



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### Report Cards

Report cards for Term 1 will be sent home with students on Wednesday, 11/13/2024.

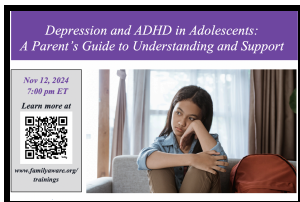
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### Freshmen Meetings

Attention Freshman - Beginning the week of November 4th, the guidance counselors will be meeting with small freshmen groups to discuss the transition to the high school and making the most of the high school experience. Meetings will last approximately 30 minutes during directed study halls in the Guidance conference room. Please check EHall Pass for meeting times.

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### COMING SOON: 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

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](#)

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### 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](http://www.mefa.org)) [Please RSVP here](#)

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### MASS CPAs - Accounting Opportunities Experience

We're excited to share that David A Vespia from KLR with his extensive expertise in the field, will be presenting at ORRHS in November! His insights offer a valuable opportunity to learn from a seasoned professional. Students, please [RSVP](#) if you are interested in learning more about marketing, finances, and accounting.

About KLR: KLR is a New England Regional Public Accounting Firm that is ranked among the Top 100 firms in the United States. From locations in Boston, Bradenton, Geneva, Lausanne, Newport, Providence & Waltham, the 280+ person firm provides assurance, tax, and business advisory services to private and publicly-held companies throughout the United States and abroad. KLR is a member of Leading Edge Global Alliance, the 2nd largest international professional association of independently-owned accounting, financial, and business advisory firms.

## **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 1<sup>st</sup> through January 21<sup>st</sup>. [List of scholarships available](#).

Visit [southcoastcf.org/scholarships](https://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 14<sup>th</sup> Info Session](#) (click to register) – 4:30 – 5:30 pm

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

[Tuesday, January 14<sup>th</sup> – 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)

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## **AFL-CIO Scholarship Awards Program**

The 67<sup>th</sup> 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.massaficio.org/scholarships](http://www.massaficio.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](http://www.learnlaborhistory.com). To view a list of available scholarships as well as the FAQ sheet, please visit [www.massaficio.org/scholarships](http://www.massaficio.org/scholarships).

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## **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!

Students, do you want study resources? Check out these [College Board Practice Resources](#)

## College Info Sessions in November


- 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

FLORAL DESIGNER



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> <li>BUY FLOWERS AND OTHER PRODUCTS FROM WHOLESALERS AND SUPPLIERS TO ENSURE THAT AN ADEQUATE SUPPLY MEETS CUSTOMERS' NEEDS</li> <li>DETERMINE THE TYPE OF ARRANGEMENT DESIRED, THE OCCASION, AND THE DATE, TIME, AND LOCATION FOR DELIVERY</li> <li>RECOMMEND PLANTS OR FLOWERS AND GREENERY FOR EACH ARRANGEMENT IN ACCORDANCE WITH THE CUSTOMER'S BUDGET</li> <li>DESIGN FLORAL DISPLAYS THAT EVOKE A PARTICULAR SENTIMENT OR STYLE</li> <li>ANSWER TELEPHONES, TAKE ORDERS, AND WRAP ARRANGEMENTS</li> </ul>	<p>MOST FLORAL DESIGNERS HAVE A HIGH SCHOOL DIPLOMA. POSTSECONDARY PROGRAMS MAY BE USEFUL FOR FLORISTS WHO WANT TO START THEIR OWN BUSINESS.</p> <p>PROGRAMS IN FLORAL DESIGN AND CARING TECHNIQUES FOR FLOWERS AND PLANTS ARE AVAILABLE THROUGH PRIVATE FLORAL SCHOOLS, VOCATIONAL SCHOOLS, AND COMMUNITY COLLEGES. MOST OF THESE PROGRAMS OFFER A CERTIFICATE OR DIPLOMA.</p> <p>CLASSES IN FLOWER AND PLANT IDENTIFICATION, FLORAL DESIGN CONCEPTS, AND ADVERTISING AND OTHER BUSINESS COURSES, AS WELL AS EXPERIENCE WORKING IN A GREENHOUSE, ARE PART OF MANY CERTIFICATE AND DIPLOMA PROGRAMS.</p> <p>SOME COMMUNITY COLLEGES AND UNIVERSITIES OFFER CERTIFICATES OR ASSOCIATE'S DEGREES IN FLORICULTURE/FLORISTRY OPERATIONS AND MANAGEMENT.</p>	<p>Projected job growth 3% between 2023-2033</p> <p>Median salary \$48,060</p>

## SEL Tip of the Week

**The Impact of Service:** Engaging in community service can boost your mood and overall well-being. When you help others, your brain releases "feel-good" chemicals like dopamine, which can reduce stress and improve your overall happiness. Volunteering also builds a sense of connection, which helps reduce any feelings of loneliness and increase belonging. By making a positive difference, you gain a sense of accomplishment and purpose that lifts your spirits and motivates you to keep growing.