



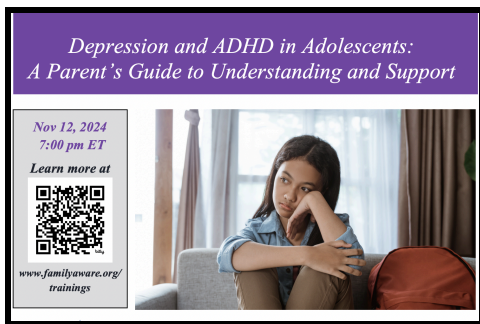
ORRHS Guidance Newsletter

Current Guidance Happenings

Important Reminders

Quarter 1 is ending soon. As a reminder, 10/30 is the last day for students to make level changes and the close of the term. For Seniors with a 11/15 college deadline, yellow sheets are due on 10/31.

Free Webinar: Families for Depression Awareness, November 12th



[Depression and ADHD in Adolescents: A Parent's Guide to Understanding and Support](#) — on Tuesday, November 12, 2024 from 7:00 to 8:30 PM ET/ 4:00 to 5:30 PM PT.

Why do teens dealing with ADHD often have depression as well? Why is it hard for the adults in their lives to tell the symptoms of one from the other? What can be done to treat them both? These are some of the questions that will be answered in this upcoming webinar. Whether you're a parent, grandparent, or other caring adult, this webinar will equip you with practical skills and knowledge to better support adolescents navigating these challenges.

[Register to join](#) for a live webinar discussion or watch on demand after it airs. Want more information? Check out this [Webinar Flyer](#) and this Teen Depression Fact Sheet in [English](#), [Spanish](#), or [Portuguese](#)

MEFA College Financing Seminar for Junior and Senior Families - November 13th

Attention Junior and Senior Parents/Guardians: Join us as our ORRHS Guidance Department hosts a College Financing Seminar on Wednesday, November 13th with Kevin Fudge from MEFA at 6 pm in the high school cafeteria. This seminar will provide information and clarity on the entire financial aid application process. You will learn about financial aid applications and types of financial aid, the factors that determine your aid eligibility, how colleges determine the amount of aid to offer, and the details of the financial aid award letters. Seniors are able to start applying for financial aid as early as December 1st. (Massachusetts Educational Financing Authority; www.mefa.org)

Scholarship Information - SouthCoast Community Foundation

SouthCoast Community Foundation: Over 100 scholarships totaling over \$700,000 are available for students on the South Coast and South Shore! Applications are being accepted November 1st through January 21st. [List of scholarships available.](#)

Visit southcoastcf.org/scholarships to apply by January 21st. You will need:

- Personal essays on (1) leadership or community engagement and (2) a challenging first-hand experience;
- Most recent transcript;
- Statement of support (can be from a teacher, coach, faith leader, family member, family friend, etc.)
- Note: No FAFSA required!

You can register and attend an info session via Zoom to learn more about how to apply, what scholarships you could be eligible for, and how the SouthCoast Community Foundation evaluates applications.

[Thursday, November 14th Info Session](#) (click to register) – 4:30 – 5:30 pm

[Tuesday, December 10th Info Session](#) (click to register) – 6:30 – 7:30 pm

[Tuesday, January 14th – Q&A Drop-In Session](#) for Scholarship Applications (click to register) – 5:00 – 6:30 pm
(Drop into the Zoom for any amount of time)

AFL-CIO Scholarship Awards Program

The 67th Annual Massachusetts AFL-CIO Scholarship Awards Program is now open. Through the program, the Massachusetts AFL-CIO and affiliated unions are proud to award financial resources to high school students pursuing trade union programs or college/university study. The Massachusetts AFL-CIO administers half a million dollars of scholarship awards on behalf of unions and labor councils throughout the state. Individual awards range from \$500 to \$16,000. [You can view a list of available awards and their criteria here.](#)

All graduating seniors in the Commonwealth of Massachusetts who are seeking a college degree or job training are eligible to compete. Scholarship awards this year total over half a million dollars.

To qualify, students must be a senior in high school, fill out the online application and then take the AFL-CIO exam. Applicants must register in advance at www.massafclcio.org/scholarships. **Applications will be accepted through Friday, December 20, 2024.** The deadline is firm, and no late registrations will be accepted. The exam consists of 30 multiple choice questions and one written essay. All questions will be selected from the information in the study guide. Exams will be administered online, and will be offered to registered students between Monday, February 3, 2025, and Friday February 7, 2025. Classmarker will be used to administer the exams online. Paper tests will be available upon request. All study resources including the study guide, flashcards and quizzes are available by visiting www.learnlaborhistory.com. To view a list of available scholarships as well as the FAQ sheet, please visit www.massafclcio.org/scholarships.

