ORRHS Guidance Newsletter

Current Guidance Happenings

A Message from your Counseling Team

November Donation Drive ❤️🐾

As we move through November, let's keep the momentum going for our **Community Donation Drive**! Your generosity directly supports members of our community, and every donation truly helps. All donations must be in by Wednesday, 11/26.

🐾 **Bulldog Block Challenge: Choose Your Party!** 🍩🍕

Here's a big incentive to keep those donations coming: The **top two Bulldog Blocks** (the two classes that bring in the most donations) will each earn a celebration of their choice!

The winning blocks will get to choose between a **Pizza Party** OR a **Donut & Hot Chocolate Party**!

Keep those items coming in, we can't wait to see which blocks show the most Bulldog spirit!

Thank you for helping make a difference!

Community Service Day

Service Day is this Wednesday, 11/26, and we're excited to spend the day giving back together as a school community. During Service Day, you'll have the chance to volunteer, support local organizations, and make a positive impact. Thank you in advance for showing up with kindness, Bulldog pride, and a willingness to help others.

Northeast Maritime Institute

Northeast Maritime Institute offers a hands-on college experience through its Associate in Applied Science in Nautical Science. Students learn in a cohort model with labs, bridge simulators, training vessels, and summer externships—graduating with both a degree and industry-ready credentials.

The program includes 78 credits in general education and nautical science, along with on-campus professional licensing exams and multiple maritime endorsements.

NMI enrolls twice a year and is now accepting applications for the January 2026 and September 2026 cohorts.

📌 Apply at: cms.nmi.edu
📞 Admissions: 508-992-4025
📧 admissions@nmi.edu

Freshman Meetings

Your guidance counselors will continue to schedule individual meetings with each Freshman student to answer any questions. Meetings will take place either during Bulldog Block or Freshman Seminar/LSC. Please check eHall pass for your scheduled appointment.

Scholarship Opportunity - SouthCoast Community Foundation

SouthCoast Community Foundation: Over 100 scholarships totaling over $700,000 are available for students on the South Coast and South Shore! Applications are now being accepted through January 4th. List of scholarships available.

Visit our website at southcoastcf.org/receive/apply-for-scholarships to apply by the January 4th deadline. You will need:

- Personal essays on (1) leadership or community engagement and (2) a challenging first-hand experience;
- Most recent transcript;
- Statement of support (can be from a teacher, coach, faith leader, family member, family friend, etc.)
- Note: No FAFSA required!

You can register and attend an info session or Q&A session via Zoom to learn more about how to apply, what scholarships you could be eligible for, and how the SouthCoast Community Foundation evaluates applications.

Tuesday, December 16th - Q&A Drop in Session for Scholarship Applications (click to register): 4:30 – 6:00 pm (Drop into the Zoom for any amount of time)

Tuesday, December 30th – Q&A Drop-In Session for Scholarship Applications (click to register): 3:00 – 4:30 pm (Drop into the Zoom for any amount of time)

Scholarships

You can find **AVAILABLE SCHOLARSHIPS** on the Guidance website. Scholarships are updated often, so check back regularly.

An Application for The Coolidge Scholarship is available online only for current JUNIORS who plan to enroll in college in the fall of 2027. The scholarship is an annually awarded, full-ride, presidential scholarship that covers a student's tuition, room, board, and expenses for four years of undergraduate study. This one-of-a-kind scholarship may be used at any accredited college or university in the U.S. *The application requires that candidates read President Coolidge's Autobiography and a few other readings and then write three essays.* The online submission deadline is December 16, 2025.

FAFSA Information

Seniors are able to start applying for financial aid as early as October 1st at fafsa.gov.

Senior To Do List

Seniors, it's time to make sure that your Naviance Senior Questionnaires and Resumes are complete. Please take the time to complete those if you haven't already. Reach out to your guidance counselor if you have any questions! Here is a quick link to our website and a snapshot of our Senior Curriculum for your review!

The Coolidge Scholarship

An Application for The Coolidge Scholarship is available online only for current JUNIORS who plan to enroll in college in the fall of 2027. The scholarship is an annually awarded, full-ride, presidential scholarship that covers a student's tuition, room, board, and expenses for four years of undergraduate study. This one-of-a-kind scholarship may be used at any accredited college or university in the U.S. *The application requires that candidates read President Coolidge's Autobiography and a few other readings and then write three essays.*

The online submission deadline is December 16, 2025.

🎁 *Holiday Helping Angels – Rochester Families*

The Holiday Helping Angels are a group of Rochester volunteers dedicated to supporting local families who could use a little extra help during the holiday season. The program provides Christmas food bags and gifts, including both needed items and wish list gifts, all donated by caring community members and organizations.

