



ORRHS Guidance Newsletter

Current Guidance Happenings

Upcoming College Info Session



Northeast Maritime Institute along with two ORRHS Alumni who are currently enrolled there will be at ORRHS on **April 24th** during Bulldog Block. Sign up with your mentor if you are interested!

Current seniors, with rolling admissions it's not too late to start your maritime education and career! You can be a part of America's premiere private, co-educational two-year maritime college offering students the opportunity to pursue maritime education and career-oriented maritime training through our degree program and then continue through our professional maritime training and STCW training courses in their division of continuing education.

Northeast Maritime Institute has been training professional mariners since 1981 and is the nation's first private maritime college in the United States. Advance both personally and professionally as skilled mariners in either the United States Coast Guard, the United States Merchant Marine or both through a Coast Guard Reserve enlistment while working as Merchant Mariners. A distinct advantage for NMI graduating students, who wish to enlist in the Coast Guard, is that they can have the opportunity to enlist at the Boatswain, 3rd Class level.

A fully accredited school, their associate degree includes four residential semesters and two summer semester co-operative externships onboard commercial vessels. These co-ops provide real world experience and opportunities to build professional relationships in the industry, while accumulating enough sea time for their master license upon graduation. Students at NMI have interned at over 20+ companies in the US. They also have great success placing graduates into the industry, with a near 100% job placement rate after graduation.

Graduates leave the program with 78 credits of general education and nautical science courses as well as completion of the required professional licensing examinations on campus.

NMI graduates are qualifying for the following credentials after completing the two-year college program.

- Master of 100 Gross Ton Near Coastal / Mate of 200 Gross Ton Near Coastal /Able Seaman
- STCW Basic Safety Training /Assistance Towing /Proficiency in Survival Craft /Radar Observer (Unlimited)
- Auxiliary Sail /ECDIS /Automatic Radar Plotting Aids (ARPA) /Tankerman Barge PIC / RFPNW

Applications for our Fall 2024 Cohort are available on their website. <https://cms.nmi.edu/how-to-apply/>
Please reach out with any questions by emailing admissions@nmi.edu or calling 508-992-4025.

UMASS Dartmouth College NOW/START Program

UMASS Dartmouth's College NOW/START Program will be here on **April 25th** during Bulldog Block. Sign up with your mentor if you are interested in attending.

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

Grafton Job Corps Center - Open House for Seniors



GRAFTON JOB CORPS CENTER

OPEN HOUSE for High School Seniors

Wednesday, May 8 10 a.m.- Noon

100 Pine St.
North Grafton, MA 01536
Please note this open house is intended for high school seniors interested in career training. RSVP to bastien.amanda@jobcorps.org by Monday, April 15.
*Separate applicant tours are held every Thursday at 10 a.m.

Free Career Training in Growing Industries

- Advanced Manufacturing
- Carpentry, Pre-Apprentice*
- Certified Nurse Assistant
- Clinical Medical Assistant
- Security and Protective Services
- Electrical, Pre-Apprentice*
- Plumbing, Pre-Apprentice*
- Culinary Arts

Program Benefits

- Housing
- Meals
- Basic Medical Care
- Bi-weekly Allowance
- High School Diploma Offerings
- Job Placement Assistance

Questions? Contact Amanda Bastien at bastien.amanda@jobcorps.org.

*Pre-Apprenticeship programs offer students the hands-on training and education needed to qualify for apprenticeships.

CAREERS BEGIN HERE

On Wednesday, May 8th from 10 am-noon, Grafton Job Corps Center will be hosting an open house for seniors interested in career training.

RSVP to bastien.amanda@jobcorps.org by Monday, April 15th if you are interested in attending the open house located at 100 Pine Street, North Grafton, Ma 01536.

Separate applicant tours are held every Thursday at 10 am.

Grafton offers free career training in growing industries such as Advanced Manufacturing, Carpentry (Pre-Apprentice), Certified Nurse Assistant, Clinical Medical Assistant, Security & Protective Services, Electrical (Pre-Apprentice), Plumbing (Pre-Apprentice) and Culinary Arts.

