



ORRHS Guidance Newsletter

Current Guidance Happenings

Welcome Back! ✨ 2026

We hope you had a restful winter break and were able to recharge. We are excited to see you all and start the new year together!

Reminders:

- Bring charged devices and materials each day.
- Use this new year as a chance to build healthy habits and stay organized.
- Check-in with a teacher, counselor, or trusted adult if you're feeling behind - We are here to support you!

Remember, small changes now can make a big difference in your school and career journey in 2026.

Important Dates and Information regarding the end of Term 2 and Semester1:

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)

[Link for Midterm Exam Schedule](#)

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

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!**

Student Government Day 2026

If you are a junior or senior interested in representing Old Rochester at the State House in May send a letter/email of intent to Dr. Carroll by January 9th, 2026.

Student Government Day provides juniors and seniors from Massachusetts public and private high schools with opportunities to learn about state government firsthand. The program enables students to participate in the legislative process through simulated committee hearings and formal House and Senate sessions, and it also allows students to voice and exchange views with their peers on important statewide issues.

We will have an election during Bulldog Block on January 20th

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

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

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!

Men's College Scholarship Opportunity

Male graduating seniors planning to enroll in a four-year undergraduate college in Fall 2026 are encouraged to apply for the Men's College Scholarship.

-  Awards range from \$500–\$1,000
-  No essay required — application can be completed in about 30 minutes
-  Funds are sent directly to students via ACH and may be used as needed
-  Open to students who demonstrate strength in academics, extracurriculars, and community involvement

Since 2022, \$188,000 has been awarded to support young men pursuing higher education, with scholarships continuing through 2026.

 Apply here: <https://givagrnt.com/register/5b47752f-3fcf-4b44-92b1-bb21bbdf97dc>

 Application Deadline: April 1 at 11:59 PM ET

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

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.

CAREER OF THE WEEK

Career and Technical Education Teachers



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

WHAT DO THEY DO?

- CREATE LESSON PLANS AND ASSIGNMENTS
- INSTRUCT STUDENTS ON HOW TO DEVELOP CERTAIN SKILLS
- SHOW STUDENTS HOW TO APPLY CLASSROOM KNOWLEDGE THROUGH HANDS-ON ACTIVITIES
- DEMONSTRATE AND SUPERVISE SAFE AND PROPER USE OF TOOLS AND EQUIPMENT
- MONITOR STUDENTS' PROGRESS, ASSIGN TASKS, AND GRADE ASSIGNMENTS
- DISCUSS STUDENTS' PROGRESS WITH PARENTS, STUDENTS, AND COUNSELORS
- DEVELOP AND ENFORCE CLASSROOM RULES AND SAFETY PROCEDURES

HOW TO BECOME ONE

- A BACHELOR'S DEGREE WITH A MINIMUM GRADE POINT AVERAGE
- COMPLETION OF A STUDENT-TEACHING PROGRAM
- PASSING A BACKGROUND CHECK
- PASSING A GENERAL TEACHING CERTIFICATION TEST, AS WELL AS A TEST THAT DEMONSTRATES THEIR KNOWLEDGE OF THE SUBJECT THEY WILL TEACH.

JOB OUTLOOK & SALARY

PROJECTED TO DECREASE 1% BETWEEN 2024-2034

MEDIAN SALARY: \$63,000

Health & Wellness Spotlight:

Prioritize Mental Breaks

Why it matters:

December can be emotionally heavy, darker days, busy schedules, and social pressure can all take a toll. Short mental breaks help you reset, improve focus, and support your emotional well-being.

Helpful tips:

- Listen to music or take a short walk when you need a reset.
- Limit late-night screen time to protect your sleep.
- Try a quick breathing exercise: inhale 4 seconds, exhale 6 seconds.
- Make time for something you enjoy every day, even 5 minutes can make a difference.

SEL Tip

Reset Your Motivation

Why it matters:

Mid-year can feel like a slump. A few simple routines can help you get back on track.

Try this:

- Choose *one* goal for the day—something realistic. 
- Use your planner or phone reminders to stay organized. 
- Make studying more enjoyable with music or a favorite space.  
- Celebrate small wins—they add up over time. 