



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Term Dates

Term 3 ends on Wednesday, March 27th.

Attention Advanced Placement Students

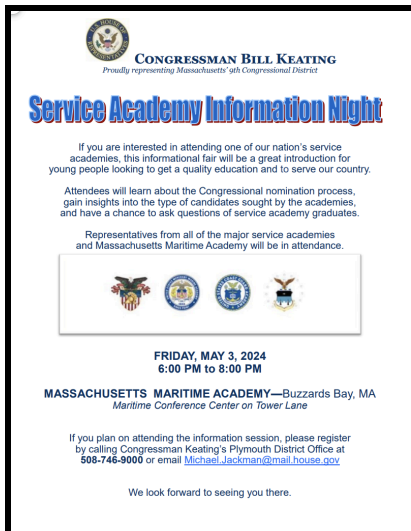
AP Exam balances are due **April 10th**. Payments can be made in the guidance office by either cash or check (made payable to ORRHS). Stop in Guidance to see Mrs. Bichsel or email heatherbichsel@oldrochester.org if you need to know the balance owed.

CPR Training for Students, Registration Deadline is March 25th



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. Classroom location will be announced, limited enrollment so sign up early. **Registration Deadline March 25, 2024.**

Service Academy Information Night at Massachusetts Maritime Academy, May 3rd



The Service Academy Information Night will be an opportunity to learn more about the federal service academies and the unique challenges of cadet life. Students are invited to attend on **May 3rd from 6-8 pm** at Massachusetts Maritime Academy. Representatives from West Point, the Naval Academy, the Air Force Academy, the Merchant Marine Academy and the Coast Guard Academy will be on hand to answer questions and give their perspectives on each institution's admissions process. Students will also learn about the Congressional nomination process and receive a nomination application packet for the Class of 2028.

The meeting will be held in the **Maritime Conference Center**. Students who have questions or would like to register for the event, should contact Michael Jackman in the Plymouth office. Please call Congressman Keating's Plymouth District Office at 508-746-9000 or email Michael.Jackman@mail.house.gov

Attention Juniors

Guidance counselors have been meeting with juniors in the guidance conference room during Bulldog Blocks for Session 3 to complete Naviance activities (Senior Questionnaire & Resume). Students should bring a 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.

MassStar Program

Attention all sophomores, the MassStar program is seeking a student leader to attend a free conference at Lasell University from June 2nd-June 4th. If you are interested in being nominated to attend, please email your guidance counselor.

Description of the program:

The MassSTAR Citizenship Conference presents three days of intensive programming to challenge the student delegates, broaden their perspectives, and bring out their inner leaders. Through a series of workshops, group learning activities, and intensive small group discussions, we take these young people and demonstrate to them that they can be proactive leaders in their own communities. These students then take these skills and bring them back to their home school environments.

MTTI Field Trip for grades 10-12

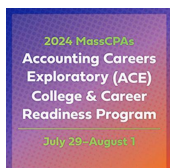
Interested in pursuing a career in the trades? On Friday, **April 26th** the guidance department will be taking a field trip to MTTI to explore post high school career training opportunities.

MTTI offers training programs in:

- Automotive
- Building (plumbing, electrical, construction, drywall)
- Computer Technician
- HVAC/R
- Medical Assistant
- Medical Billing and Coding and Office Administration
- Motorcycle and Power Equipment Technician

Students in grades 10-12 who are interested in attending, please go to guidance to pick up a permission slip. **Completed permission slips are due back to guidance no later than April 8th.** Seats are limited!

Free 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>



June 25th or June 27th | Bentley University

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: June 25th or 27th

Location: Bentley University

Target Audience: Grade 9 to 12

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

Credit for Life Fair on April 10th

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.

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.

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



The poster features the NEACAC logo at the top left, which includes a map of the New England region. To the right of the logo, the text reads "New England Association for College Admission Counseling" and "SPRING 2024 COLLEGE FAIRS". Below this, there is a grid of nine boxes, each representing a different college or university. Each box contains the name of the institution, its location, and the date and time of the fair. At the bottom of the poster, it says "For more information on the colleges and universities attending, visit www.neacac.org".