Program benefits include housing, meals, basic medical care, bi-weekly allowance, job placement assistance.

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



FREE WEBINAR FOR STUDENTS AND FAMILIES

WEDNESDAY, MAY 8, 6:30-7:30 P.M. ET

Are you a student-athlete dreaming of playing your sport at the NCAA level? Invest in your future and spend an hour 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!

ELIGIBILITY CENTER

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.

Comput/Her @Curry College



Comput/HER

CURRY COLLEGE

May 16, 2024

Curry College enthusiastically invites you to attend their one-day conference designed to engage and inspire young women looking to pursue careers in data and computer sciences. **Rising high school sophomore, junior and senior women are welcomed to their campus on Wednesday, May 16, 2024 from 9:00am-2:30pm** for their Comput/HER @ Curry College Conference. There is no charge for

participants and lunch is included. [Comput/HER @ Curry College](#) is an event for young women - and those who support them - to collaborate, learn about, and participate in computing, technology, and data science activities. Participants will hear inspirational stories from successful women in the field, be mentored by female college students and recent graduates, and participate in collaborative, hands-on, skill-building activities in a welcoming and supportive environment.

Curry College asks that all students register individually. [Learn More & Student Registration](#)

Employment Opportunity

Mattapoissett Recreation is seeking applicants for the following seasonal position: Mattapoissett town beach lifeguards. If interested, please email mattrec@mattapoissett.net to set up an interview. The town of Mattapoissett is an Equal Opportunity Employer. Lifeguard requirements: must be at least 16 years of age, current lifeguard, CPR & First Aid Certifications, Open availability, certification ready physical fitness level - ability to swim 500 yards continuously, tread water for 2 minutes without the use of arms, swim under water 15 yards and ability to retrieve object from bottom in 7-15 feet of water.

Lillian B. Lamoureux Music Scholarship Competition

The Lillian B. Lamoureux Music Scholarship competition is open to all South Coast music students ages 14-21. Two \$1,000 scholarships are awarded annually, one to a high school student and one to a college student. Scholarships may be used for private music lessons, tuition, or other expenses that further the student's music education. The scholarship, awarded by the NBSO since 2000, continues to recognize the legacy of former President Emerita and longtime board President Lillian B. Lamoureux.

The 2024 Lamoureux Scholarship Application is [here](#). Please note that they have eliminated the requirement to provide a video audition and letters of recommendation. The only requirement is that the high school student and college student be from the South Coast area. The application deadline is **May 16, 2024**. Questions may be directed to Education Director Terry Wolkowicz at twolkowicz@nbsymphony.org.

Financial Literacy Events at Mattapoissett Town Library

Are you interested in learning more about Financial Literacy? Check out these opportunities at the Mattapoissett town library on Wednesday, April 24th and Tuesday, April 30th.



Mattapoissett Free Public Library

WEDNESDAY, APRIL 24TH | 4:00 - 5:30PM

DOLLARS & SENSE
FINANCIAL LITERACY FOR TEENS

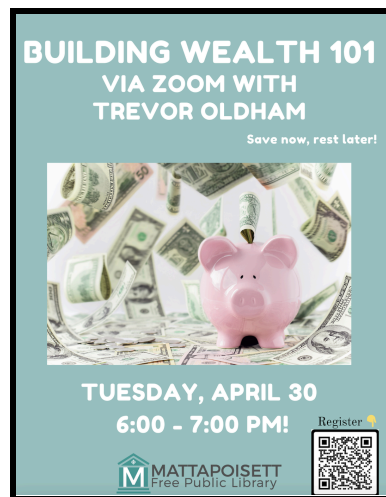
PLAN NOW. RELAX LATER.

- Budgeting
- Saving & Investing
- Credit & Debt
- Financial Risk & Emergencies

Owner/President

Nick Daddona
Southcoast Financial Group

Presented by: Southcoast



BUILDING WEALTH 101
VIA ZOOM WITH
TREVOR OLDHAM

Save now, rest later!

