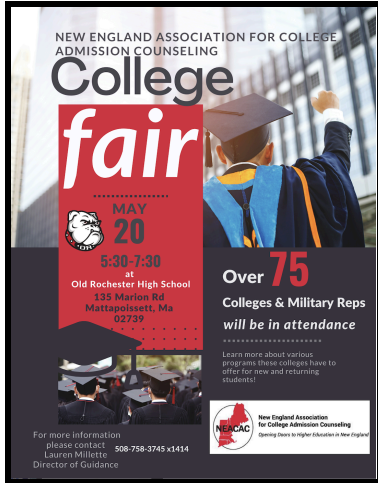




ORRHS Guidance Newsletter

Current Guidance Happenings

THIS WEEK - NEACAC College Fair hosted by ORRHS - May 20th



Please join us THIS Monday evening, May 20th from 5:30-7:30pm, for our NEACAC college fair held in our ORRHS gymnasium.

This fair is open to **ALL STUDENTS** and their families. Over 75 college representatives and military representatives will be in attendance.

View the college list here: [ORRHS College Fair List](#)

Dean College

dean digits by the

- Dean students represent **30** states and **17** countries
- 51%** of Dean students come from outside MA
- 100%** of students complete at least one internship
- 500+** social, educational, athletic and rec events Dean hosts each year
- \$24,342** Average annual out of pocket cost
- 90%** of students live on campus, guaranteed all four years

AREAS OF STUDY

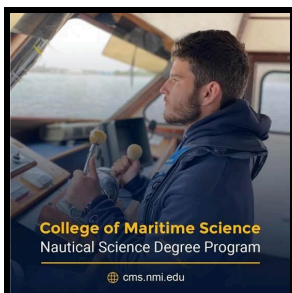
- Arts and Entertainment Management
- Arts Leadership
- Athletic Coaching & Recreation Mgmt.
- Athletic Coaching
- Recreation Management
- Biology
- Pre-Physical Therapy
- Pre-Physician Assistant
- Business Management
- Hospitality Management
- Management
- Project Management
- Communications
- Creative Writing
- Criminal Justice & Homeland Security
- Criminal Justice
- Homeland Security
- Cybersecurity
- Dance BA
- Dance BFA
- Early Childhood Education
- English
- Esports Management
- Exercise Science
- Pre-Athletic Training
- Pre-Physical Therapy
- Finance
- History
- Human Services
- Justice Studies
- Liberal Arts & Studies
- Global Studies
- Health and Society
- Individually Designed
- Pre-Law
- Marketing
- Neuroscience
- Psychology
- Public Health
- Sociology
- Diversity and Equity Studies
- Sport Management
- Esports & Gaming Admin.
- Sports Broadcasting
- Theatre
- Acting
- Musical Theatre
- Performance/Choreography
- Production & Design
- Theatre Studies

For a complete list of majors, minors and program tracks, visit [DEAN.EDU/MAJORS](#)

Graduating students who have yet to commit to a school for the fall, check out all that Dean College has to offer. Dean College continues to accept applications on a rolling admissions basis, with generous merit scholarships and need-based grants that can make attending Dean comparable to that of the out-of-pocket cost of a public school.

Visit [Dean College](#) to learn more!

Northeast Maritime



Did you know that Northeast Maritime has rolling admissions? It's not too late to apply for the Fall 2024 Cohort!

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

NOAA Young Change Makers Fellowship

NOAA is pleased to announce the [launch](#) of the [NOAA Young Changemakers Fellowship](#) application for the 2024-2025 school year. This program is designed for current high school students who are passionate about the environment, climate, ocean, Great Lakes, and/or coasts. Program participants receive mentorship, skill-building opportunities, and financial resources to design and lead an action project in their own community. They also learn about and share their perspectives on NOAA priorities, helping to inform the decisions that NOAA leaders make. Full participation comes with an \$800 stipend and paid travel to Washington, D.C., for a kick-off summit in July 2024.

Don't miss out on [this opportunity](#). Applications are due on **June 10, 2024**. Please reach out to young.changemakers@noaa.gov with questions.

Vaping Education Opportunity for Students and Caregivers



High Point Prevention Services has organized a free virtual event for families about vaping on May 30th at 6:00 PM.

Interested in attending? Here is the registration link: [Webinar Registration - Zoom](#)

Important Information from the Massachusetts Attorney General's Office on Youth Summer Jobs

As Massachusetts teenagers prepare for summer jobs, the Attorney General's Office encourages educators to help minors stay safe at work. The Massachusetts Attorney General's Office enforces the Massachusetts youth employment laws, including the work permit laws. By issuing work permits, schools play an important role in keeping young workers safe. Please review [this flowchart](#) summarizing the work permit process. Should you have any further questions about work permits, please contact the [Department of Labor Standards](#) (www.mass.gov/dols).

