



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Term 3 Dates

On Monday, April 8th, Report Cards will be distributed during Bulldog Block.

Incomplete Grades:

The deadline to make-up Incomplete Grades for Term 3 is Wednesday, April 10. Handbook language is as follows:

- Students have two weeks from the day grades close to make up any Incomplete Grades issued by teachers, including 4th term and the summer.
- All work not completed within the specified period will be given no credit and averaged with the completed work to determine a grade.
- In the case of extenuating circumstances, any extension of this policy must be arranged with the Principal before the end of the two-week time period

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.

Important Information - Credit for Life Fair on April 10th

All seniors will be participating in the Credit for Life Fair on April 10th. Students should register for the fair online by going to CreditforLife.org and then selecting student registration. Our school access code is 287946. Once accounts have been created, students should create an avatar and then select a career of interest. These steps need to be completed before the 10th. *If you need help, please let your counselor know!*

Jim Curran from Cape Cod 5 presented to our seniors on March 28th as a pre-meeting to the fair. Students heard about how to complete the **Fitmoney certificate program** by visiting fitmoney.org, selecting students, certificate course, and then selecting to sign up today. Students will use the same code of 287946 to complete this program. **All students who earn a certificate will be eligible to win a prize.** The students also heard from Mr. Curran about the five habits for financial wellness and about using a [Household Budget Calculator](#). *If you choose to use this calculator, simply make a copy of the spreadsheet. Want to learn more about what the students heard? View the presentation here: [financial wellness, fit money registration, fair registration](#).

Northeast Maritime Institute Spring Open House



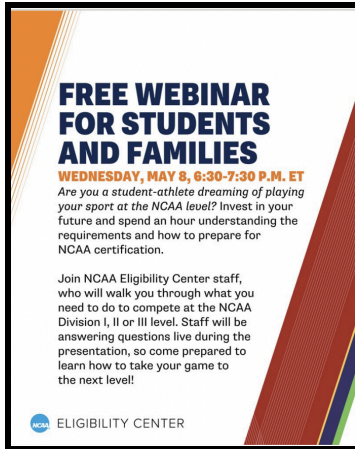
Join Northeast Maritime Institute at their Open House on **April 13th from 12-3**. NMI has slots available for the Fall 2024 Cohort. If you are an undecided senior, please connect with them!

Applications for the Fall 2024 Cohort can be found at:

<https://cms.nmi.edu/>. ORRHS students are eligible for the Greater New Bedford Mariner Scholarship, which is still available:

<https://nmifoundation.org/mariner-scholarship-program/>

NCAA - Free Webinar for College-Bound Student-Athletes and Families



Are you a student-athlete dreaming of playing your sport at the NCAA level? Invest in your future and spend an hour on Wednesday, May 8, from 6:30-7:30 p.m. Eastern time, understanding the requirements and how to prepare for NCAA certification.

Join NCAA Eligibility Center staff, who will walk you through what you need to do to compete at the NCAA Division I, II or III level. Staff will be answering questions live during the presentation, so come prepared to learn how to take your game to the next level!

Click [HERE](#) to register.

Bryant Pre-College Actuarial Science and Statistics Program



Bryant is excited to announce their 2024 Pre College Actuarial Science and Statistics Program for High School Students.. In this program, students will learn probability, statistics, financial mathematics, and statistical software such as Excel, VBA, and R. Bryant will also have faculties, current Bryant students, industry practitioners, actuaries, come to talk to the students about what real-world work entails. 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 a basic understanding of the actuarial profession, statistics, and will develop their data analytical skills. All students who complete the program will receive a Certificate of Completion from the Bryant University Economics Department.

The program will run from 9:00 a.m. to 3:00 p.m., 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: <https://akaminag.wixsite.com/actuarialscience/>.
- Contact Dr. Gao Niu for more information or with any questions

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.** 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, MassStar takes these young people and demonstrates to them that they can be proactive leaders in their own communities.

