



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### **Important Term Dates**

Reports cards will be distributed on 1/30/25 during Bulldog Block.

### ***THIS WEEK In-Person FAFSA Support Night - January 22nd***



Join us at our in person FAFSA night at ORRHS with Beth Connelly Silva from Seven Hills on Wednesday, January 22nd at 6 pm in the ORRHS Library. **Please RSVP [HERE](#) if you plan on attending.**

Can't make it to our in person night? Students and families who need assistance completing the FAFSA are invited to free, virtual FAFSA Festivals that MEFA is hosting now through February. Log in anytime during the two-hour event to be placed in a breakout room with a financial aid

expert who will answer questions and provide one-on-one assistance in completing the FAFSA. Register for an event now so that MEFA knows when to expect people. Additional resources are available at [www.mass.gov/financialaid](http://www.mass.gov/financialaid).

The Free Application for Federal Student Aid (FAFSA) is now available for students who will be in college during the 2025-26 academic year. Visit [fafsa.gov](http://fafsa.gov) to complete the online financial aid application used by the vast majority of U.S. colleges.

\*\*\*A few days before completing the FAFSA, both the student and parent will need to set up a Federal Student Aid account username and password (this account is sometimes called a Federal Student Aid ID). Visit [here](#) to do so.

### ***THIS WEEK On the Spot Admissions at ORRHS - January 23rd & 24th***

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

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

Senior students will have the opportunity to meet with college representatives individually, receive a same-day admission decision, and have the application fee waived. To take advantage of these opportunities, interested students must contact their guidance counselors to sign up.

### ***Save the Date - AP Parent Night- Feb 5th***

For students interested in taking AP classes, we will host an AP parent night to share more information related to AP courses available at ORRHS. Please save the date of February 5th at 6 pm.

## MassArt - On the Spot Virtual Admissions Event - January 30th



MASSART

MassArt Admissions is thrilled to invite students who may be interested in pursuing their creative passions to their upcoming Virtual On The Spot Admissions Event for first-time college applicants. This unique event offers students the opportunity to receive a day-of conditional admissions decision for Fall 2025 after a one-on-one meeting with an Admissions Counselor.

### Event Details:

- **When:** Thursday, **January 30th**, 2:30–5:00 PM EST
- **Where:** Virtual (details provided upon registration)

At this event, students will: Present their portfolio (15–20 pieces) for review, share a copy of their high school transcripts (unofficial copies are acceptable), receive personalized feedback and a conditional admissions decision on the spot, enjoy the benefit of an application fee waiver for attending! Important Note: Students must have their portfolio and transcript ready at the time of the appointment for an admissions decision to be made. Decisions are conditional, and students will still need to complete their application through the Common App, including submitting official documents, for a final decision. For those not admitted during the event, we'll provide constructive feedback and guidance to strengthen their application.

Register here: [On the Spot MassArt](#)

## Attention Seniors Interested in Nursing

### DIMAN REGIONAL TECHNICAL INSTITUTE SCHOOL OF PRACTICAL NURSING

## OPEN HOUSE!

**Thursday, February 6th, 2025**  
4:00 PM to 7:00 PM

**1082 Davol Street - 2nd Floor**  
Fall River, MA 02720

#### What to Expect:

- Tour our facility and see the new state-of-the-art Simulation room with a one-way viewing window and CAE Juno mannequin.
- Speak with our faculty, along with some current and former students, about our curriculum.
- Get information regarding the admission process (forms will be available on-site).

#### About Licensed Practical Nurses (LPNs):

Licensed Practical Nurses are vital and accountable members of the health care team that provide direct care to individuals with common illnesses or disabilities.



#### Considering a Career in Nursing?

- Full-Time Day
- 10 month program
- Financial Aid Available
- Fulfill your passion while caring for people and developing lifesaving skills.
- Opportunities in a variety of settings to make a difference in the health and wellness of your community.
- Average base payrate is \$30 - \$34 hr.



At Diman, we strive to ensure that our students are skilled and qualified for this challenging and rewarding field.

**Please RSVP by**  
**Tuesday, February 4th, 2025**

by emailing  
[csantos@dimanregional.org](mailto:csantos@dimanregional.org)

Diman Regional Technical Institute School of Practical Nursing is hosting an Annual Open House and a couple of Informational Sessions. Seniors interested in nursing are encouraged to attend.

### Open House

**Date:** February 6, 2025

**Time:** 4:00 PM - 7:00 PM

**Location:** Diman Regional Technical Institute School of Practical Nursing 1082 Davol Street - 2nd Floor, Fall River, MA 02720 (Inside the Commonwealth Landing Building)

This is a perfect opportunity for students to tour, meet faculty and staff, and ask any questions about the program.