TUESDAY, APRIL 30
6:00 - 7:00 PM!

Register

MATTAPOISETT Free Public Library


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. Local scholarship award letters are due back to the guidance office by Wednesday, May 22nd.** Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. *This list is for local scholarship awards only, not college/university scholarship awards).


Attention Seniors

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.

Career of the Week

CAREER OF THE WEEK		ART DIRECTOR
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• DETERMINE HOW BEST TO REPRESENT A CONCEPT VISUALLY• DETERMINE WHICH PHOTOGRAPHS, ART, OR OTHER DESIGN ELEMENTS TO USE• DEVELOP THE OVERALL LOOK OR STYLE OF A PUBLICATION, AN ADVERTISING CAMPAIGN, OR A THEATER, TELEVISION, OR FILM SET• MANAGE GRAPHIC DESIGNERS, SET AND EXHIBIT DESIGNERS, OR OTHER DESIGN STAFF• REVIEW AND APPROVE DESIGNS, ARTWORK, PHOTOGRAPHY, AND GRAPHICS DEVELOPED BY OTHER STAFF MEMBERS• TALK TO CLIENTS TO DEVELOP AN ARTISTIC APPROACH AND STYLE• COORDINATE ACTIVITIES WITH OTHER ARTISTIC AND CREATIVE DEPARTMENTS• DEVELOP DETAILED BUDGETS AND TIMELINES• PRESENT DESIGNS TO CLIENTS FOR APPROVAL	<p>ART DIRECTORS TYPICALLY NEED A BACHELOR'S DEGREE IN FINE ARTS, A DESIGN SUBJECT, OR A RELATED FIELD, SUCH AS COMMUNICATIONS TECHNOLOGY.</p> <p>MANY ART DIRECTORS START OUT IN ANOTHER ART-RELATED OCCUPATION, SUCH AS FINE ARTISTS OR PHOTOGRAPHERS. WORK EXPERIENCE IN ART OR DESIGN OCCUPATIONS DEVELOPS AN ART DIRECTOR'S ABILITY TO VISUALLY COMMUNICATE TO A SPECIFIC AUDIENCE CREATIVELY AND EFFECTIVELY. WORKERS GAIN THE APPROPRIATE EDUCATION FOR THAT OCCUPATION, USUALLY BY EARNING A BACHELOR OF ARTS OR BACHELOR OF FINE ARTS DEGREE.</p> <p>SOME ART DIRECTORS EARN A MASTER OF FINE ARTS (MFA) DEGREE TO SUPPLEMENT THEIR WORK EXPERIENCE AND SHOW THEIR CREATIVE OR MANAGERIAL ABILITY.</p>	<p>Projected job growth 6% between 2022-2032</p> <p>Median salary \$106,500</p>

The Family Character Dare




FAMILY

Have everyone in the family write down 1 hard thing they are signing up for and are committed to this year. Put the list up where everyone can see it!

Angela Duckworth, a lead researcher on resilience and grit, has her family sign up for Hard Things. The 3 rules?

1. Everyone must choose 1 and it has to be something that requires consistent, intentional practice
2. You cannot quit (until there is a natural stopping point like the end of a football season or after a recital)
3. You get to pick your own passion - no one can choose it for you

The Hard Thing Rule



The Family Character Dare is designed to bring family members together. This week's dare, The Hardest Thing Rule, encourages family members to write down one hard thing they want to sign up for this year. Everyone must choose something that requires intentional practice, you cannot quit until you've accomplished it, and you get to choose your passion. The most important part is the encouragement that everyone will give to each other to accomplish that hard thing!

SEL TIP OF THE WEEK

Take care of your brain! Dr. Abbey Houde, Functional Neurologist, says that the best ways to fuel your brain involve laughter, gratitude, hydration, socializing, movement, breathwork, healthy foods, quality sleep, time outside, new experiences, and positive thoughts. You only have one brain, take care of it!