



ORRHS Guidance Newsletter

Current Guidance Happenings



This newsletter is the final newsletter for the 23-24 school year. Our ORRHS guidance office would love to thank everyone for an amazing year!

We hope that all of our Bulldogs have the very best summer and take this time to recharge before the 24-25 school year.

If you have any guidance related needs over the summer, please contact laurenmillette@oldrochester.org.

Step Up Day

Step up day will be held on **June 5th** from 9:53-11:25. All students will attend their classes in next year's schedule for roughly 10 minutes at a time to hear an overview of the course, review summer reading, learn about summer work in AP courses, hear any needed supplies, as well as to review classroom expectations and more. Students will follow their Day 1: Block 1, 2, 3, 4 schedule first and then their Day 2: Block 1, 2, 3, 4, schedule.

Academic schedules will be finalized for all students by the close of school. Students will not be allowed to add or drop courses following the last day of school. The only schedule changes that will be permitted will be level changes. A level refers to "level of difficulty" as in Advanced Placement, Honors, College Prep A. A level change will require the authorization of the Principal. Prior to authorizing a level change, the Principal will conduct a meeting with the student, parents, guidance counselor, and teacher to evaluate the appropriateness of the request. Level changes will not be permitted after term 1. Unless scheduled for an AP course, no student is allowed more than 1 Directed Study block per semester.

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](#)

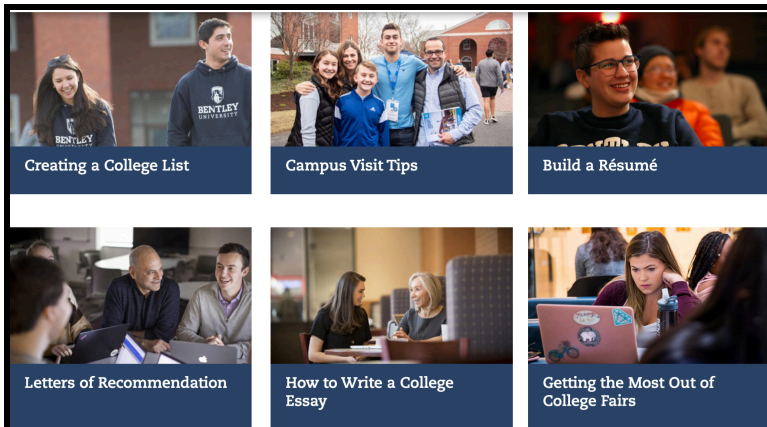
***Tasks 1 and 2 should be completed by June 11th.**

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.

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.


College Admission 101



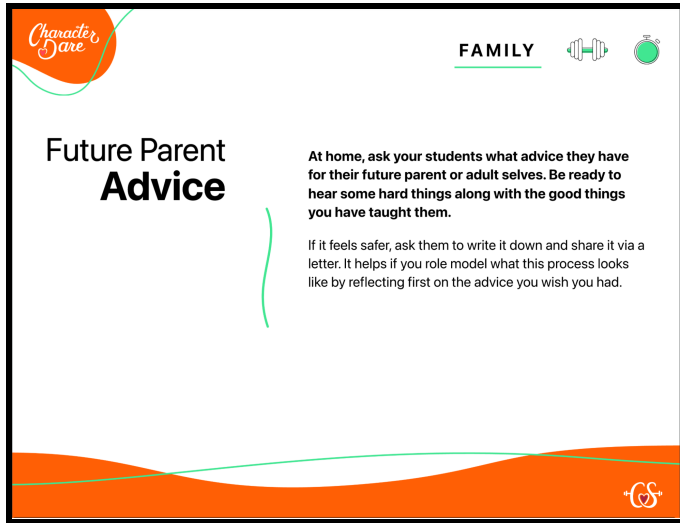
The college admission process can be confusing at times. To help students and families stay on top of the college search process, Bentley University asked the experts in their Office of Admission for their best tips and advice. It's all here, in easy downloadable PDFs: [College Admission 101 from Bentley University](#).

The ORRHS guidance office recommends students and parents explore this page to help the college process feel a little easier when you are just getting started.

Career of the Week

CAREER OF THE WEEK		CHEMICAL ENGINEER
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
CHEMICAL ENGINEERS APPLY THE PRINCIPLES OF CHEMISTRY, PHYSICS, AND ENGINEERING TO DESIGN EQUIPMENT AND PROCESSES FOR MANUFACTURING PRODUCTS SUCH AS GASOLINE, DETERGENTS, AND PAPER.	TO ENTER THE OCCUPATION, CHEMICAL ENGINEERS TYPICALLY NEED A BACHELOR'S DEGREE IN CHEMICAL ENGINEERING OR A RELATED FIELD. SOME EMPLOYERS PREFER TO HIRE CANDIDATES WHO HAVE GAINED EXPERIENCE IN AN INTERNSHIP OR A COOPERATIVE EDUCATION PROGRAM.	Projected job growth 8% between 2021-2031 Median salary \$112,100

The Family Character Dare



The screenshot shows a page titled "Future Parent Advice" under the "FAMILY" category. The page includes a logo for "Character Dare" in the top left, a "FAMILY" header with icons, and two paragraphs of text. The first paragraph asks students to ask their future parent or adult selves for advice. The second paragraph suggests writing the advice down and sharing it via a letter. The page has an orange and green color scheme with a wavy orange border at the bottom.

Character Dare

FAMILY

Future Parent Advice

At home, ask your students what advice they have for their future parent or adult selves. Be ready to hear some hard things along with the good things you have taught them.

If it feels safer, ask them to write it down and share it via a letter. It helps if you role model what this process looks like by reflecting first on the advice you wish you had.

The Family Character Dare is designed to bring family members together. This week's dare is called "Future Parent Advice." This dare asks for your student to give advice to their future self as a parent. This can highlight areas of appreciation and areas for growth.

SEL TIP OF THE WEEK



Maintaining a routine during the summer is essential for good mental health. Even though it's tempting to let your schedule go completely during vacation, having some structure can help you feel more balanced and productive. Try to wake up and go to bed at consistent times, and set aside time for regular activities like exercise, hobbies, and spending time with friends and family. Incorporate breaks for relaxation and fun, but also include moments for personal growth, such as reading or learning a new skill. A balanced routine can provide a sense of stability, reduce stress, and keep your mind and body healthy throughout the summer. Happy Summer!