MTTI Field Trip for grades 10-12

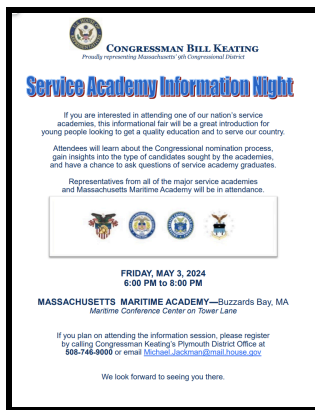
Interested in pursuing a career in the trades? On Friday, **April 26th** the guidance department will be taking a field trip to MTTI to explore post high school career training opportunities.

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!

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 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.

Upcoming College Info Sessions

- **UMass Dartmouth and Suffolk University** will be here on **April 9th** during Bulldog Block.
- **Northeast Maritime Institute** along with two ORRHS Alumni who are currently enrolled there will be here on **April 24th** during Bulldog Block.
- **UMASS Dartmouth's College NOW/START Program** will be here on **April 25th** during Bulldog Block.
 - To be eligible for College NOW, you must be a U.S. citizen or permanent U.S. resident, have a minimum GPA of 2.0, and satisfy one of the following criteria:
 - Low-income status (as defined by federal guidelines)
 - First generation (first immediate family member to complete 4-year degree)
 - Seeking additional support and resources to find success in college

Career of the Week

CAREER OF THE WEEK		LICENSED PRACTICAL & VOCATIONAL NURSE
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
LICENSED PRACTICAL AND LICENSED VOCATIONAL NURSES TYPICALLY DO THE FOLLOWING: <ul style="list-style-type: none">• MONITOR PATIENTS' HEALTH BY CHECKING THEIR BLOOD PRESSURE, BODY TEMPERATURE, AND OTHER VITAL SIGNS• PROVIDE BASIC PATIENT CARE AND COMFORT, INCLUDING CHANGING BANDAGES AND HELPING WITH BATHING OR DRESSING• DISCUSS CARE WITH PATIENTS AND LISTEN TO THEIR CONCERNS• REPORT PATIENTS' STATUS AND CONCERNS TO REGISTERED NURSES, ADVANCED PRACTICE NURSES, OR PHYSICIANS• DOCUMENT PATIENT CARE AND MAINTAIN HEALTH RECORDS	LICENSED PRACTICAL NURSES (LPNS) AND LICENSED VOCATIONAL NURSES (LVNS) MUST COMPLETE A STATE-APPROVED EDUCATIONAL PROGRAM, WHICH TYPICALLY TAKES ABOUT 1 YEAR. THEY ALSO MUST HAVE A LICENSE.	MEDIAN ANNUAL SALARY: \$54,620 EMPLOYMENT OF LICENSED PRACTICAL AND LICENSED VOCATIONAL NURSES IS PROJECTED TO GROW 5 PERCENT FROM 2022 TO 2032, FASTER THAN THE AVERAGE FOR ALL OCCUPATIONS.

The Family Character Dare



The Family Character Dare is designed to bring family members together. This week's dare, "Family Bucket List" asks you to sit down as a family and come up with a list of 25 things that you would like to do as a family this year. Be sure to check off each one as you complete them. Think of all of the fun things you can do together while also feeling really accomplished!

SEL TIP OF THE WEEK

Remove Self Limiting Mindsets: In the article by Graham Jones, entitled "How the Best of the Best Get Better and Better" it was cited that until 1954 most people believed that a human was incapable of running a mile in less than four minutes. Graham stated, "In fact, most doctors and scientists said that breaking the four minute mile was impossible and that one would die in an attempt." When Roger Bannister proved everyone wrong, he was reported as saying "Thus, when I got up from the track after collapsing at the finish line, I figured I was dead." This goes to show that the main obstacle in achieving the impossible may be a self limiting mindset. In order to remove this obstacle, you should identify any self-limiting beliefs or thoughts that are holding you back. Challenge these thoughts by asking yourself if they are based on facts or assumptions. Then replace these limiting thoughts with positive affirmations or realistic perspectives. We are what we think! Remember that goals can be reached with hard work, dedication, and the right mindset.