



ORRHS Guidance Newsletter

Current Guidance Happenings

Project 351 & Playbook Initiative Request for Holiday Help



This holiday season, the Project 351 and Playbook Initiative influencers are working to bring joy to local families in need. They are seeking donations of gift cards to help provide essentials and spread holiday cheer. Your generosity can make a meaningful difference in our community. **Gift cards of any amount are greatly appreciated and can be sent to the main office.** Please mark any donations as “P351 Holiday Help.” Suggested locations include Market Basket, Walmart, Target, & Dicks Sporting Goods. Thank you for helping to make the season brighter for those in need!

In Case you Missed It - MEFA Financial Aid 101 Presentation

The Guidance Office held our MEFA Financial Aid Night for Junior and Senior families in November. In case you missed the presentation, but would like to access the materials, please refer to the following links! As always, reach out to your guidance counselor if you have any questions.

- [Financial Aid 101 - Fall 2024](#)
- [Video link to the Presentation](#)
- [MEFA Financial Aid Youtube Playlist](#)

Important Senior College Information

- **Yellow sheets are due** to Guidance by **December 10th** for January 1st deadlines.
- **Term 1 Grades and College:** If you have already applied to college and want to have your Term 1 grades sent, please email your guidance counselor to let them know.
- If you have decision letters (acceptance, deferrals, waitlist, rejection), please bring them to guidance as soon as you receive them.

On the Spot Admissions

For Seniors who are interested in applying to BCC, UMASS Dartmouth, and Southern New Hampshire University, please save the following dates for On the Spot Admissions opportunities.

- **BCC - Thursday, January 16**
- **UMass Dartmouth - Thursday, January 23**
- **SNHU - Friday, January 24**

Check in with your guidance counselor to learn more if you want to take advantage of these opportunities.

SouthCoast Community Foundation



SouthCoast Community Foundation
SCHOLARSHIP PROGRAM 2025

DON'T MISS THIS GREAT OPPORTUNITY!

January 21, 2025 DEADLINE

Start your app today (save in draft if you don't finish)!
Questions? Contact scholarships@southcoastcf.org

SOUTHCOASTCF.ORG/SCHOLARSHIPS

\$700,000+ in scholarships ✓
100+ scholarships ✓
Scholarships just for Southeastern MA ✓

The SouthCoast Community Foundation will award more than 100 local scholarships totaling over \$800,000 in 2025, and the online application is now open!

Students complete just one application — no FAFSA (Free Application for Student Aid) is required — and applicants are automatically matched with all eligible scholarship opportunities.

Start your application today and register for the Zoom Info Session on December 10th. Deadline to apply is January 21st. Read more about scholarship opportunities and apply. Please register for one of the upcoming scholarship info sessions, where questions will be answered about the application process:

- Tuesday, December 10th Info Session – 6:30 – 7:30 pm
- Tuesday, January 14th – Q&A Drop-In Session – 5:00 – 6:30 pm

Federal Student Aid ID Reminder and FAFSA Now Available

Federal Student Aid ID Reminder: Students should apply now for their Federal Student Aid ID (FSA ID) before completing the FAFSA® form.

FAFSA Now Available: The 2025–26 FAFSA® form is now available for all students and contributors. Complete the form to apply for financial aid for college, career school, or graduate school. Visit [FAFSA](#) to learn more.

College Access Resources

Resources are available to help students afford a college degree:

- MassEducate provides free tuition and fees at the state’s community colleges for all eligible Massachusetts students.
- MASSGrant Plus can provide significant discounts (up to free tuition and fees) at the state’s four-year universities depending on family income.
- Eligible, non-U.S. citizens can apply for state financial aid through the Massachusetts Application for State Financial Aid (MASFA).
- Information about applying for financial aid, including links to information and one-on-one help, is available online.

Not Accepted? A Message from Your Counselors...

Some “high profile” colleges are releasing their admissions decisions over the next few weeks. You have put in the work. Earned solid grades. Have strong letters of recommendation. Dedicated hours upon hours to clubs and teams. You have a strong application package...

“What does it mean if I do not get accepted?”

First and foremost, you must understand it is NOT a reflection of your work, your effort, or who you are. It is simply a function of the applicant pool. While your transcript, list of activities, and letters of recommendation all mirror and are equal to other accepted students, decisions are sometimes honestly based on numbers.

In some cases, admissions offices receive upwards of 90,000 applications (or more) to fill a freshman class of only 4,000. There is no way that applicant number 4,001 isn't as equally as admissible. But decisions have to be made. We are all left out sometimes, and for no other reason than that - someone has to be. It is not because the work you put in wasn't enough.


Admissions offices are charged with building a strong freshman class. Which is not the same as admitting only the strongest students. Colleges are looking for a student body that encapsulates the mission, focus, and personality of the institution. That can only be done by admitting different types of students from a wide variety of experiences. All of whom are also academically equal.

"But, it was my dream school. And I really want to go there."

Fair concern. You do have the opportunity to contact admissions offices and make a pitch for a waitlist, delayed admission, or inquire about other options. Admissions will not be able to share detailed information or comparisons of your application to others'. But they can share general information about what they were looking for in the decision making process. Talk with your guidance counselor about how to approach these questions.

When building your list of schools, this is why we include a range. Ideally your applications have been sent to a range of schools that include campuses where you are "likely" to be admitted. Again, talk with your guidance counselor about options, your list, and next steps. **No matter what happens, we are here for you.**

Career of the Week

| CAREER OF THE WEEK | | VETERINARIAN |
|--|--|---|
|  <p>https://www.bls.gov/ooh/</p> | | |
| WHAT DO THEY DO? | HOW TO BECOME ONE | JOB OUTLOOK & SALARY |
| <ul style="list-style-type: none"> EXAMINE ANIMALS TO ASSESS THEIR HEALTH AND DIAGNOSE PROBLEMS TREAT AND DRESS WOUNDS PERFORM SURGERY ON ANIMALS TEST FOR AND VACCINATE AGAINST DISEASES OPERATE MEDICAL EQUIPMENT, SUCH AS X-RAY MACHINES ADVISE ANIMAL OWNERS ABOUT GENERAL CARE, MEDICAL CONDITIONS, AND TREATMENTS PRESCRIBE MEDICATION EUTHANIZE ANIMALS | <p>VETERINARIANS MUST HAVE A DOCTOR OF VETERINARY MEDICINE DEGREE FROM AN ACCREDITED VETERINARY COLLEGE, AS WELL AS A STATE LICENSE.</p> | <p>PROJECTED JOB GROWTH 19% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$119,100</p> |

SEL Tip of the Week



SIX TIPS TO COMBAT THE "WINTER BLUES"

- Stay active!
- Eat healthy!
- Stay social
- Use lights to mimic sunshine
- Have fun!
- Open up about your feelings

Beat the Winter Blues: Winter can feel long and dark, but simple acts can make a big difference! Try to get outside during daylight, even for a quick walk by yourself, with a pet, or to hang out with friends—it will help you soak up some sunlight and boost your mood. Create a routine that feels cozy and fun, like listening to your favorite music, journaling, or watching a feel-good show with a warm blanket. Stay active with the things you enjoy. Most importantly, stay connected with your friends and family. Talking and laughing with people you care about can make even the darkest days brighter!