



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!

Important Dates and Information regarding the end of Term 2 and Semester 1:

Monday, January 12, 2026, Term 2 grades close.

Mid Term Exam Dates:

January 13, Day 5 Exam 1(D1B3), Exam 2 (D1B4)

January 14, Day 6 Exam 1(D2B3), Exam 2 (D2B4)

January 15, Day 7 Exam 1(D1B1), Exam 2 (D1B2)

January 16, Day 8 Exam 1(D2B1), Exam 2 (D2B2)

- Tuesday, January 20, Term 3/Semester 2 begins
 - Friday, January 23, report cards are distributed
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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

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- 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.**

Lincoln Tech in East Windsor, CT provides expert led career training for a variety of in-demand skilled trades and healthcare. For the past 20 years, Lincoln Tech East Windsor has trained students to become qualified graduates ready to service the New England Labor Market. Gain in-demand skills with Lincoln Tech and prepare for the next step in your career journey today.

Trade and Vocational Programs at Lincoln Tech:

- Automotive Technology
- Collision Repair and Refinishing Technology
- Diesel and Truck Technology
- Electrician Training
- HVAC
- Medical Assistant
- Welding Technology

Scholarships

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

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!

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

Preschool Teacher



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

WHAT DO THEY DO?

- TEACH BASIC SKILLS (COLORS, SHAPES, NUMBERS, LETTERS).
- LEAD GROUP AND ONE-ON-ONE LEARNING ACTIVITIES.
- PLAN CURRICULUM SUPPORTING ALL AREAS OF CHILD DEVELOPMENT.
- ORGANIZE PLAY AND EXPLORATION ACTIVITIES.
- CREATE DAILY ROUTINES FOR LEARNING, MOVEMENT, AND REST.
- MONITOR FOR EMOTIONAL OR DEVELOPMENTAL CONCERNS AND COMMUNICATE WITH FAMILIES.
- TRACK CHILDREN'S PROGRESS AND SHARE UPDATES WITH PARENTS.

HOW TO BECOME ONE

- MOST PRESCHOOL TEACHERS NEED AN ASSOCIATE'S OR BACHELOR'S DEGREE IN EARLY CHILDHOOD EDUCATION.
- HEAD START: MINIMUM ASSOCIATE'S; 50% MUST HAVE A BACHELOR'S.
- PUBLIC SCHOOLS: BACHELOR'S DEGREE AND STATE TEACHING LICENSE REQUIRED.
- MANY STATES REQUIRE CONTINUING EDUCATION AND SOMETIMES A PROFESSIONAL CREDENTIAL.

JOB OUTLOOK & SALARY

PROJECTED TO INCREASE 4% BETWEEN 2024-2034

MEDIAN SALARY: \$18/HOUR

Health & Wellness Spotlight:

Boost Your Immune System



Why it matters:

December is the peak season for colds, flu, and other illnesses. Keeping your immune system strong helps you stay healthy and present for school, sports, and activities.

Helpful tips:

- Wash hands before eating and after public areas.
- Don't share drinks or food.
- Add "immune boosters" to your day: oranges, berries, yogurt, leafy greens.
- Keep hand sanitizer in your backpack for busy days.

SEL Tip

Stay Connected With Your People



Why it matters:

Winter can make it easy to isolate, but staying connected boosts motivation and emotional health.

Try this:

- Send a quick "hey!" text to a friend.
- Join a club, team, or after-school activity.
- Sit with someone new or start a convo in class.
- Do a small act of kindness—it lifts everyone's mood.