



ORRHS Guidance Newsletter

Current Guidance Happenings

Thank You Teachers



This week is Teacher Appreciation week and we have so much to be thankful for. Our teachers are the absolute best! Students and families, please let our teachers know what they mean to you by sending them a personalized note.

AP Exams, May 5th -16th



AP Exams are **this week and next week**: May 5th-16th. AP students should check their email for exam locations and arrival times. All AP students MUST check that they can log into their College Board Accounts before their exam day. They must also have a charged school device along with two pencils and pens (in blue or black ink) on test day.

Check out these useful resources here:

[AP Exam Dates](#)

[What to bring and not to bring on AP exam day](#)

[What to Know about AP exams](#)

[Digital Testing](#)

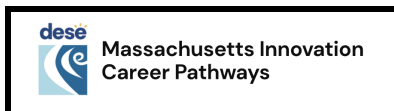
[Specific Course Info](#)

Extended Scholarship

The Mattapoissett Land Trust is extending its deadline for applications for the Blanche B. Perry Scholarship to **May 19, 2025**. The scholarship is available to a Mattapoissett resident graduating from ORRHS, Bishop Stang, Tabor Academy, or Old Colony and pursuing education in the sciences and/or environmental studies or a related field. Application forms are available at the Mattapoissett Land Trust website:

<https://mattlandtrust.org/education/grants-and-scholarships/>. Interested students should see their guidance counselor ASAP to apply.

Last Call - Innovative Career Pathway Opportunities



Are you interested in taking courses in an innovative career pathway that will help you plan for your future goals?

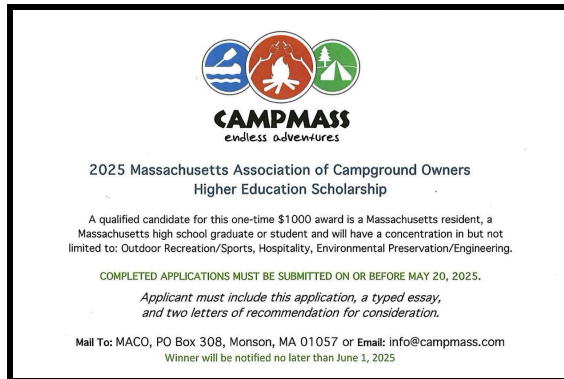
ORR will be offering two pathways beginning in the fall in **Architecture** and **Business Finance**. Students who are a part of the pathway will have access to courses designated in their specific pathway and will also have mentoring from community partners, participate in 100 hours of internship training, and will have access to pre-college and college courses all while in high school!

Complete this form to demonstrate interest: [Innovative Career Pathway Interest Form](#)

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.)

New Scholarship - Massachusetts Association of Campground Owners Higher Education Scholarship



A qualified candidate for this one-time \$1,000 award is a Massachusetts resident, a Massachusetts high school graduate or student and will have a concentration in but not limited to: Outdoor Recreation/Sports, Hospitality, Environmental Preservation/Engineering.

COMPLETED APPLICATIONS MUST BE SUBMITTED ON OR BEFORE MAY 20, 2025. See your counselor ASAP if you want to apply.

Applicant must include this [application](#), a typed essay, and two letters of recommendation for consideration. Mail To:

MACO, PO Box 308, Monson, MA 01057 or Email: info@campmass.com. Winner will be notified no later than June 1, 2025

SAT Registration Information

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

- Register by **May 22nd** for the June 7th test

Save the dates for 2025-2026:

- August 23rd, 2025
- September 13, 2025
- October 4th, 2025
- November 8, 2025
- December 6, 2025
- March 14, 2026
- May 2, 2026
- June 6, 2026

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!

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.

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

<div><div>CAREER OF THE WEEK</div><div>AUTOMOTIVE BODY REPAIRERS</div><div></div></div>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• REVIEW DAMAGE REPORTS, PREPARE COST ESTIMATES, AND PLAN WORK• INSPECT CARS FOR STRUCTURAL DAMAGE• REMOVE DAMAGED BODY PARTS, INCLUDING BUMPERS, FENDERS, HOODS, GRILLES, AND TRIM• REALIGN CAR FRAMES AND CHASSIS TO REPAIR STRUCTURAL DAMAGE• HAMMER OUT OR PATCH DENTS, DIMPLES, AND OTHER MINOR BODY DAMAGE• FIT, ATTACH, AND WELD REPLACEMENT PARTS INTO PLACE• SAND, BUFF, AND PRIME REFURBISHED AND REPAIRED SURFACES• APPLY NEW FINISH TO RESTORED BODY PARTS	<p>MOST EMPLOYERS PREFER TO HIRE AUTOMOTIVE BODY AND GLASS REPAIRERS WHO HAVE COMPLETED A TRAINING PROGRAM IN AUTOMOTIVE BODY OR GLASS REPAIR. STILL, MANY NEW BODY AND GLASS REPAIRERS BEGIN WORK WITHOUT PREVIOUS TRAINING.</p> <p>INDUSTRY CERTIFICATION IS INCREASINGLY IMPORTANT.</p>	<p>PROJECTED JOB GROWTH 4% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$56,220</p>

SEL Tip of the Week

As the school year winds down, it's easy to feel overwhelmed by finals, projects, work, and other responsibilities. Here are a few ways to stay grounded and balanced:

- **Prioritize and Plan:** Make a daily to-do list and break big tasks into smaller steps. Focus on what's most important and time-sensitive.
- **Practice Self-Compassion:** It's okay not to get everything perfect. Progress is more important than perfection.
- **Build in Breaks:** Short, intentional breaks during studying or work can help you recharge and stay focused.
- **Stay Connected:** Talk to friends, teachers, or family when stress builds. You're not alone, and support helps.
- **Keep Routines:** Try to maintain healthy sleep, eating, and movement routines—they're key to managing stress and staying energized.

Finishing strong doesn't mean doing it all—it means doing what you can with care and intention. You've got this!