



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Term Dates

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

MEFA Athletics and College Admissions Webinar, January 29th

Interested in playing athletics at the college level? The college search can be quite a bit different - or at least there will be specific and unique considerations to be aware of. Learn about the differences between NCAA's different divisions, tips for getting seen by coaches, and ensuring academic eligibility.

Dr. Janicki will be presenting for parents on **Wednesday, Jan 29 at 6:30pm**. Registration can be found here <https://www.mefa.org/webinar/athletics-in-college-admissions-2025/>

Bulldog Block Info Session for College Athletics for Students (Grades 9-11), January 30th

Counselors will be meeting with students (grades 9-11) who are interested in playing sports in college during Bulldog Block on **Thursday, Jan 30**. Students can sign-up through their mentor and participate here in school. As always, if you have specific questions, please let your counselor know and we'd be happy to meet individually.

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



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](#)

Junior Meetings, Starting February 3rd

Attention Juniors - Counselors will be meeting with juniors starting **February 3rd** to begin discussing the steps involved in the post-high school planning process, and introducing students to on-line college/career search tools. Presentations will take place during the student's study hall and will last approximately 50 minutes. Please check EHall Pass for meeting times and location. Bring your questions!

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.

Attention Seniors Interested in Nursing, February 6th

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.

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

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!

MEFA College Admissions Night for Families in Grade 10 & 11, February 12th

SAVE THE DATE of February 12th: Guidance will be hosting a presentation through MEFA on College Admissions for families of students in grades 10 and 11. This will be held in the library at 6 pm.

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

TECHNICAL WRITERS



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

WHAT DO THEY DO?

- DETERMINE THE NEEDS OF USERS OF TECHNICAL DOCUMENTATION
- STUDY PRODUCT SAMPLES AND TALK WITH PRODUCT DESIGNERS AND DEVELOPERS
- WORK WITH TECHNICAL STAFF TO MAKE PRODUCTS AND INSTRUCTIONS EASIER TO USE
- WRITE OR REVISE SUPPORTING CONTENT FOR PRODUCTS
- EDIT MATERIAL PREPARED BY OTHER WRITERS OR STAFF
- INCORPORATE ANIMATION, GRAPHS, ILLUSTRATIONS, OR PHOTOGRAPHS TO INCREASE USERS' UNDERSTANDING OF THE MATERIAL
- SELECT APPROPRIATE MEDIUM, SUCH AS MANUALS OR VIDEOS, FOR MESSAGE OR AUDIENCE
- STANDARDIZE CONTENT ACROSS PLATFORMS AND MEDIA

HOW TO BECOME ONE

EMPLOYERS GENERALLY PREFER CANDIDATES WHO HAVE A BACHELOR'S DEGREE IN ENGLISH, COMMUNICATIONS, JOURNALISM, OR A RELATED FIELD.

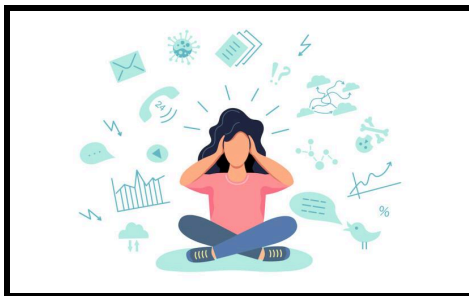
TECHNICAL WRITING JOBS MAY REQUIRE CANDIDATES TO HAVE KNOWLEDGE OF A TECHNICAL FIELD, SUCH AS ENGINEERING OR COMPUTER AND INFORMATION TECHNOLOGY.

JOB OUTLOOK & SALARY

PROJECTED JOB GROWTH 4% BETWEEN 2023-2033

MEDIAN SALARY: \$80,050

SEL Tip of the Week



When you're feeling overwhelmed and the world feels heavy, pause and take a few slow, deep breaths to ground yourself. There are a lot of different strategies that you can use. Many students like to use the "5-4-3-2-1" technique - notice five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste. This simple exercise can help you reconnect with the present moment and lighten the weight of your thoughts. Other students like to practice self-compassion and remind themselves that it is ok to feel this way and to speak to themselves as they would a close

friend - with both kindness and understanding. Others like to chunk challenges. This means to break overwhelming tasks into smaller, manageable steps. Check off your tasks as you accomplish them to see your progress. Some students prefer to connect with nature and spend time outside, even if it's just a short walk. The fresh air and natural surroundings can help clear your mind. Setting boundaries is an important part of reducing stress. It is ok to say no to added stressors and to step back from things that you don't need to go alone. Remember to be active and engage in physical activity, like stretching, yoga, or a quick workout, can release built-up tension and elevate your energy levels. Each of these strategies can be tailored to your personal needs and preferences. Reaching out to a trusted friend, family member, or counselor can make a big difference too - you are not alone!