, MA</small> <b>Thursday, May 30</b> <b>9:00 a.m. - 1:00 p.m.</b>	<b>Franklin Pierce University</b> <small>Grimshaw-Gudolowicz Northfields Activity Center Rindge, NH</small> <b>Friday, May 31</b> <b>9:00 - 11:00 a.m.</b>

For more information on the colleges and universities attending, visit [www.neacac.org](http://www.neacac.org)

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!


## 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 [visionary pathfinders](http://visionarypathfinders.com) . The deadline is April 10, 2024

## Career of the Week

# CAREER OF THE WEEK

# MILITARY CAREERS



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<p>THE MILITARY DISTINGUISHES BETWEEN ENLISTED AND OFFICER CAREERS.</p> <p>ENLISTED PERSONNEL TYPICALLY DO THE FOLLOWING:</p> <ul style="list-style-type: none"> <li>• PARTICIPATE IN, OR SUPPORT, MILITARY OPERATIONS, SUCH AS COMBAT OR TRAINING OPERATIONS, OR HUMANITARIAN OR DISASTER RELIEF</li> <li>• OPERATE, MAINTAIN, AND REPAIR EQUIPMENT</li> <li>• PERFORM TECHNICAL AND SUPPORT ACTIVITIES</li> <li>• SUPERVISE JUNIOR ENLISTED PERSONNEL</li> </ul> <p>OFFICERS TYPICALLY DO THE FOLLOWING:</p> <ul style="list-style-type: none"> <li>• PLAN, ORGANIZE, AND LEAD TROOPS AND ACTIVITIES IN MILITARY OPERATIONS</li> <li>• MANAGE ENLISTED PERSONNEL</li> <li>• OPERATE AND COMMAND AIRCRAFT, SHIPS, OR ARMORED VEHICLES</li> <li>• PROVIDE MEDICAL, LEGAL, ENGINEERING, AND OTHER SERVICES TO MILITARY PERSONNEL</li> </ul>	<p>TO JOIN THE MILITARY, APPLICANTS MUST MEET AGE, EDUCATION, APTITUDE, PHYSICAL, AND CHARACTER REQUIREMENTS.</p> <p>THESE REQUIREMENTS VARY BY BRANCH OF SERVICE AND FOR OFFICERS AND ENLISTED MEMBERS.</p>	<p>Basic pay is based on rank and time in service. Pay bands are the same for all branches.</p> <p>Members of the Armed Forces may receive additional pay based on their job assignment or qualifications. For example, they receive additional pay for foreign, hazardous, submarine, or flight duty, or for being medical or dental officers.</p> <p>Military pay tables and information are available from the <a href="http://www.defense.gov/defense-finance-and-accounting-service">U.S. Department of Defense, Defense Finance and Accounting Service</a></p>

## The Family Character Dare

**Character Dare**

**FAMILY**

**The Power of Why**

Tonight, after asking, "How was your day" don't stop with the "good" or "ok" response! Follow it up with "why" or "tell me more about that." Do it several times to really get deep into understanding.

Better yet, change up the question! How about, "Who did you help today?" "What was the most challenging part of your day?" "What's one way I can help make today better?"

The Family Character Dare is designed to bring family members together. This week's dare, "The Power of Why" asks you to go further in the question of "how was your day?" and learn more about the why behind the "good or ok".

### SEL TIP OF THE WEEK

Resiliency is the ability to bounce back from adversity, challenges, or setbacks. It involves adapting well in the face of difficult situations, trauma, or stress. Resilient individuals can maintain a sense of purpose, optimism, and hope, even in the midst of difficult circumstances, and often emerge stronger from these experiences. Resilience is like a muscle that grows stronger with practice. When facing challenges, try these tips:

- Stay connected to supportive friends or family.
- Practice self-care through activities you enjoy.
- Be realistic with your goals and remember one step at a time.
- Ask for help - you are not alone!