



ORRHS Guidance Newsletter

Current Guidance Happenings

ASVAB Test THIS WEEK - March 5th (half day) from 12-4 pm



Students who are interested in taking the Armed Services Vocational Aptitude Battery (ASVAB) test should sign up using this [ASVAB RSVP Link](#). The ASVAB Career Exploration Program includes a validated aptitude test and interest assessment. The results are used to guide career exploration using career planning tools.

*Taking the test does not mean that a student is committing to the military.

Unified Track Partners Wanted

Unified Track is looking for partners! Unified Track and Field is a varsity level sport that pairs students with disabilities (athletes) and without disabilities (partners) on the same team. Come join an amazing program and help make a difference. The Unified Track Team competes in four to five meets per season, a sectionals meet, and a state meet if an athlete qualifies. Practices will be held after school at the ORRHS Track on Mondays and Wednesdays from 2-3:30pm. Meets are held on Tuesdays. If you have any questions, please reach out to emmafenton@oldrochester.org.

Rob Roy Scholarships for Cosmetology/Barber Programs and Esthetics



Rob Roy Academy offers two different scholarships for upcoming 2025 graduates.

- o \$1000.00 scholarships for our Cosmetology & Barber programs
- o \$600 scholarships for the Esthetics Program

At Rob Roy Academy, they offer Cosmetology, Barbering, and Esthetics programs. They pride themselves on their achieved graduation rate of 90.12 %. They find that students who enter their programs excel with hands-on content. The typical student that inquires into Rob Roy programs tends to be creative, artistic, people-oriented, with an entrepreneurial spirit. Their programs teach beyond the boundaries of the beauty and

barber industries, such as entrepreneurship and financial literacy as just a few examples.

Scholarships will be awarded to graduates with a sincere desire to enter the fields of Cosmetology or Barbering. Below are the eligibility criteria for students applying for the scholarship:

- o Must be scheduled to graduate in the 2025 academic year
- o Submit a completed admission application
- o Enroll for either 1000 hours of Cosmetology, 1000 hours of Barbering or 600 hours of Esthetics
- o Provide one letter of recommendation (ex. Guidance counselor, teacher, employer, non-family member)
- o Submit two of the following for review:
 1. 250+ Word Essay explaining their career goals and why they want to become either a Barber or Cosmetologist. And/Or,

2. Two pieces of creative work, such as pictures of hairstyles, nail work, or make up that the applicant has personally created. And/Or,
3. A 3-minute video telling RRA about the applicant, their career goals, and why they want to become a Barber or Cosmetologist.

Once a student submits the scholarship requirements to the Admissions Department at lpina@rob-roy.com for consideration, the Admissions Department will be in contact with them for an interview. All scholarships are awarded at the completion of their program. Students must enroll on or before the September 2025 class start date and are expected to retain the scholarship by meeting satisfactory academic progress. **Please contact your guidance counselor to learn more if you are interested!**

Acushnet Teachers Offer Scholarships for College Bound Acushnet Students

The 2025 Acushnet Teachers Association Scholarship Program application forms are now available for students and their families to download online. In order to assist Acushnet residents in continuing to build their academic futures, the Acushnet Teachers Association annually awards scholarships to qualified students. Residents of Acushnet enrolling in a full-time undergraduate college program in 2025-2026 are eligible for these awards. In addition to A.T.A. Scholarships, the A.T.A. Scholarship Committee is also responsible for judging applicants for the Acushnet P.T.O., Acushnet Lions Club, and the Acushnet Historical Society Scholarship. By filling out the single application form, students are considered for any and all of the above-named Acushnet scholarships for which they are eligible. Visit www.acushnetteachers.com for printable application forms and more information about the Acushnet Teachers Association Scholarship Program. **Applications and required paperwork are due on April 4, 2025.** For questions, please contact A.T.A. Scholarship Committee Chair, Jennifer Deslauriers at jenniferdeslauriers@acushnetschools.us

Summer Job Opportunity



Mattapoisett Land Trust and the Buzzards Bay Coalition will be hiring a Summer Seasonal Stewardship Position for Summer 2025.

The Summer Land Steward will assist with aspects of conservation land stewardship for Buzzards Bay Coalition and Mattapoisett Land Trust. The position is a full-time, seasonal position that will run for roughly 10 weeks (~400 hours), with an ideal start date in May or early June. Candidates must have an educational

background, experience and passion for conservation land management, property management and outdoor work. The position is currently based out of the Coalition's Marion facility and the Mattapoisett Land Trust office. Conservation lands are located throughout the Buzzards Bay watershed with a primary focus on the Rochester, Acushnet, Mattapoisett, Fairhaven and Wareham areas.

