



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### Step Up Day

Step up day is around the corner! All students will have the chance to attend next year's scheduled classes on **June 5th** to learn more about their classes, their teachers, and any summer expectations!

### Vaping Education Opportunity for Students and Caregivers



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

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

### Attention Juniors

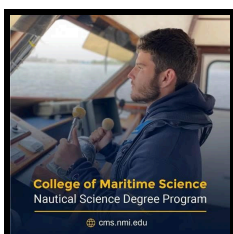
As we wrap up the school year let's recap the Junior Year To Do List:

1. Complete Naviance activities (Senior Questionnaire and resume)
2. Ask two teachers from different subject areas for letters of recommendation, and then invite them through Naviance
3. Continue researching and visiting colleges. Big Future on College Board and Super Match on Naviance are helpful online tools in the search process.
4. Review next year's Common Application essay prompts: [common app essay prompts](#)

**\*Tasks 1 and 2 should be completed by June 11th.**

Remember, the goal is to return senior year with the focus more on finalizing your college lists and being ready to start the college application(s) process.

### 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](mailto:admissions@nmi.edu) or calling 508-992-4025.

## Dean College

**dean digits**<sup>™</sup>

Dean students represent **30 17** states countries

**51%** of Dean students come from outside MA

**100%** of students complete at least one internship

**500+** social, educational, athletic and re-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
- Cybersecurity
- Dance BA
- Dance BFA
- Early Childhood Education
- English
- Exports Management
- Exercise Science
- Pre-Athletic Training
- Pre-Physical Therapy
- Finance
- History
- Human Services
- Justice Studies
- Global Studies
- Health and Society
- Individuality 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

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!

## 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](mailto:young.changemakers@noaa.gov) with questions.

## Career of the Week

CAREER OF THE WEEK		DENTAL HYGIENIST
		
		<a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a>
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<p>DENTAL HYGIENISTS TYPICALLY DO THE FOLLOWING:</p> <ul style="list-style-type: none"> <li>REMOVE TARTAR, STAINS, AND PLAQUE FROM TEETH</li> <li>APPLY SEALANTS AND FLUORIDES TO HELP PROTECT TEETH</li> <li>TAKE AND DEVELOP DENTAL X RAYS</li> <li>ASSESS PATIENTS' ORAL HEALTH AND REPORT FINDINGS TO DENTISTS</li> <li>DOCUMENT PATIENT CARE AND TREATMENT PLANS</li> <li>EDUCATE PATIENTS ABOUT ORAL HYGIENE TECHNIQUES, SUCH AS HOW TO BRUSH AND FLOSS CORRECTLY</li> </ul>	<p>DENTAL HYGIENISTS TYPICALLY NEED AN <b>ASSOCIATE'S DEGREE</b> IN DENTAL HYGIENE; THEY MAY ALSO GET A BACHELOR'S DEGREE. MASTER'S DEGREE PROGRAMS IN DENTAL HYGIENE ARE AVAILABLE BUT ARE RELATIVELY UNCOMMON. A BACHELOR'S OR MASTER'S DEGREE USUALLY IS REQUIRED FOR RESEARCH, TEACHING, OR CLINICAL PRACTICE IN PUBLIC OR SCHOOL HEALTH PROGRAMS.</p>	<p>Projected job growth 7% between 2021-2031</p> <p>Median salary \$87,530</p>

## The Family Character Dare

**Character Dare**

**FAMILY**

**Take 5**

Take 5 minutes in the morning to share (and have everyone in the family share) 1 thing they are grateful for today.

This allows everyone to start their days with a mind and heart filled with gratefulness. As Scarlett Lewis, Founder of the Choose Love Movement, says, "It's hard to have a grateful thought and a negative thought at the same time!"

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The Family Character Dare is designed to bring family members together. This week's dare is called "Take 5". This dare encourages every family member to take 5 minutes together each morning to share something they are grateful for! The idea is that it is hard to have a negative thought while sharing what you are grateful for. The Take 5 activity is a great way to build positivity within the family.

## SEL TIP OF THE WEEK

→ WHERE TO START ←

five mental health tips for the week

**Monday**  
Make a list of 5 things you're grateful for today.

**Tuesday**  
Practice positive affirmations.

**Wednesday**  
Start a conversation about mental health.

**Thursday**  
Stay hydrated!

**Friday**  
Take a break from screens (phone, computer, etc).

MHA Mental Health Awareness

Explore free Mental Health Month resources and learn more at [mhanational.org/may](http://mhanational.org/may).

Throughout May, our SEL tips of the week have been in honor of Mental Health Awareness. While we have celebrated awareness this month, taking care of your mental health is essential year round.

This week (and every day), practice these 5 acts to help improve your mental health.

1. Make a list of 5 things you are grateful for.
2. Practice positive affirmations
3. Start a conversation about mental health
4. Stay hydrated
5. Take a break from technology