College	Location	Date & Time
Mitchell College	Yarnall Athletic Center, New London, CT	Monday, April 29, 9:00 - 11:00 a.m.
Merrimack College	Merrimack Athletic Complex, Lawler Bank, North Andover, MA	Sunday, May 5, 6:00 - 8:00 p.m.
Quabbin Regional High School	Barré, MA	Monday, May 6, 6:00 - 8:00 p.m.
Berkshire Community College	Paterson Field House, Pittsfield, MA	Tuesday, May 7, 9:00 - 11:00 a.m.
University of Maine Augusta	Augusta Civic Center, Augusta, ME	Thursday, May 16, 9:00 - 11:00 a.m.
Old Rochester Regional High School	Mattapoisett, MA	Monday, May 20, 5:30 - 7:30 p.m.
Assumption University	Plover Recreation Center, Worcester, MA	Wednesday, May 29, 5:30 - 7:30 p.m.
Bridgewater State University	Tinsley Center, Bridgewater, MA	Thursday, May 30, 9:00 a.m. - 1:00 p.m.
Franklin Pierce University	Grimshaw-Gudlewicz Northfields Activity Center, Bridge, NH	Friday, May 31, 9:00 - 11:00 a.m.

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

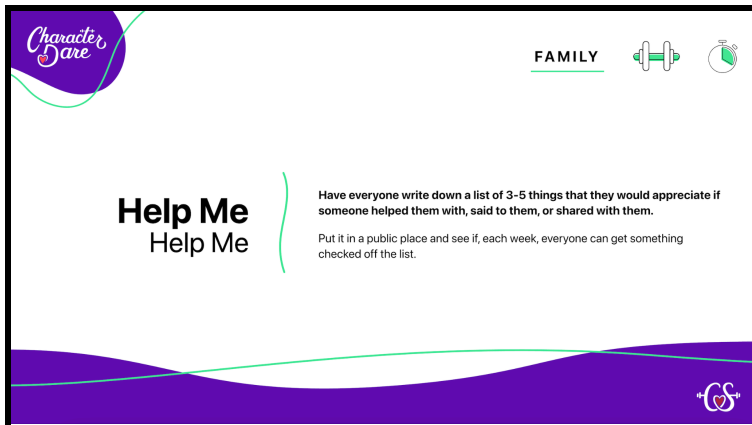
New Job Opportunity for students 18+

L. Knife & Son is hiring for summer jobs- secure yours early! Delivery and Warehouse roles are available that pay \$18.50 - \$21/hour. Work is active and responsible for helping on trucks or in warehouse throughout the busy summer season. Students must be 18+ to apply. To apply text "SUMMER" to 339-309-7116, apply at summerjobs.lknife.com, or email caitlin.sullivan@lknife.com.

Career of the Week

CAREER OF THE WEEK		GEOGRAPHER
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> Gather geographic data through field observations, maps, photographs, satellite imagery, and censuses Conduct research via surveys, interviews, and focus groups Create and modify maps or other visual representations of geographic data Analyze the geographic distribution of physical and cultural characteristics and occurrences Collect, analyze, and display geographic data with Geographic Information Systems (GIS) Write reports and present research findings Assist, advise, or lead others in using GIS and geographic data Link geographic data with economic, health, or other data 	<p>GEOGRAPHERS WITH A BACHELOR'S DEGREE MAY QUALIFY FOR ENTRY-LEVEL JOBS AND FOR POSITIONS WITH THE FEDERAL GOVERNMENT.</p> <p>GEOGRAPHERS WORKING OUTSIDE OF THE FEDERAL GOVERNMENT MAY NEED A MASTER'S DEGREE IN GEOGRAPHY OR IN GEOGRAPHIC INFORMATION SYSTEMS (GIS).</p> <p>SOME EMPLOYERS ALLOW CANDIDATES TO SUBSTITUTE WORK EXPERIENCE OR GIS PROFICIENCY FOR AN ADVANCED DEGREE. RESEARCH POSITIONS MAY REQUIRE A PH.D. OR A MASTER'S DEGREE AND SEVERAL YEARS OF RELEVANT EXPERIENCE.</p>	<p>Median Salary, \$88,900</p>

The Family Character Dare



Character Dare

FAMILY

Help Me Help Me

Have everyone write down a list of 3-5 things that they would appreciate if someone helped them with, said to them, or shared with them.

Put it in a public place and see if, each week, everyone can get something checked off the list.

The Family Character Dare is designed to bring family members together. This week's dare, "Help Me, Help Me" asks each family member to write down 3-5 things that they would appreciate help with. Put the list in a public spot where family members can check off something on the list after they have helped.

SEL TIP OF THE WEEK

Say Hello! Saying hello to others in the hallway is not just a polite gesture; it can also create a more positive and inclusive school environment. By smiling and greeting each other, you can foster a sense of community and belonging, making everyone feel more valued and respected. Saying hello can help break down social barriers and encourage friendliness and empathy among all students. It's pretty simple: smile, be kind, connect.