



ORRHS Guidance Newsletter

Current Guidance Happenings

Attention Sophomores

Starting the week of January 6th, counselors will be meeting with groups of sophomores to discuss Career Exploration. Meetings will take place in the guidance conference room during study halls and will last approximately 50 minutes. Please bring a writing utensil and a chromebook as students will be completing a Personality/Career Interest Inventory. Students should continually check e-hallpass for meeting times.

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](#)

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

The flyer for the SouthCoast Community Foundation Scholarship Program 2025 features a central image of a smiling graduate in a black cap and gown. The text on the flyer includes: 'SouthCoast Community Foundation SCHOLARSHIP PROGRAM 2025', 'DON'T MISS THIS GREAT OPPORTUNITY!', 'January 21, 2025 DEADLINE', a QR code, and statistics: '\$700,000+ in scholarships', '100+ scholarships', and 'Scholarships just for Southeastern MA'. It also provides the website 'SOUTHCOASTCF.ORG/SCHOLARSHIPS' and contact information: 'Start your app today (save in draft if you don't finish!) Questions? Contact scholarships@southcoastcf.org'.

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.

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, January 14th – Q&A Drop-In Session – 5:00 – 6:30 pm**

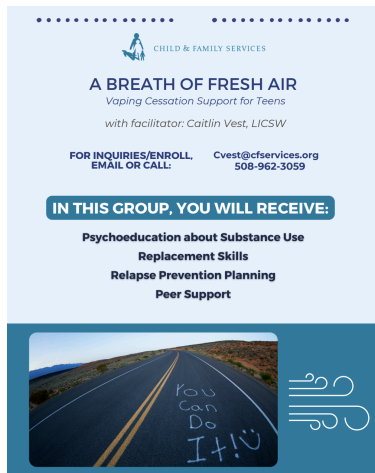
Federal Student Aid ID Reminder and FAFSA Now Available

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.

Join us at our FAFSA night with Beth Connelly Silva from Seven Hills on Wednesday, January 24th.

Vaping Cessation Group with Child and Family Services



CHILD & FAMILY SERVICES

A BREATHE OF FRESH AIR
Vaping Cessation Support for Teens
with facilitator: Caitlin Vest, LICSW

FOR INQUIRIES/ENROLL, EMAIL OR CALL: Cvest@cfsservices.org
508-962-3059

IN THIS GROUP, YOU WILL RECEIVE:

- Psychoeducation about Substance Use
- Replacement Skills
- Relapse Prevention Planning
- Peer Support

The flyer features a blue background with a white road stretching into the distance. The road has 'No Cigs', 'No Dab', and 'I+!' written on it. To the right of the road is a stylized white logo of a person with arms raised.

Vaping Cessation Group - A Breath of Fresh Air: This group will run for 8 weeks, beginning in January. The goal of the group is to learn about how vaping nicotine and/or THC impacts brain development, physical health, and mental health. To help student's develop insight into their reason for vaping and find healthy alternatives. Students will learn how to cope and solve problems without substances. They will learn from and support each other. If interested in participating, email Caitlin Vest at Cvest@cfsservices.org or call 508-962-3059.

Pre-College Opportunities with Boston Architectural College

The CityLab Intensive introduces students to Boston as a living laboratory for exploration of design practice and design thinking within the City. During the 4-day CityLab Intensive, small interdisciplinary sections are led by an instructional team through a rigorous process of touring, studying, and analyzing Boston. Throughout the Intensive, students engage in a series of hands-on field-based activities, representation workshops, and guest presentations by designers, urban planners, real estate professionals, and civic leaders. The Intensive aims to discover past, present, and future design arenas by encouraging students to begin to collaboratively explore the context within which they will intervene as designers.

CityLab will run from January 17 to February 21. This course is 2 academic credits with students completing the course with a final project due in February. We invite pre-college students to join our first year undergraduate students in this class. The virtual meeting dates are listed below:

- Friday, January 17 from 9am-5pm
- Saturday, January 18 from 9am-5pm
- Wednesday, January 22 from 5:30pm-7pm
- Friday, January 24 from 9am-5pm
- Saturday, January 25 from 9am-5pm

Community Practice serves as an introduction to professional design practice and to the values and priorities of the design process at the BAC. Students will learn in both lecture and project-based formats and will be responsible for working in multiple modes: individually and collaboratively in a team on group projects. Community Practice will use design projects as the vehicle for learning- focused on acquiring and practicing the skills of communication, collaboration and understanding their applications in the civic or public realm.

Students will engage in learning by doing, and they will be required to document, reflect, and analyze their work at the end of each of the three modules (communication, collaboration, and community engagement) and at the end of the semester. Students will address the multiple meanings of “community” and will begin to posit the role of the designer, design thinking, and design processes at the interface of community engagement. Students will typically be in one group for the first portion of each class meeting. The remainder of class will be in sections with individual instructors. Community Practice will meet in-person on Thursdays from 4-7pm EST beginning January 21 – May 10. This course is 3 academic credits. We invite pre-college students to join our first year undergraduate students in this class.

Please email your guidance counselor if you are interested in learning more about either of these opportunities with BAC!

Career of the Week

CAREER OF THE WEEK SOCIAL & COMMUNITY SERVICE MANAGERS  https://www.bls.gov/ooh/		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> • WORK WITH COMMUNITY MEMBERS AND OTHER STAKEHOLDERS TO IDENTIFY NECESSARY PROGRAMS AND SERVICES • OVERSEE ADMINISTRATIVE ASPECTS OF PROGRAMS TO MEET THE OBJECTIVES OF THE STAKEHOLDERS • ANALYZE DATA TO DETERMINE THE EFFECTIVENESS OF PROGRAMS • SUGGEST AND IMPLEMENT IMPROVEMENTS TO PROGRAMS AND SERVICES • PLAN AND MANAGE OUTREACH ACTIVITIES FOR INCREASED AWARENESS OF PROGRAMS • WRITE PROPOSALS FOR SOCIAL SERVICES FUNDING 	<p>SOCIAL AND COMMUNITY SERVICE MANAGERS TYPICALLY NEED A BACHELOR'S DEGREE IN SOCIAL WORK OR A RELATED PUBLIC POLICY AND SOCIAL SERVICES FIELD.</p> <p>HOWEVER, SOME POSITIONS ALSO REQUIRE A MASTER'S DEGREE.</p>	<p>PROJECTED JOB GROWTH 8% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$77,030</p>

SEL Tip of the Week

Holiday Self-Care Tips

-  Make space for messy feelings like grief.
-  Learn to say "no" without feeling guilty.
-  Create your own holiday traditions.
-  Keep your stress levels in check. Step back or delegate.
-  Set realistic expectations for yourself and the holiday.
-  Get organized! Make a plan and try to stick to it.
-  Keep up with your self-care and make time to relax.
-  Give yourself permission to just let it be an average day.

BlessingManifesting

Holidays can feel overwhelming, so take time each day to reflect on something you're grateful for—it helps shift focus to the positive. Also, remember it's okay to say “no” to activities or commitments that feel too stressful.

Set realistic expectations for yourself and the holidays.

Prioritize your well-being by scheduling moments of rest or doing something you truly enjoy.