November 1st Deadline- Attention all AP Students

Attention all AP students, create your CollegeBoard account and join your AP Google Classrooms if you haven't already! If you need help with your log on, please contact Mrs. Millette. Guidance is now collecting the \$40 per exam non-refundable down payment for your Advanced Placement Exam(s). The deadline to make your deposit is **Friday, November 1st**. Payments of cash or check (made payable to ORRHs) will be accepted in the guidance office. If you miss this deadline, an additional \$40 per exam late fee will be added to your exam cost. The full cost per exam is \$99 with the exception of Seminar and Research, which is \$147 per exam. If you qualify for Free or Reduced lunch and would like to apply for a waiver, you must contact Guidance prior to Friday, November 1st, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$50 per exam, with \$15 due by November 1st to avoid the \$40 per exam late fee.

SAT Information

Are you planning on taking the SAT? Here are some important deadlines to remember:

- **Nov 22nd** is the deadline to register for the Dec 7th test

Students register using their College Board accounts at [SAT College Board Registration](#). Reminder: **Fee waivers are available in guidance for eligible students** - please see your counselor to learn more!

College Info Sessions in October & November


- October 29 - [Fitchburg State](#)
- October 29 - [Curry College](#) (Mrs. Millette's office)
- October 30 - [Savannah College of Art \(SCAD\)](#) Savannah College of Art (SCAD) (Art room 1923)
- October 30 - [Framingham State](#)
- November 1- [Southern New Hampshire University](#)
- November 1- [Plymouth State University](#)
- November 8 - [Sacred Heart University](#)
- November 8 - [Eastern Connecticut State](#)
- November 20 - [Suffolk University](#)
- November 20 - [Iona University](#)
- November 21 - [UMass Dartmouth - College of Visual and Performing Arts](#)

Juniors and Seniors, sign up with your Bulldog Block mentor for College Info sessions this month!

Career of the Week

CAREER OF THE WEEK

Nurse Practitioner



<https://www.bls.gov/ooh/>

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> TAKE AND RECORD PATIENTS' MEDICAL HISTORIES AND SYMPTOMS PERFORM PHYSICAL EXAMS AND OBSERVE PATIENTS CREATE PATIENT CARE PLANS OR CONTRIBUTE TO EXISTING PLANS PERFORM AND ORDER DIAGNOSTIC TESTS OPERATE AND MONITOR MEDICAL EQUIPMENT DIAGNOSE VARIOUS HEALTH PROBLEMS ANALYZE TEST RESULTS OR CHANGES IN A PATIENT'S CONDITION AND ALTER TREATMENT PLANS, AS NEEDED GIVE PATIENTS MEDICINES AND TREATMENTS EVALUATE A PATIENT'S RESPONSE TO MEDICINES AND TREATMENTS CONSULT WITH DOCTORS AND OTHER HEALTHCARE PROFESSIONALS, AS NEEDED COUNSEL AND TEACH PATIENTS AND THEIR FAMILIES HOW TO STAY HEALTHY OR MANAGE THEIR ILLNESSES OR INJURIES CONDUCT RESEARCH 	<p style="margin: 0; font-size: small;">NURSE PRACTITIONERS, MUST HAVE AT LEAST A MASTER'S DEGREE IN THEIR SPECIALTY ROLE.</p> <p style="margin: 10px 0 0 0; font-size: small;">THEY ARE ALSO KNOWN AS APRNS (ADVANCED PRACTICE REGISTERED NURSES).</p> <p style="margin: 0 0 0 0; font-size: small;">APRNS MUST BE LICENSED REGISTERED NURSES IN THEIR STATE, PASS A NATIONAL CERTIFICATION EXAM, AND HAVE A STATE APRN LICENSE.</p>	<p style="margin: 0; font-size: small;">PROJECTED JOB GROWTH 40% BETWEEN 2023-2033</p> <p style="margin: 10px 0 0 0; font-size: small;">MEDIAN SALARY \$126,260</p>

SEL Tip of the Week

Healthy Relationships - When evaluating if your relationships are healthy, ask yourself if they make you feel supported, respected, and valued. Healthy relationships involve open communication, trust, and mutual respect where both people feel safe to express themselves. Pay attention to how conflicts are handled. Are they resolved through understanding or do they lead to hurt feelings or fear? Remember, a healthy relationship lifts you up, not brings you down. If you're unsure, please talk to a trusted adult for guidance.