



ORRHS Guidance Newsletter

Current Guidance Happenings

Final AP Exam Balances Past Due

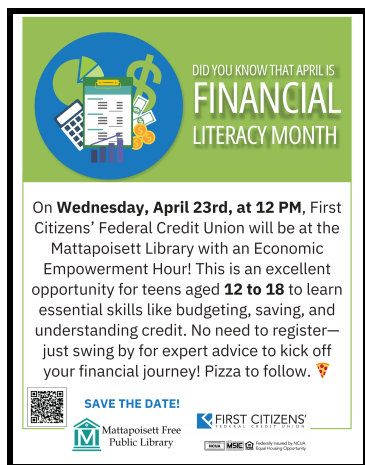
AP students, please bring your final AP exam payment to Ms. Bischel in guidance. Students may pay by cash or check (made payable to ORRHS). Stop by guidance if you have any questions.

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, Mattapoissett Library, April 23rd



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

No need to register, just swing by!

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!

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!

Financial Aid Sessions for High School Seniors, April 16th

The Massachusetts Educational Financing Authority (MEFA) will host a virtual Financial Aid Offer Hotline event from 5:00 to 7:00 p.m. on 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 the 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. Applications are due by April 18.

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.)

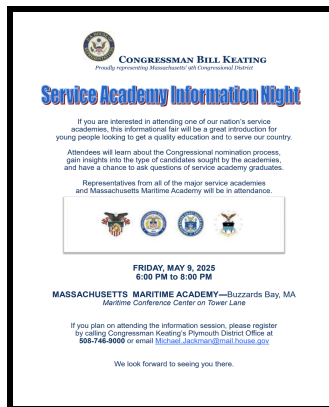
College Acceptance Letters and/or Future Plans

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.

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.

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.

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

MARKETING MANAGER



WHAT DO THEY DO?

- WORK WITH DEPARTMENT HEADS OR STAFF TO DISCUSS TOPICS SUCH AS BUDGETS AND CONTRACTS, CREATIVE VISION, MARKETING PLANS, AND MEDIA BUYING
- PLAN PROMOTIONAL CAMPAIGNS, SUCH AS CONTESTS OR GIVEAWAYS, TO BOOST BRAND LOYALTY AND REACH NEW CUSTOMERS
- PLAN ADVERTISING CAMPAIGNS, INCLUDING IN WHICH MEDIA—SUCH AS RADIO, TELEVISION, OR EMAIL—TO ADVERTISE
- NEGOTIATE ADVERTISING CONTRACTS WITH CLIENTS AND PARTNERS
- EVALUATE THE LOOK AND FEEL OF DISPLAYS OR WEBSITES IN ADVERTISING OR MARKETING CAMPAIGNS
- INITIATE MARKET RESEARCH STUDIES AND ANALYZE THEIR FINDINGS TO UNDERSTAND CUSTOMER AND MARKET OPPORTUNITIES FOR BUSINESSES
- DEVELOP PRICING AND OTHER STRATEGIES, SUCH AS HOW TO ACQUIRE AND RETAIN CUSTOMERS AND MANAGE THEIR DATA, FOR MARKETING PRODUCTS OR SERVICES

HOW TO BECOME ONE

ADVERTISING, PROMOTIONS, AND MARKETING MANAGERS TYPICALLY NEED A BACHELOR'S DEGREE IN A BUSINESS FIELD, SUCH AS MARKETING, OR IN A RELATED FIELD, SUCH AS COMMUNICATIONS. RELEVANT COURSES MIGHT INCLUDE CONSUMER BEHAVIOR, MARKET RESEARCH, AND ART HISTORY.

JOB OUTLOOK & SALARY

PROJECTED JOB GROWTH 8% BETWEEN 2023-2033

MEDIAN SALARY: \$157,620

SEL Tip of the Week

Calm Yourself with Self-Talk: Your inner voice is powerful—use it to help you stay calm.

When you're feeling overwhelmed, anxious, or upset, try using positive self-talk to take back control. Here's how:

1. Notice the feeling – “I’m feeling really stressed right now.”
2. Name it and normalize it – “It’s okay to feel this way. Everyone gets overwhelmed sometimes.”
3. Talk yourself through it –
 - “I can handle this.”
 - “This feeling will pass.”
 - “I’ve gotten through tough moments before.”
 - “Let me take a breath and think it through.”

Self-talk can be your reset button. The words you say to yourself matter—make them encouraging.