



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Calendar Dates

Term 3 ends on Thursday, March 27th

CPR Heartsaver Course, March 13th

There are openings for the annual Certified Heart Saver CPR training to take place on 3/13/2025 from 2:30 -4:30pm in Ms. Dore's room. The cost is \$55.00 (with a rebate given back to your class). Certification Cards will be given upon completion of the course. This certification is good to have if you are thinking of applying for any camp counselor positions, babysitting jobs, or restaurant work. Get ahead of the requirements they will be looking for. Interested students should see Ms. Oleson in Ms. Dore's classroom to register before Wednesday.

Southcoast Health Certified Nursing Assistant (CNA) Applications



Applications are now open for the Southcoast Health Certified Nursing Assistant (CNA) Training Program. The application deadline is March 14th. The six-week paid training program begins May 19, 2025.

This part-time, 32-hour per week program is offered quarterly and focuses on providing the knowledge and competencies required for the Massachusetts Certified Nursing Assistant examination. Anyone that meets the minimum qualifications is welcome to apply. Participants will learn the theoretical concepts, principles and skills to care for patients in the acute care and long-term care settings, using the recommended practices established by the Massachusetts Nurse Aide Registry.

The six-week program consists of a classroom portion that includes lectures, skills lab practice and observational experiences on the inpatient care units at St. Luke's Hospital in New Bedford, MA and clinical rotation at a local rehabilitation facility.

- Clinical Time: 7am-3:30pm (3 days per week, variable days)
- Classroom Time: 8am-4:30pm (1 day per week, variable days)
- Pay Rate during training is \$16/hr.
- Costs covered for text and workbook, one scrub set and certification exam fee

Upon completion of the training program and certification, participants will be expected to continue to work at one of Southcoast Health's three hospitals in a full-time or part-time nursing assistant position for a minimum period of 1 year. Positions are available at Charlton Memorial Hospital in Fall River, St. Luke's Hospital in New Bedford and Tobey Hospital in Wareham. Shifts will vary.

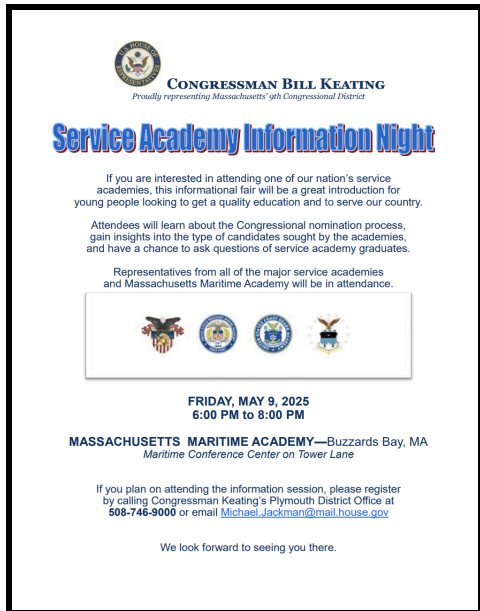
Hawthorn Medical Associates Scholarship

Hawthorn Medical Associates will once again offer \$2,000 scholarships to area high school seniors. Eligibility requirements along with the application are available on their website at hawthornmed.com/scholarships. Applications are due by April 18.

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.

Save the Date - Service Academy Information Night - May 9th



Massachusetts Maritime Academy will be hosting an in-person Service Academy Information Night for students and their families in the Ninth Congressional District. The Service Academy Information Night will be an opportunity to learn more about the federal service academies and the unique challenges of cadet life.

Representatives from West Point, the Naval Academy, the Air Force Academy, the Merchant Marine Academy and the Coast Guard Academy will be on hand to answer questions and give their perspectives on each institution's admissions process. Students will also learn about the Congressional nomination process and receive a nomination application packet for the Class of 2030. If students have questions or would like to register for the event, please contact Michael Jackman at michael.jackman@mail.house.gov or by phone at 508-746-9000.

ORR Cares in Collaboration with Knit or Crochet Craft Night, March 13th



ORR Cares in collaboration with the Knit or Crochet Club is hosting a mental health awareness Craft Night in the ORRHS Library on March 13th from 5-7 pm.

All ages and families are welcome. Please join us for some fun! Learn to knit, crochet, make fabric tied blankets, and color.

Please RSVP using the QR code in the flyer!

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

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.

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.

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](#).

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 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

<div><div>CAREER OF THE WEEK</div><div>INDUSTRIAL DESIGNER</div><div> https://www.bls.gov/ooh/</div></div>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">CONSULT WITH CLIENTS FOR DESIGNSRESEARCH THE VARIOUS WAYS A PARTICULAR PRODUCT MIGHT BE USED, AND WHO WILL USE ITSKETCH IDEAS OR CREATE RENDERINGS, WHICH ARE IMAGES ON PAPER OR ON A COMPUTER THAT PROVIDE A VISUAL OF DESIGN IDEASUSE COMPUTER SOFTWARE TO DEVELOP VIRTUAL MODELS OF DIFFERENT DESIGNSCREATE PHYSICAL PROTOTYPES OF THEIR DESIGNSEXAMINE MATERIALS AND MANUFACTURING REQUIREMENTS TO DETERMINE PRODUCTION COSTSWORK WITH OTHER SPECIALISTS, SUCH AS MECHANICAL ENGINEERS AND MANUFACTURERS, TO EVALUATE WHETHER THEIR DESIGN CONCEPTS WILL FILL NEEDS AT A REASONABLE COSTEVALUATE PRODUCT SAFETY, APPEARANCE, AND FUNCTION TO DETERMINE IF A DESIGN IS PRACTICALPRESENT DESIGNS AND DEMONSTRATE PROTOTYPES TO CLIENTS FOR APPROVAL	<p>A BACHELOR'S DEGREE IS USUALLY REQUIRED FOR ENTRY-LEVEL INDUSTRIAL DESIGN JOBS. COMMON FIELDS OF DEGREE INCLUDE FINE ARTS, ENGINEERING, OR ARCHITECTURE.</p> <p>MOST INDUSTRIAL DESIGN PROGRAMS INCLUDE COURSES IN DRAWING, COMPUTER-AIDED DESIGN AND DRAFTING (CADD), AND THREE-DIMENSIONAL MODELING, AS WELL AS COURSES IN BUSINESS, INDUSTRIAL MATERIALS AND PROCESSES, AND MANUFACTURING METHODS.</p>	<p>PROJECTED JOB GROWTH 4% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$79,250</p>

SEL Tip of the Week



Practice Kindness with Your Words – Speak to Yourself Like a Friend

When you face challenges or make mistakes, try to shift your inner dialogue to a positive, supportive tone. Instead of saying, "I can't do this," or "I'm not good enough," try saying, "This is tough, but I can keep trying," or "I'm learning and growing every day." Positive self-talk helps build resilience, boosts self-esteem, and reinforces a growth mindset. Remember, you're your own biggest cheerleader—treat yourself with the same kindness you'd show a friend!