



ORRHS Guidance Newsletter

Current Guidance Happenings

ASVAB Testing Info Session - Grades 10-12



On Thursday, February 27, during Bulldog Block, we will be having an ASVAB information session. The ASVAB is an aptitude test that measures students' developed strengths and skills. The test results facilitate career planning, regardless of students' post secondary plans. *Please sign up with your mentor if you are interested in attending.*

ORRHS will be offering the ASVAB test on March 5th (half day) from 12-4 pm for those interested in taking it. To learn more visit: <https://www.asvabprogram.com/>

Future Leaders in Public Service Conference

Harvard University is hosting an engaging and dynamic conference for high schoolers on Harvard University's campus from April 12th-13th, 2025, entitled the *Future Leaders in Public Service Conference (FLIPS)*.

FLIPS is a 2-day conference on Harvard's campus in Cambridge, Massachusetts for high schoolers who aspire to be our nation's future leaders in fields of public service, which encompass government, education, justice reform, and the nonprofit sector.

High school students are placed in small groups, each led by a *current Harvard College student*, providing a unique opportunity for mentorship and leadership development. Attendees hone personal goals, experience a glimpse of college life at a top university, hear from public service professionals, and are taught public service leadership skills to bring back to their communities and to utilize in their current and future roles as leaders focused on the public good.

FLIPS represents a unique opportunity for students to distinguish themselves and to highlight their true commitment to becoming future leaders in public service. **If you believe that you are a good fit for the 2025 Future Leaders in Public Service Conference, apply [here](#). Financial support to students who cannot afford to attend is available.**

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>.

Junior Meetings with Counselors

Attention Juniors - Starting **February 24**, the guidance counselors will be meeting with juniors in the guidance conference room during Study Blocks for Session 2 - College Search. Please bring your device and a writing utensil.

College Acceptance Letters

Attention Seniors: Don't forget to bring a copy of your college acceptance letters to your guidance counselor. It does not need to be the original - it can be a copy, screenshot, email, etc.

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.

SAVE THE DATE, Northeast Maritime Open House, March 22nd

Please join Northeast Maritime Institute for their annual Spring Open House on Saturday, March 22nd from 11-2. Northeast Maritime Institute offers a different college experience. A cohort style education and hands-on learning are key components of the Associate in Applied Science in Nautical Science degree, transferring the concepts covered in the classroom to practical applications in labs, in their full-bridge simulators, on board their training vessels, and during summer externship experiences.

It is NMI's passion to deliver a high-quality education that is affordable and gives students the opportunity to earn a living right after graduation. Not only are they receiving a college degree, but they are also receiving the professional tools and skills to succeed in life and in their careers in the maritime industry.


NMI graduates leave the program with 78 credits of general education and nautical science courses as well as completion of the required professional licensing examinations on campus and receive an extensive list of license endorsements and recognized training to easily navigate upward in the maritime industry.

Northeast Maritime enrolls students twice yearly and is accepting applications for the Fall 2025 and Spring 2026 cohorts. Applications can be found on their website at <https://cms.nmi.edu/>.

Bridgewater State University - Virtual Future Educators Conference

Bridgewater State University invites you to their Virtual Future Educators Conference - Empower Your Future: Become a Teacher on **March 21st from 8:30-12:00 PM**. This event is geared towards high school students who may be interested in a career in teaching. The keynote speaker is Ms. Luisa Sparrow, the 2025 Massachusetts Teacher of the Year. Following her presentation, there will be several breakout sessions with teachers throughout Massachusetts. Their expertise covers early and elementary education, special education, middle and high school. The [conference website](#) is available and students may register through the QR code or through [this link](#). Contact your guidance counselor if you are interested!

Career of the Week

<div>CAREER OF THE WEEK</div> <div>AEROSPACE ENGINEERING TECHNICIAN</div> <div> https://www.bls.gov/ooh/</div>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• MEET WITH AEROSPACE ENGINEERS TO DISCUSS DETAILS AND IMPLICATIONS OF TEST PROCEDURES• BUILD AND MAINTAIN TEST FACILITIES FOR AIRCRAFT SYSTEMS• MAKE AND INSTALL PARTS AND SYSTEMS TO BE TESTED IN TEST EQUIPMENT• OPERATE AND CALIBRATE COMPUTER SYSTEMS SO THAT THEY COMPLY WITH TEST AND MANUFACTURING REQUIREMENTS• MAKE SURE THAT TEST PROCEDURES ARE PERFORMED SMOOTHLY AND SAFELY• RECORD DATA FROM TEST PARTS AND ASSEMBLIES• INSTALL INSTRUMENTS IN AIRCRAFT AND SPACECRAFT• MONITOR AND ENSURE QUALITY IN PRODUCING SYSTEMS THAT GO INTO THE AIRCRAFT	<p>HIGH SCHOOL STUDENTS INTERESTED IN BECOMING AN AEROSPACE ENGINEERING AND OPERATIONS TECHNOLOGIST OR TECHNICIAN SHOULD TAKE CLASSES IN MATH, SCIENCE, AND, IF AVAILABLE, DRAFTING AND INFORMATION TECHNOLOGY.</p> <p>AEROSPACE ENGINEERING AND OPERATIONS TECHNOLOGISTS AND TECHNICIANS TYPICALLY NEED AN ASSOCIATE'S DEGREE IN ENGINEERING TECHNOLOGY OR A RELATED FIELD. SOME EMPLOYERS CONSIDER CANDIDATES WHO HAVE A HIGH SCHOOL DIPLOMA OR HAVE COMPLETED A CERTIFICATE PROGRAM. ASSOCIATE'S DEGREE AND CERTIFICATE PROGRAMS ARE AVAILABLE AT COMMUNITY COLLEGES OR VOCATIONAL-TECHNICAL SCHOOLS.</p>	<p>PROJECTED JOB GROWTH 8% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$77,830</p>

SEL Tip of the Week

The Mindful Reset: A mindful reset is a quick and simple practice that helps everyone regain focus and calm their minds, especially during moments of stress or transitions throughout the day. It involves techniques like deep breathing, guided relaxation, or simply taking a few moments to pause and tune into the present moment. A mindful reset allows students to reduce anxiety, improve emotional regulation, and reset their mindset, making it easier to engage with lessons and stay focused. It's a great tool for classroom transitions or after a challenging activity. Try incorporating a mindful reset this week to feel more grounded and ready to learn!