



# 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.**

### ***Final AP Exam Balances Due Soon, April 9th***

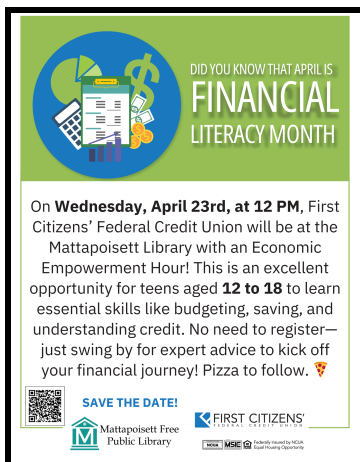
AP students, please bring your final AP exam payment to Ms. Bischel in guidance by **April 9th**. Students may pay by cash or check (made payable to ORRHS). Stop by guidance if you have any questions.

### ***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

### ***Financial Literacy Month Event, Mattapoisett Library, April 23rd***



On April 23rd at noon join First Citizens Federal Credit Union at the Mattapoisett Library for an economic empowerment hour, perfect for students ages 12-18.

No need to register, just swing by!

## ***Care for Seniors, A message from your guidance counselors...***

We are coming into a stressful time for seniors. The next few months will require substantial thoughtfulness while making potentially life-direction decisions. Deciding where to attend college is the biggest one students have had to make in their lives. Way more impactful than “do we want bacon or pepperoni from Nick’s?”

Students who are not going to college may be feeling some of the same anxiety. Working full time when friends are no longer around on a daily basis can be equally stressful. Those who are enlisting in the military - well... thank you, and the level of uncertainty should go without saying.

Anxiety towards the end of school...

Saying goodbye to what was known or comfortable over the past 12 years...

Figuring out what goes into the perfect promposal...

Making what is considered life altering decisions...

It's a lot.

There will be a time when kids will need to give parents a break. But right now, it's their time.

It may be stressful in various households over the next few weeks / months. Be sure to take a step back and give some space and time. Let your senior know you are there and understand.

May 1st will be “decision day” and families will have some semblance of a plan. (We’ll talk about transitions and moving later.) But keep in mind that along with all the excitement of change or the “adventure” of going away to college, there can be genuine fear of the unknown. Most kids these days have not participated in summer sleep-away camp and this will be their first time out of the home.

Regardless of your student’s plans, be aware that the next few months will be stressful for them. Give some space. Ensure they know you love them. Trust you raised them right. Make sure their wings are strong and let them fly.

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## ***Worcester Polytechnic Institute, Summer Programs***

WPI offers a wide array of classes and opportunities ranging from day and residential programs to virtual college credit experiences. No matter what option you choose, you’ll be sure to get a taste of college life. Learn from WPI faculty and expert instructors all while enjoying state-of-the-art labs, classrooms, and campus facilities. Visit [Summer Programs 2025](#) to learn more!

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## ***Upper Deck, Ltd/Moby Dick Marine Specialties, Part Time Job Available***

Warehouse helpers; shippers, pickers, packers, stockers, clean ups and office work along with Marketing. Visit [Part/full time jobs available](#) to learn more!

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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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## ***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.

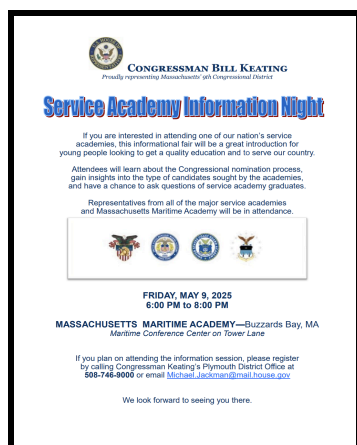
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## ***Scholarships***

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 10 - UMass Dartmouth, College information session geared towards juniors, but anyone who is interested is welcome to attend.
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## ***Attention Juniors, BSU College Fair***

Please join the guidance department for a great field trip to BSU for a college fair on May 29th, 2025. Please sign up on the attached form: [BSU College Fair Interest Form](#). 106 colleges and universities will be in attendance!

## Career of the Week

### CAREER OF THE WEEK

### OCCUPATIONAL THERAPY ASSISTANT



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"><li>• GUIDE CLIENTS IN THERAPEUTIC ACTIVITIES, SUCH AS EXERCISES TO IMPROVE MOTOR SKILLS AND FUNCTIONAL ABILITIES</li><li>• LEAD CHILDREN WHO HAVE DISABILITIES IN PLAY ACTIVITIES THAT PROMOTE COORDINATION, SOCIALIZATION, AND MEETING DEVELOPMENTAL MILESTONES</li><li>• TEACH CLIENTS NEW WAYS OF ACCOMPLISHING EVERYDAY TASKS</li><li>• INSTRUCT CLIENTS IN THE USE OF SPECIAL EQUIPMENT—FOR EXAMPLE, SHOWING A CLIENT WITH PARKINSON'S DISEASE HOW TO USE ADAPTIVE DEVICES TO SIMPLIFY MEAL PREPARATION</li><li>• RECORD CLIENTS' PROGRESS, REPORT TO OCCUPATIONAL THERAPISTS, AND DO OTHER ADMINISTRATIVE TASKS</li></ul>	<p>OCCUPATIONAL THERAPY ASSISTANTS TYPICALLY NEED AN ASSOCIATE'S DEGREE FROM AN ACCREDITED PROGRAM, ALTHOUGH SOME BACHELOR'S DEGREE PROGRAMS ALSO ARE AVAILABLE. A LIST OF ACCREDITED PROGRAMS IS AVAILABLE FROM THE ACCREDITATION COUNCIL FOR OCCUPATIONAL THERAPY EDUCATION, PART OF THE AMERICAN OCCUPATIONAL THERAPY ASSOCIATION.</p>	<p><b>PROJECTED JOB GROWTH 22% BETWEEN 2023-2033</b></p> <p><b>MEDIAN SALARY: \$67,010</b></p>

## SEL Tip of the Week

### Beat the Blues with a Boost of Gratitude ☀️

Feeling a little down? One quick way to lift your mood is to shift your focus to what's going right. Take a minute to write down 3 things you're grateful for—big or small. Maybe it's a friend who made you laugh, a warm hoodie, or even your favorite song. Gratitude helps rewire your brain to see the positives, even on tough days. Try it for a week and see how your outlook starts to change!