



# ORRHS Guidance Newsletter

## Current Guidance Happenings

### ***Mass Hire Youth Expo, Express Interest by April 7th***



On **Wednesday May 14<sup>th</sup>** at the Fort Rodman Community Center in New Bedford MassHire will be having their 4<sup>th</sup> Annual Opportunity Expo from 9:00 am – 12:00. At the Expo students will have the opportunity to engage over 30 businesses and community organizations and learn about employment opportunities. The event will feature guest speaker Angel Diaz from STEAM the Streets and live music from DJ Fresco! A delicious breakfast and lunch will be served for all the students and teachers who attend. The Expo will also have tons of interactive activities for the students and an ice cream truck! MassHire will cover all transportation costs to and from the event!

The Youth Opportunity Expo is a great way to expose students to summer employment opportunities in a new and exciting atmosphere! **Students, if you are interested in attending, let your guidance counselor know by April 7th.**

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### ***Save the Dates - Financial Wellness Presentations***

Cape Cod Five is working with our students on Financial Wellness on two dates:

- Seniors heard the presentation on 3/28 during BB
- Juniors, will hear it on 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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### ***Final AP Exam Balances Due Soon, April 9th***

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.

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### ***SAT Registration Information***

[Sign up for SAT's here](#)

- Register by April 18th for the May 3rd test
- Register by May 22nd for the June 7th test

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### ***Financial Aid Sessions for High School Seniors, April 16th***

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](#).

## ***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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## ***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.

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## ***University of Dayton Summer Programs***

### ***FEMALE ASPIRING BUSINESS SCHOLARS (FABS) SUMMER PROGRAM***

[FABS](#) is a four-day, overnight camp offered by UD's School of Business Administration that provides young women hands-on learning through team projects, leadership experience, career exploration and mentorship. Campers will build skills essential for success in college and business, connect with peers, and experience life as a UD student.

This camp is designed for rising juniors and seniors. We invite campers of all identities, backgrounds and experiences to participate.

Location: University of Dayton campus

Dates: June 22-25, 2025

Cost:

- The \$300 total cost includes lodging, meals, activity materials, camp T-shirt and water bottle.
- A \$100 nonrefundable deposit is due upon registration and is included in the total cost.
- Financial assistance is available. Families should indicate on the registration form if they would like to be considered for financial assistance, and we will contact them with additional information.

[Visit our website](#) to learn more and view the full program schedule. Our FABS registration deadline is May 16.

This camp has a limited capacity and will fill on a first-come, first-served basis.

### ***SUMMER ENGINEERING EXPERIENCES AT UD (SEE-UD)***

[SEE-UD camps](#) offered by their School of Engineering provide students with an opportunity to explore the diverse fields of engineering and learn more about engineering at UD through interactive modules and hands-on lab experiences. At our three daylong camps on June 16, 17 and 18, participants will learn about a specific discipline of engineering while striving to solve problems our world faces today.

Location: University of Dayton campus

Dates: Each day features one or two engineering disciplines. Participants may attend multiple days if interested. On days with two disciplines, the sessions will run at the same time, and students will choose which session to attend.

- June 16: Choose from Mechanical Engineering or Chemical Engineering
- June 17: Engineering Technology
- June 18: Choose from Electrical and Computer Engineering or Civil Engineering

Time: 9 a.m. – 3:30 p.m.

Cost: \$100 per day (lunch included)

- Discounts available for students attending multiple days

Optional Daily Opportunities

- Campus tour (3:30-4:30 p.m.)
- Women Engineering Program and Multi-Ethnic Engineers Program engagement and campus tour (3-5 p.m.)
- Parent and guardian programming: [Three optional programs](#) are available at no cost (\$10 lunch optional).
- Our SEE-UD registration will close when capacity is reached. We anticipate all camps to fill quickly.

Interested in learning more? Take a look at this [flyer](#)

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## Local Scholarship Award Letters

Local scholarship award letters are due to the guidance office by **Monday, May 19th**. Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. (This list is for local scholarship awards only, not college/university scholarship awards.)

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## 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.

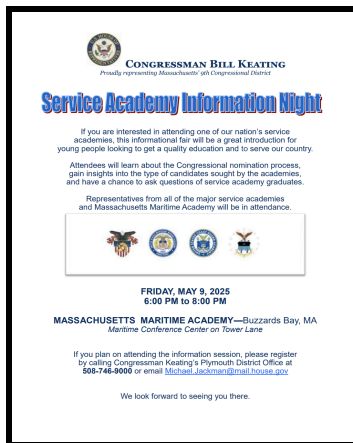
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## Scholarships

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.

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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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## Upcoming Information Sessions with College Representatives

\*Please sign up with your mentor to attend college information sessions during Bulldog Block

- April 1 - Savannah College of Art (SCAD) (Art room 1923)
- April 10 - UMass Dartmouth, College information session geared towards juniors, but anyone who is interested is welcome to attend.

## Career of the Week

# CAREER OF POSTAL SERVICE WORKERS THE WEEK



<https://www.bls.gov/ooh/>

### WHAT DO THEY DO?

POSTAL SERVICE WORKERS TYPICALLY DO THE FOLLOWING:

- COLLECT LETTERS AND PARCELS
- SORT INCOMING LETTERS AND PARCELS
- SELL STAMPS AND OTHER POSTAL PRODUCTS
- GET CUSTOMER SIGNATURES FOR REGISTERED, CERTIFIED, AND INSURED MAIL
- OPERATE VARIOUS TYPES OF POSTAL EQUIPMENT
- DISTRIBUTE LETTERS AND PARCELS

### HOW TO BECOME ONE

TO ENTER THESE OCCUPATIONS, POSTAL SERVICE WORKERS TYPICALLY NEED NO FORMAL EDUCATIONAL CREDENTIAL.

HOWEVER, JOB CANDIDATES MUST PASS A WRITTEN EXAM AS PART OF THE APPLICATION PROCESS. THE EXAM COVERS FOUR AREAS: ADDRESS CROSS COMPARISON, FORMS COMPLETION, MEMORY AND CODING, AND PERSONAL CHARACTERISTICS AND EXPERIENCE.

### JOB OUTLOOK & SALARY

**PROJECTED JOB GROWTH 4% BETWEEN 2023-2033**

**MEDIAN SALARY: \$56,510**

## SEL Tip of the Week



It's that time of the year when the weather gets warmer and we are seeing more and more sunlight. Be sure to get outside and get fresh air! Go for a walk and enjoy nature. A great social and emotional Learning tip for enjoying nature is to practice mindfulness. Take time to engage all your senses when you're outdoors—focus on the sights, sounds, smells, and textures around you. This helps center your attention in the present moment, which can enhance emotional regulation, reduce stress, and foster a deeper connection to the environment. For example, you might take a few minutes to sit quietly, close your eyes, and just listen to the

natural sounds, like birds chirping or leaves rustling. This simple practice can boost your emotional awareness and resilience, and it encourages gratitude for the natural world.