



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Calendar Dates

Term 3 ends on Thursday, March 27th

Volunteer Opportunity

Sippican School is looking for student volunteers for the "Arts in Action" event on April 16th. Students can volunteer in two different ways:

- Hanging artwork on the day of the show
- Volunteering to run student art activities-no art experience necessary-at the event

Reach out to laurenmillette@oldrochester.org if interested in volunteering!

Attention Parents - Credit for Life Volunteers Wanted



Did you know that 86% of high school students say the most important skill they need post graduation is understanding personal finance; only 30% believe their schools are preparing them (Barr Foundation, 2019)

We are proud to announce our second annual Credit for Life Fair at ORRHS. This year, Jim Curran of Cape Cod 5 will lead financial literacy education sessions for our juniors and our seniors. The seniors will additionally participate in our Credit for Life Fair on April 8th.

At the fair, students will choose their professions, are assigned monthly take-home salaries, then navigate online checkpoints to make "purchases" utilizing imaginary cash, credit, or saving all while visiting in person booths and benefiting from guidance and advice from in person volunteers. The goal? To learn to live within their budget while having fun!

Parents/Guardians, If you are interested in volunteering to run a station at the fair to be held on April 8th, please email laurenmillette@oldrochester.org.

Financial Aid Sessions for High School Seniors, March 19th or April 16

The Massachusetts Educational Financing Authority (MEFA) will host two virtual Financial Aid Offer Hotline events from 5:00 to 7:00 p.m. on Wednesday, March 19 and Wednesday, April 16 to help college-bound students and their families understand financial aid offers. Each student/family will meet with a financial aid expert to walk through each college financial aid offer the student has received, calculate the estimated balance due at each school, and consider their options for paying the remaining college costs. Families can drop in virtually to either event. Interested students and families can [register online](#).

Bulldog Pride Alumni Association Scholarships for the Class of 2025, Due March 31st

Applications can now be requested for Bulldog Pride Awards. Seniors, please take a look at the scholarship opportunities available to you below.

1. Bulldog Pride Award 2025-2028

This year we will be offering two (2) Bulldog Pride Awards for 2025, this scholarship provides a one-time award to two seniors of the 2025 graduating class. We have increased the award to \$1500 each. There will be 4 finalists this year who will be interviewed by members of the committee. As was required previously, students who wish to apply shall request an award packet by writing to bulldogpridealumassoc@gmail.com. The application period closes on Monday March 31, 2025 with interviews being conducted in April/May. The winner will be announced on or before June 5, 2025

2. Bulldog First Award 2025

For the first time, we will be offering a Bulldog First Award which will go to a 2025 senior who will be enrolling in a 2-year or 4-year college as a first generation student (a first generation student is one whose parents or guardians have not completed a 4-year college degree). All graduating seniors of the class of 2025 who reflect this distinction are encouraged to apply. This award offers \$500 per year for 2 or 4 years with a maximum allocation of \$2000. There will be 2 finalists for this award who might be interviewed by members of the committee. Students who wish to apply shall request an award packet by writing to bulldogpridealumassoc@gmail.com. The application period closes on Monday March 31, 2025 with interviews being conducted in April/May. The winner will be announced on or before June 5, 2025.

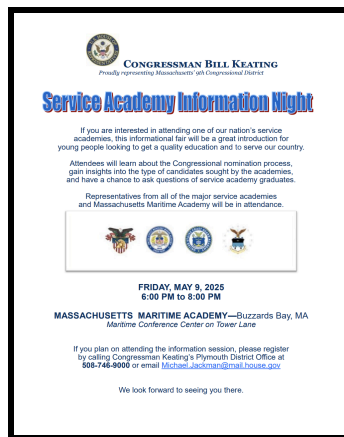
Hawthorn Medical Associates Scholarship, Due April 18th

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.

Final AP Exam Balances Due Soon

AP students, please bring your final AP exam payment to Ms. Bischel in guidance by **April 9th**. Students may pay by cash or check (made payable to ORRHS). Stop by guidance if you have any questions!

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>CAREER OF THE WEEK</div> <div>FIRE INSPECTOR</div> <div> https://www.bls.gov/ooh/</div>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<p>FIRE INSPECTORS AND INVESTIGATORS EXAMINE BUILDINGS AND SCENES OF FIRES; FOREST FIRE INSPECTORS AND PREVENTION SPECIALISTS ASSESS CONDITIONS FOR OUTDOOR FIRE RISKS.</p> <ul style="list-style-type: none">• SEARCH BUILDINGS FOR FIRE HAZARDS• REVIEW BUILDING BLUEPRINTS WITH DEVELOPERS• ENSURE THAT EXISTING BUILDINGS AND DESIGNS COMPLY WITH FIRE CODES• CONDUCT FIRE AND SAFETY EDUCATION PROGRAMS AND REVIEW EMERGENCY EVACUATION PLANS• COLLECT AND ANALYZE EVIDENCE FROM SCENES OF FIRES AND EXPLOSIONS• TESTIFY IN CIVIL AND CRIMINAL LEGAL PROCEEDINGS	<p>FIRE INSPECTORS' EDUCATION REQUIREMENTS VARY, BUT MOST NEED AT LEAST A HIGH SCHOOL DIPLOMA OR THE EQUIVALENT. SOME NEED POSTSECONDARY INSTRUCTION, SUCH AS THAT REQUIRED FOR EMERGENCY MEDICAL TECHNICIAN (EMT) CERTIFICATION.</p>	<p>PROJECTED JOB GROWTH 6% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$74,160</p>

SEL Tip of the Week



Fuel Your Body with Nutritious Snacks

As your schedule gets busier, it can be tempting to grab quick snacks that don't give you the energy you need. Instead, try swapping out sugary or processed snacks for healthier options, like fruit, nuts, or whole foods. These choices not only give your body the nutrients it needs, but they also help improve your focus and mood throughout the day. Healthy eating is a great way to take care of yourself both physically and mentally!