ORRHS Guidance Newsletter

Current Guidance Happenings

Seniors — Quick Reminder!

Please remember to bring a copy of your college decision letters to the Guidance Office as you receive them. Thank you for helping us keep your records up to date!

Friends of the Mattapoisett Library Jewelry Sale & Volunteer Opportunity

The Friends of the Mattapoisett Library will host their annual Jewelry & Accessory Sale this December, and members of our school community are invited to attend!
Sale Dates & Times:

- Member Preview: Thursday, Dec. 4 | 5:30–7:30 PM
- Public Sale: Friday, Dec. 5 | 4:30–7:30 PM
- Public Sale: Saturday, Dec. 6 | 10:00 AM–2:00 PM

Students can also earn volunteer hours by helping with this event. Sign up to volunteer here:
https://www.signupgenius.com/go/10C054DA4AA2EABF9C70-60306926-jewelry#/-

---

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.

Scholarships

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

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: https://cms.nmi.edu/
📞 Admissions: 508-992-4025
📧 admissions@nmi.edu

FAFSA Information

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

---

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- December 9 - 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.**

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!

CACE Scholarship Opportunity

CACE is offering three $2,000 scholarships for graduating seniors attending member districts and accepted into a post-secondary program. Applications are due by Friday, December 14, 2025 and must be emailed to cacescholarship@gmail.com. Up to two recipients may also be nominated for an additional NAFEPA scholarship. See the attached application for details.

SouthCoast Community Foundation Scholarship Opportunity

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)

Horatio Alger Scholarship — Opens December 1, 2025

The Horatio Alger Association Scholarship supports students who have demonstrated perseverance in overcoming adversity and plan to pursue a bachelor's degree.

Eligibility: Open to juniors and seniors with financial need (household income $100,000 or less), minimum GPA 2.0, U.S. citizenship, and involvement in school or community activities.

Deadlines: Seniors: February 15, 2026 and Juniors: March 1, 2026

St. Anne's Credit Union Scholarship

St. Anne's Credit Union is offering fifteen $2,000 scholarships to graduating seniors who will attend an accredited 2- or 4-year college or technical school in Fall 2026. Applicant or parent/guardian must be a St. Anne's Credit Union member, and students must live in the Credit Union's MA/RI service area.

How to Apply:
Applications and details are available at https://www.stannes.com/Scholarships. A completed application, official transcript, (college/tech acceptance if available), one teacher recommendation, and a short narrative are required.

Deadline: Applications must be received by February 20, 2026 and mailed to:
St. Anne's Credit Union
Attn: Paula Carvalho
829 S. Main St.
Fall River, MA 02724

🎁 *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

---

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.

📚 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!

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

Public Relations Specialist

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

WHAT DO THEY DO?

- WRITE PRESS RELEASES AND PREPARE INFORMATION FOR THE MEDIA
- RESPOND TO INFORMATION REQUESTS FROM THE MEDIA
- HELP CLIENTS COMMUNICATE EFFECTIVELY WITH THE PUBLIC
- DRAFT SPEECHES AND ARRANGE INTERVIEWS FOR A CLIENT'S TOP EXECUTIVES
- EVALUATE PUBLIC OPINION OF CLIENTS THROUGH SOCIAL MEDIA
- EVALUATE ADVERTISING AND PROMOTION PROGRAMS TO DETERMINE WHETHER THEY ARE COMPATIBLE WITH THEIR ORGANIZATION'S PUBLIC RELATIONS EFFORTS
- HELP MAINTAIN THEIR ORGANIZATION'S IMAGE AND IDENTITY

HOW TO BECOME ONE

TYPICALLY REQUIRES A BACHELOR'S DEGREE IN:

- PUBLIC RELATIONS
- COMMUNICATIONS
- SOCIAL SCIENCE
- BUSINESS
- COLLEGE PROGRAMS OFTEN HELP STUDENTS DEVELOP A PROFESSIONAL PORTFOLIO TO SHOWCASE SKILLS TO FUTURE EMPLOYERS.
- WHILE NOT REQUIRED, PROFESSIONAL CERTIFICATION IS PREFERRED BY SOME EMPLOYERS AND CAN STRENGTHEN JOB PROSPECTS.

JOB OUTLOOK & SALARY

PROJECTED TO INCEASE 5% BETWEEN 2024-2034

MEDIAN SALARY: $34/HOUR

Health & Wellness Spotlight:

Winter Movement Matters 🏃‍♀️ ❄️

Why it matters:
Cold weather and shorter days can make you feel tired and unmotivated. Staying active boosts energy, improves mood, and helps fight winter blues.

Helpful tips:

- Do quick indoor workouts (YouTube, apps, or your own routine).
- Take a brisk walk or stretch between classes.
- Pick a winter-friendly activity: basketball, ice skating, yoga, weight training.
- Set a daily movement goal, even 10 minutes counts.

SEL Tip

Boost Your Winter Mood ❄️ 🙂

Why it matters:
Short days and cold weather can make school feel extra tiring. Small daily habits can help keep your mood steady.

Try this:

- Step outside for a few minutes of daylight. 🌤️
- Notice one positive moment each day. ✨
- Break schoolwork into short, manageable chunks. 📚
- Talk to a trusted adult or friend if you're feeling low. 🤝