💝 *How You Can Help*

We are currently seeking:

- *Christmas gift donations*
- *Monetary or gift card donations*
- *Volunteer shoppers*

If you'd like to contribute, please email: angelsfromrochester@gmail.com

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📚 Marion Library Monthly Book Club!

Looking for something new to read or a fun way to connect with others? Check out the Marion Library's Monthly Book Club! Stop by the library to see this month's featured book selections and join the conversation. It's a great way to discover new favorites and meet fellow readers, don't miss out.

SAT Information

Are you planning on taking the SAT? Here are some important deadlines to remember:

- **Feb 27th is the deadline to register for the March 14th test**
- **April 17th is the deadline to register for the May 2nd test**
- **May 22nd is the deadline to register for the June 6th test**

Students register using their College Board accounts at SAT College Board Registration. Reminder: Fee waivers are available in guidance for eligible students - please see your counselor to learn more!

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- November 25 - UMass Lowell
- December 18 - Lincoln Technical Institute

***Information sessions will take place during Bulldog Block in the Guidance Conference Room unless otherwise noted. Please sign up with your mentor.**

Ongoing Virtual Opportunities to Learn from MEFA

Webinar series, Financial Aid 101, starting on 9/17.

Participating in the webinar will provide you with an overview of the financial aid process, including: financial aid applications and eligibility, types of financial aid, and how colleges determine financial aid offers.

The Massachusetts Educational Financing Authority is here to help. Register for live sessions by visiting www.mefa.org/events.

Syracuse University Classroom Preview Program

Through this series of free, virtual sample classes taught by Syracuse professors, students can join live 60-minute Zoom sessions, explore real academic topics, and get a genuine sense of the college classroom environment.
https://www.syracuse.edu/admissions-aid/tour-campus/virtual-sample-classes/

Dana M. Dourdeville Lecture on Engineering in Service to Society

Established in 2015, this lecture series brings high-profile speakers to campus whose work exemplifies the spirit of engineering in service to society. The goal is to inspire students to see engineering as a field that profoundly and positively impacts the world around us.

Learn More About the Upcoming Event: *Dourdeville Lecture | Engineering | Brown University*

CAREER OF THE WEEK

Physical Therapist Assistants and Aides

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

WHAT DO THEY DO?

- MONITOR PATIENTS BEFORE, DURING, AND AFTER THERAPY
- GUIDE PATIENTS THROUGH PRESCRIBED EXERCISES
- PROVIDE HANDS-ON TECHNIQUES LIKE MASSAGE AND STRETCHING
- ASSIST PATIENTS WITH EQUIPMENT SUCH AS WALKERS
- TEACH PATIENTS AND FAMILIES HOW TO CONTINUE CARE AT HOME

HOW TO BECOME ONE

- EDUCATION & TRAINING:
- PHYSICAL THERAPIST ASSISTANTS (PTAS): NEED A 2-YEAR ASSOCIATE'S DEGREE FROM AN ACCREDITED PROGRAM PLUS SUPERVISED CLINICAL EXPERIENCE.
- PHYSICAL THERAPY AIDES: NEED A HIGH SCHOOL DIPLOMA/EQUIVALENT AND SHORT-TERM ON-THE-JOB TRAINING.
- LICENSING & CERTIFICATION:
- PTAS: MUST BE LICENSED OR CERTIFIED IN ALL STATES (REQUIRES ACCREDITED DEGREE + EXAM; SOME STATES ALSO REQUIRE LAW EXAM, BACKGROUND CHECK, OR CEUS).
- AIDES: NO STATE LICENSE REQUIRED.
- PTAS MAY ALSO EARN CPR, BLS, OR FIRST-AID CERTIFICATIONS.

JOB OUTLOOK & SALARY

PROJECTED JOB GROWTH 16% BETWEEN 2024-2034

MEDIAN SALARY: $29/HOUR

Health & Wellness Spotlight

Building Healthy Connections

Why it matters: Friends and positive relationships make life better. When you feel connected, you're happier, less stressed, and more confident.

Helpful tips:

- Say hi to someone new or invite someone to sit with you.
- Join a club, sport, or activity that interests you.
- Be a good listener. People appreciate being heard.
- Do small acts of kindness (they make *you* feel good, too!).

💡 ***Healthy connections = strong support system.***

✨ **Remember:** Taking care of your body and mind helps you show up as your best self ; at school, with friends, and for *you*.

SEL Tip

🤝 **Giving Back**

Why it matters:
Giving, even in small ways, boosts your confidence, strengthens our school community, and reminds us that we're all connected.

Helpful tips for HS students:
- Share notes with someone who was absent
- Help a classmate with a study guide or homework question
- Bring *one* item for a donation drive
- Ask a friend, teacher, or peer if they need help with a task

Quick reminder:
Small acts add up. Every little bit of kindness makes a difference.