



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### ***Important Calendar Dates***

Term 3 ends on Thursday, March 27th

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### ***MCAS Testing for Grade 10, March 25th and 26th***

Sophomores will test for English MCAS on Tuesday and Wednesday of this week. Testing is scheduled to take 2 ½ hours for Session 1 and 2 hours for Session 2. Please come prepared to take the test with a **charged school issued device** and read your email for your testing location. Did you know that you can earn scholarships for college for your scores on your MCAS exams, including the John and Abigail Adams Scholarships and the Koplik? Your teachers have worked hard to prepare you, please show them your appreciation by working to your fullest potential. Show up for yourself and do your very best!

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### ***New Bedford Symphony Orchestra Scholarship Applications Now Open - Ages 14-21***

The New Bedford Symphony Orchestra is currently looking for applicants for the Lillian B. Lamoureux Scholarship and the Tobias S. Monte Scholarship. Applications for the 2025 Lamoureux and Monte Scholarships are now open.

The Lillian B. Lamoureux Music Scholarship is open to all South Coast music students ages 14-21. Two \$1,000 scholarships will be awarded annually, one to a high school student and one to a college student. Scholarships may be used for private music lessons, tuition, or other expenses that further the student's music education. The scholarship, awarded by the NBSO since 2000, recognizes the legacy of former President Emerita and longtime board President Lillian B. Lamoureux.

The Tobias S. Monte Music Scholarship was established in May of 2024 in honor of Tobias S. Monte, the NBSO's longtime youth orchestra senior conductor, upon his retirement from the program. The scholarship is awarded to young musicians to help them pursue their interest in music.

To apply to the Lillian B. Lamoureux Music Scholarship and the Tobias S. Monte Music Scholarship, fill out the application form available online at <https://nbsymphony.org/scholarships/>. Applications should be submitted by May 16, 2025. Applicants can mail their application to the NBSO office at 128 Union St. Suite 204 New Bedford, MA 02740, or email it to NBSO Education Director Terry Wolkowicz at [twolkowicz@nbsymphony.org](mailto:twolkowicz@nbsymphony.org).

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### ***TurnUp Activism Internship***

TurnUp Activism is a non-profit organization dedicated to strengthening democracy through increasing youth civic engagement. 400,000 young voters have been registered since 2019. Interns work in remote teams of mission-driven young people from around the country to help amplify youth civic engagement and participate in activism on many issues that you care about. Visit this link: <https://www.turnup.us/internship> to learn more.

## ***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](mailto:laurenmillette@oldrochester.org) if interested in volunteering!

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## ***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](mailto:laurenmillette@oldrochester.org).

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## ***Financial Aid Sessions for High School Seniors, 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](#).

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## ***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](mailto: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](mailto: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.

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## 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](http://hawthornmed.com/scholarships). Applications are due by April 18.

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## 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](mailto:emmafenton@oldrochester.org).

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## Save the Dates - Financial Wellness Presentations

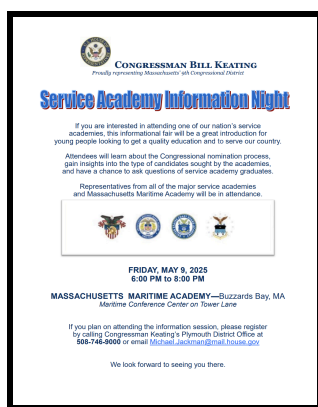
Cape Cod Five will be here to present on Financial Wellness on two dates:

- Seniors, save the date of 3/28 during BB
- Juniors, save the date of 4/2 during BB

Students last Spring remarked that this was one of the most useful presentations they have ever heard!

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## 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](mailto:michael.jackman@mail.house.gov) or by phone at 508-746-9000.

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## 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!

## 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.

## 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>.

## 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		LIBRARIAN
		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"><li>• CREATE AND USE DATABASES OF LIBRARY MATERIALS</li><li>• ORGANIZE LIBRARY MATERIALS SO THEY ARE EASY TO FIND</li><li>• HELP LIBRARY PATRONS TO CONDUCT RESEARCH TO EVALUATE SEARCH RESULTS AND REFERENCE MATERIALS</li><li>• RESEARCH NEW BOOKS AND MATERIALS BY READING BOOK REVIEWS, PUBLISHERS' ANNOUNCEMENTS, AND CATALOGS</li><li>• MAINTAIN EXISTING COLLECTIONS AND CHOOSE NEW BOOKS, VIDEOS, AND OTHER MATERIALS FOR PURCHASE</li><li>• PLAN PROGRAMS FOR DIFFERENT AUDIENCES, SUCH AS STORY TIME FOR CHILDREN</li><li>• TEACH CLASSES ABOUT INFORMATION RESOURCES</li><li>• RESEARCH COMPUTERS AND OTHER EQUIPMENT FOR PURCHASE, AS NEEDED</li><li>• TRAIN AND SUPERVISE LIBRARY TECHNICIANS, ASSISTANTS, OTHER SUPPORT STAFF, AND VOLUNTEERS</li><li>• PREPARE LIBRARY BUDGETS</li></ul>	<p>LIBRARIANS TYPICALLY NEED A MASTER'S DEGREE IN LIBRARY SCIENCE. SOME COLLEGES AND UNIVERSITIES HAVE OTHER NAMES FOR THEIR LIBRARY SCIENCE PROGRAMS, SUCH AS MASTER OF INFORMATION STUDIES OR MASTER OF LIBRARY AND INFORMATION STUDIES.</p> <p>STUDENTS NEED A BACHELOR'S DEGREE IN ANY MAJOR TO ENTER MLS OR SIMILAR PROGRAMS.</p>	<p>PROJECTED JOB GROWTH 4% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$64,370</p>

## ***SEL Tip of the Week***



**Practicing Self-Awareness:** Practice self-awareness by checking in with your feelings throughout the day. This can involve taking a few moments to pause and reflect on your emotions, noticing how they might be affecting your thoughts and actions. For example, you could ask yourself, “How am I feeling right now? Why might I be feeling this way?” Building self-awareness helps you better understand your emotions, identify triggers, and make thoughtful choices in how you respond to situations. It’s a great foundation for developing other SEL skills like self-regulation, empathy, and healthy relationships.