Specific Responsibilities:

Tasks include but are not limited to:

- Maintain trails, signs, bridges, boardwalks, overlook decks, piers, dams and water control structures, fences, parking areas, and other structures and facilities.
- Perform mowing, brush clearing, erosion control, debris removal, sign and fence installation, and other property management tasks as needed.
- Respond to inquiries from the public and conservation land users and implement sound judgement regarding when a subject or inquiry should be more appropriately directed to a supervisor.
- Foster and maintain positive relations with abutters, neighbors and local communities.
- Help manage and maintain tools, supplies, materials and equipment as needed to support stewardship activities.
- Assist as needed the Restoration Ecologist regarding implementation of ecological restoration projects.
- Provide support to other local land trusts and municipalities within the Bay watershed regarding land stewardship activities.

Compensation

This is a temporary, at-will position, for approximately 10 weeks over the period of May to July/August 2025 with start and end dates to be confirmed during the application process. The pay rate will be between \$15 to \$20 per hour depending upon experience.

To Apply

Interested applicants should send a cover letter, resume and contact information for three academic or professional references in one PDF file via email to: Mary Doucette, Land Stewardship Manager, at doucette@savebuzzardsbay.org

Bryant University Pre College Economics Program



Bryant University is excited to announce their 2025 Pre College Economics Program for High School Students at Bryant University. In this program, students will learn how to apply economic knowledge to affect social change. Students will have the opportunity to work closely with Bryant University faculty during an immersive, five day, in-person experience. By the end of the program, students will have learned both basic and

advanced economic concepts and have the ability to analyze current policy issues. All students who complete the program will receive a Certificate of Completion from the Bryant University Economics Department.

The program will run from 9:00am to 3:00pm, August 4th through August 8th. This is an in-person program. Students are responsible for their own transportation to and from campus each day. However, all materials and lunch will be included in the cost of tuition. The entire program costs \$600 and there is no application fee.

Students can apply online at: <https://www.bryanteconsummerprogram.com/>. Contact Dr. Laura Beaudin at lbeaudin@bryant.edu for more information or with any questions.

College Acceptance Letters and/or Future Plans

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.

Students who will be entering the workforce, traveling, training, taking a gap year, or joining the military, please share your plans with your counselor.

Wareham Gatemen Executive Committee Seeking Game Day Operations Interns

Are you a junior or a senior who will be pursuing a degree in Sports Management? The Wareham Gatemen are currently looking for 5 Game day operations interns. The Cape Cod Baseball League is the country's premier collegiate summer baseball league with a 100+ year history and about 200 players being drafted annually to Major League Baseball. If you are interested in learning more, please email Bethany Couto at interns@gatemen.org or visit their website: [Operations Internship Program](#).

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.**

Bridgewater State University - Virtual Future Educators Conference - March 21st

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!**

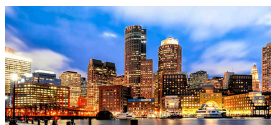
Northeast Maritime Open House, March 22nd

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/>.

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 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


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.

Starting **March 6**, Guidance Counselors will be meeting with Juniors in the guidance conference room during study blocks for Session 3 to complete Naviance activities (Senior Questionnaire & Resume). Please bring your device and a writing utensil.

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 PUBLIC RELATIONS SPECIALISTS  | | |
|--|---|---|
| WHAT DO THEY DO? | HOW TO BECOME ONE | JOB OUTLOOK & SALARY |
| <ul style="list-style-type: none">• WRITE PRESS RELEASES AND PREPARE INFORMATION FOR THE MEDIA• RESPOND TO INFORMATION REQUESTS FROM THE MEDIA• HELP CLIENTS COMMUNICATE EFFECTIVELY WITH THE PUBLIC• DRAFT SPEECHES AND ARRANGE INTERVIEWS FOR A CLIENT'S TOP EXECUTIVES• EVALUATE PUBLIC OPINION OF CLIENTS THROUGH SOCIAL MEDIA• EVALUATE ADVERTISING AND PROMOTION PROGRAMS TO DETERMINE WHETHER THEY ARE COMPATIBLE WITH THEIR ORGANIZATION'S PUBLIC RELATIONS EFFORTS• HELP MAINTAIN THEIR ORGANIZATION'S IMAGE AND IDENTITY | <p>PUBLIC RELATIONS SPECIALISTS TYPICALLY NEED A BACHELOR'S DEGREE IN PUBLIC RELATIONS OR ANOTHER COMMUNICATIONS FIELD, SOCIAL SCIENCE, OR BUSINESS.</p> <p>THROUGH SUCH PROGRAMS, STUDENTS MAY PRODUCE A PORTFOLIO OF WORK THAT DEMONSTRATES THEIR ABILITY TO PROSPECTIVE EMPLOYERS.</p> | <p>PROJECTED JOB GROWTH 6% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$66,750</p> |

SEL Tip of the Week

Facing tough times can feel overwhelming, but remember that you don't have to go through it alone. Reach out for support from friends, family, or a counselor. Take things one step at a time, and focus on what you can control. Practicing self-compassion is key. Remember to be kind to yourself, and allow yourself space to feel and heal.