



ORRHS Guidance Newsletter

Current Guidance Happenings

School Counseling Week, February 3rd-7th

It's School Counseling Week! This is a great time to recognize and appreciate the vital role school counselors play in supporting students' academic, social, and emotional well-being. Their guidance helps students navigate challenges, set goals, and build a strong foundation for future success. Please show your appreciation for your ORRHS counselors by letting them know the impact they have had on you!

Junior Meetings, Starting February 3rd

Counselors will begin 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		CONSTRUCTION MANAGERS
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<p>CONSTRUCTION MANAGERS TYPICALLY DO THE FOLLOWING:</p> <ul style="list-style-type: none">• PREPARE COST ESTIMATES, BUDGETS, AND WORK TIMETABLES• INTERPRET AND EXPLAIN CONTRACTS AND TECHNICAL INFORMATION TO OTHER PROFESSIONALS• COLLABORATE WITH ARCHITECTS, ENGINEERS, AND OTHER CONSTRUCTION SPECIALISTS• SELECT SUBCONTRACTORS AND SCHEDULE AND COORDINATE THEIR ACTIVITIES• MONITOR PROJECTS AND REPORT PROGRESS AND BUDGET MATTERS TO THE CONSTRUCTION FIRM AND CLIENTS• RESPOND TO WORK DELAYS, EMERGENCIES, AND OTHER PROBLEMS WITH THE PROJECT• ENSURE THAT THE PROJECT COMPLIES WITH LEGAL REQUIREMENTS, SUCH AS BUILDING AND SAFETY CODES	<p>CONSTRUCTION MANAGERS TYPICALLY NEED A BACHELOR'S DEGREE, AND THEY LEARN MANAGEMENT TECHNIQUES THROUGH ON-THE-JOB TRAINING. LARGE CONSTRUCTION FIRMS MAY PREFER TO HIRE CANDIDATES WHO HAVE BOTH CONSTRUCTION EXPERIENCE AND A BACHELOR'S DEGREE IN A CONSTRUCTION-RELATED FIELD. FIRMS MIGHT HIRE AS MANAGERS THOSE WHO HAVE A HIGH SCHOOL DIPLOMA AND MANY YEARS OF EXPERIENCE IN A CONSTRUCTION TRADE; HOWEVER, THESE PEOPLE MAY BE MORE LIKELY TO WORK AS SELF-EMPLOYED GENERAL CONTRACTORS THAN TO BE HIRED AS CONSTRUCTION MANAGERS.</p>	<p>PROJECTED JOB GROWTH 9% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$104,900</p>

SEL Tip of the Week

SELF-AWARENESS

DEFINITION	TYPES
<p>Self-awareness is the conscious knowledge of one's own character, feelings, motives, and desires. It is the ability to reflect on oneself and recognize patterns in one's thoughts, behaviors, and emotions. Through self-awareness, individuals can understand their strengths, weaknesses, and how they are perceived by others.</p>	<ul style="list-style-type: none">• Internal self-awareness: This is the recognition and understanding of one's internal states, preferences, emotions, and thoughts.• External self-awareness: This pertains to understanding how others perceive us in various contexts and situations, helping us to navigate social situations.

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Check in with your feelings! Practice self-awareness by checking in with your emotions throughout the day. A simple habit like pausing to name your feelings—whether happy, excited, frustrated, or overwhelmed—can help you develop emotional intelligence and self-regulation skills. Modeling this as educators and providing a supportive space for reflection can foster a more mindful and resilient classroom environment. Take the time to press pause, be in the moment, and practice self-awareness.