



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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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!

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### 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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### 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

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### Scholarships

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

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### FAFSA Information

Seniors are able to start applying for financial aid as early as October 1st at [fafsa.gov](https://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](mailto:admissions@nmi.edu)

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### 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!

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### 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://givagrants.com/register/5b47752f-3fcf-4b44-92b1-bb21bbdf97dc>

 Application Deadline: April 1 at 11:59 PM ET

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### 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

## 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](https://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 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)

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## 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

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## 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](https://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

### Geographer



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

#### WHAT DO THEY DO?

- COLLECT GEOGRAPHIC DATA THROUGH FIELDWORK, MAPS, IMAGES, AND CENSUS SOURCES
- RESEARCH USING SURVEYS, INTERVIEWS, AND FOCUS GROUPS
- CREATE AND ANALYZE MAPS AND VISUAL DATA
- STUDY PHYSICAL, CULTURAL, AND POPULATION PATTERNS
- USE GIS TO COLLECT, ANALYZE, AND PRESENT DATA
- WRITE REPORTS AND PRESENT FINDINGS
- SUPPORT OTHERS IN USING GEOGRAPHIC AND GIS DATA
- CONNECT GEOGRAPHIC DATA WITH ECONOMIC, HEALTH, AND SOCIAL TRENDS

#### HOW TO BECOME ONE

- TAKE HIGH SCHOOL COURSES IN GEOGRAPHY, PHYSICAL SCIENCES, AND COMPUTER PROGRAMMING
- EARN A BACHELOR'S DEGREE IN GEOGRAPHY OR A RELATED FIELD FOR ENTRY-LEVEL ROLES
- CONSIDER A MASTER'S DEGREE OR GIS SPECIALIZATION FOR ADVANCED OR NON-FEDERAL POSITIONS
- TAKE COLLEGE COURSES IN PHYSICAL & HUMAN GEOGRAPHY, MATH/STATISTICS, REMOTE SENSING, AND GIS
- EXPLORE RELATED COURSEWORK IN BUSINESS, ECONOMICS, OR REAL ESTATE
- PARTICIPATE IN INTERNSHIPS TO GAIN HANDS-ON EXPERIENCE
- OPTIONAL CERTIFICATION CAN DEMONSTRATE PROFESSIONAL EXPERTISE

#### JOB OUTLOOK & SALARY

**PROJECTED TO DECREASE 3% BETWEEN 2024-2034**

**MEDIAN SALARY: \$47/HOUR**

## Health & Wellness Spotlight:

### Holiday Balance & Routine

#### Why it matters:

December can throw off your normal routine with events, break schedules, and late nights. When your routine gets out of sync, it can affect your energy, mood, and ability to stay focused.

#### Helpful tips:

- Keep a consistent sleep schedule as much as possible.
- Don't skip meals; busy days still need fuel.
- Set small daily goals so you don't feel overloaded.
- Plan a little "you time" each day to unwind and recharge.

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## **SEL Tip**

### Find Your Calm in Busy Weeks

#### Why it matters:

School, activities, and colder weather can build stress fast. Having calming strategies helps you stay grounded.

#### Try this:

- Take 30 seconds to breathe slowly or try a grounding exercise. 
- Listen to calming music or hold something warm (tea, cocoa). 
- Find a quiet spot when you need a reset. 
- Keep your sleep routine steady—your brain will thank you. 