### Informational Sessions

Students can learn about admission requirements, program details, and career opportunities. Please see the attached flyer for dates, times, and registration details. This program could be a great next step for students interested in healthcare and looking for a direct pathway to a fulfilling career. Contact your guidance counselor to learn more!

## NACAC National College Fair - Save the Dates of March 27th and 28th



The National Association for College Admission Counseling (NACAC) invites students, parents, and counselors to explore the college search process at the NACAC National College Fair in Boston held on Thursday, March 27, 2025 from 9 a.m. – 12 p.m. and 6 p.m. – 8:30 p.m. and Friday, March 28, 2025 from 9 a.m. – 12 p.m. The fair will be held at the Boston Convention and Exhibition Center.

Highlights of this year's fair include STEM and VPA focused areas, workshops covering topics such as college essays and financial aid, and access to the College Advising and Financial Aid Center.

Register for free early to take full advantage of the MatchMaking feature\*

\*What is MatchMaking? At the time of registration, students will select the attributes that are most important to them in a college. They will then receive an email that best matches them to the specific colleges and universities based on the criteria they provide. They will then reference this email on the day of the fair to connect with their best matches!

Complete information about the fair, including free student registration, can be found at <https://www.nacacattend.org/25Boston>.

More Information: More information about the NACAC National College Fair in Boston— including directions, a list of colleges exhibiting at the event, and tips to help students prepare for the fair — is available online at <https://www.nacacattend.org/25Boston>.


### Scholarships

You can find AVAILABLE SCHOLARSHIPS in the Guidance Office and also on the Guidance website. Visit the [guidance page](#) on the school website and click on Scholarship Information on the right side of the page. Scholarships are updated often, so check back regularly.

### Career of the Week

CAREER OF THE WEEK

MICROBIOLOGIST



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> <li>PLAN AND CONDUCT RESEARCH PROJECTS, SUCH AS IMPROVING STERILIZATION PROCEDURES OR DEVELOPING DRUGS TO COMBAT INFECTIOUS DISEASES</li> <li>PERFORM LABORATORY EXPERIMENTS FOR A VARIETY OF PURPOSES, SUCH AS TO INFORM THE DIAGNOSIS AND TREATMENT OF ILLNESSES</li> <li>ISOLATE AND MAINTAIN CULTURES OF MICROORGANISMS FOR STUDY</li> <li>IDENTIFY AND CLASSIFY MICROORGANISMS FOUND IN SPECIMENS COLLECTED FROM HUMANS, PLANTS, ANIMALS, OR THE ENVIRONMENT</li> <li>MONITOR THE EFFECT OF MICROORGANISMS ON PLANTS, ANIMALS, OTHER MICROORGANISMS, OR THE ENVIRONMENT</li> <li>PREPARE TECHNICAL REPORTS AND MAKE RECOMMENDATIONS BASED ON RESEARCH FINDINGS</li> <li>ATTEND CONFERENCES AND PRESENT RESEARCH FINDINGS</li> <li>SUPERVISE BIOLOGICAL TECHNICIANS AND EVALUATE THE ACCURACY OF THEIR RESULTS</li> </ul>	<p style="font-size: 0.8em;">MICROBIOLOGISTS TYPICALLY NEED AT LEAST A BACHELOR'S DEGREE IN MICROBIOLOGY OR A RELATED FIELD, SUCH AS BIOLOGY.</p> <p style="font-size: 0.8em;">MICROBIOLOGY STUDY INCLUDES COURSES SUCH AS MICROBIAL GENETICS, ENVIRONMENTAL MICROBIOLOGY, AND VIROLOGY. STUDENTS ALSO MAY BE REQUIRED TO TAKE COURSES IN CHEMISTRY, PHYSICS, AND MATHEMATICS.</p>	<p style="font-size: 0.8em;">PROJECTED JOB GROWTH 7% BETWEEN 2023-2033</p> <p style="font-size: 0.8em;">MEDIAN SALARY: \$85,470</p>

## ***SEL Tip of the Week***



Need a Change? Breaking negative habits starts with small, intentional choices. First, identify the habit you want to change and understand *why* you do it—what triggers it? Then, replace it with a positive action.

For example, if you scroll on your phone to avoid homework, try setting a timer for 10 minutes of focused work instead. Celebrate any and all steps forward and be patient with yourself—change takes time.

Remember, you're not alone! There are resources at school to help you including counselors, teachers, and peer support groups. Reach out—they can offer strategies and encouragement to help you succeed. You have the power to choose actions that help you grow! Don't stand still for fear of not being able to change. Take action, even if just one moment at a time.