[This parent letter](#) encourages parents and teens to talk about workplace safety and informs teens about their rights as employees. Should you, district parents or students have questions about youth employment or the MA wage and hour laws, please do not hesitate to contact the Fair Labor Division at (617) 727-3465. Workers who believe their rights have been violated at work should file complaints with the Fair Labor Division on the [website](#) (www.mass.gov/ago/fld).

FAFSA Information for Seniors from DESE

There is still time for college-bound students to fill out the Free Application for Federal Student Aid (FAFSA) and apply to colleges for the fall! This year's new FAFSA has been challenging for many people, but, with a historic amount of financial aid on the table, the form is worth the effort. Recently, the Department of Higher Education [extended the priority deadline for MASSGrant applications until July 1](#) in recognition of this year's challenges. By completing the FAFSA, students automatically apply for [MASSGrant Plus](#), which was expanded by the


Healey-Driscoll Administration in the fall. This program offers [Pell Grant](#)-eligible students free tuition and fees at all of Massachusetts' public colleges and universities, along with a \$1,200 allowance for books and supplies. Room and board are not included. There are also benefits for middle-income students.

Students who cannot fill out the FAFSA due to their immigration status can complete the newly launched Massachusetts Application for State Financial Aid (MASFA). Learn more at <https://www.mass.edu/tuitionequity/home.asp>.


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).



Career of the Week

CAREER OF THE WEEK		SOFTWARE DEVELOPER
 <p>https://www.bls.gov/ooi/</p>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> ANALYZE USERS' NEEDS AND THEN DESIGN AND DEVELOP SOFTWARE TO MEET THOSE NEEDS RECOMMEND SOFTWARE UPGRADES FOR CUSTOMERS' EXISTING PROGRAMS AND SYSTEMS DESIGN EACH PIECE OF AN APPLICATION OR SYSTEM AND PLAN HOW THE PIECES WILL WORK TOGETHER CREATE A VARIETY OF MODELS AND DIAGRAMS SHOWING PROGRAMMERS THE SOFTWARE CODE NEEDED FOR AN APPLICATION ENSURE THAT A PROGRAM CONTINUES TO FUNCTION NORMALLY THROUGH SOFTWARE MAINTENANCE AND TESTING DOCUMENT EVERY ASPECT OF AN APPLICATION OR SYSTEM AS A REFERENCE FOR FUTURE MAINTENANCE AND UPGRADES 	<p>SOFTWARE DEVELOPERS TYPICALLY NEED A BACHELOR'S DEGREE IN COMPUTER AND INFORMATION TECHNOLOGY OR A RELATED FIELD, SUCH AS ENGINEERING OR MATHEMATICS. COMPUTER AND INFORMATION TECHNOLOGY.</p> <p>DEGREE PROGRAMS COVER A BROAD RANGE OF TOPICS. STUDENTS MAY GAIN EXPERIENCE IN SOFTWARE DEVELOPMENT BY COMPLETING AN INTERNSHIP, SUCH AS AT A SOFTWARE COMPANY, WHILE IN COLLEGE. FOR SOME SOFTWARE DEVELOPER POSITIONS, EMPLOYERS MAY PREFER THAT APPLICANTS HAVE A MASTER'S DEGREE.</p>	<p>Projected job growth 25% between 2021-2031</p> <p>Median salary \$132,270</p>

The Family Character Dare



FAMILY

Stories From a Hat

Have your family write down words or ideas on slips of paper and put them into a hat or a jar. Find a night this week to have story time as a family.

Have each member pull a topic out of the hat and use it as a prompt to tell a story. Sometimes we need prompts to remind us of moments long forgotten or unshared!

The Family Character Dare is designed to bring family members together. This week's dare is called "Stories from a Hat". This dare encourages every family member to put keywords/themes into a hat. Each family member will take turns pulling from the hat and then telling a story related to the selected theme. This makes for a fun night of memories, smiles, and storytelling!

SEL TIP OF THE WEEK



May is Mental Health Awareness Month

It's Mental Health Awareness Month

In honor of Mental Health Awareness Month, we will continue to share ways to support mental health. Here are four worksheets to help you learn more about navigating tough situations, building social confidence, managing frustrations, and learning what's underneath general feelings of good, bad, sad, mad or fine. Taking the time to reflect on how you are feeling is important to learning what the next best step is for taking care of your mental health.

- [Navigating tough situations worksheet](#)
- [Building social confidence worksheet](#)
- [Managing frustrations worksheet](#)
- [What's underneath word bank](#)