



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### 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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### Midterms Are Here—You’ve Got This!

Midterms are an opportunity to show what you’ve learned. Be sure to get enough rest, plan your study time, ask questions early, and use available supports. Do your best, take it one step at a time, and remember that effort and preparation matter.

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### ATTENTION SENIORS

A representative from Bristol Community College will be here on Wednesday, January 21, for an “On-the-Spot College Acceptance Day”. Senior students are offered same day admittance and the application fee is waived. To take advantage of this one-time opportunity, you must contact your guidance counselor to sign up by Tuesday, January 13.

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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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### 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!

## ATTENTION SOPHOMORES

Starting the week of January 20th, counselors will be meeting with groups of sophomores to discuss Career Exploration. Meetings will take place in the guidance conference room during study halls and will last approximately 50 minutes. Please bring a writing utensil and a chromebook as students will be completing a Personality/Career Interest Inventory. Students should continually check e-hallpass for meeting times.

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## Election Day - January 20th

During Bulldog Block on January 20, we will hold an election to select juniors and seniors to represent Old Rochester at Student Government Day at the Massachusetts State House in May.

Student Government Day offers students a firsthand look at state government through simulated committee hearings and House and Senate sessions, and it also allows students to voice and exchange views with their peers on important statewide issues.

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## 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!**

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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)

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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://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

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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](http://www.mefa.org/events).

# CAREER OF THE WEEK

## Bioengineers and Biomedical Engineers



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"><li>DESIGNS AND IMPROVES MEDICAL DEVICES THAT HELP DIAGNOSE AND TREAT PATIENTS</li><li>WORKS WITH DOCTORS, SCIENTISTS, AND MANUFACTURERS TO ENSURE EQUIPMENT IS SAFE AND EFFECTIVE</li><li>INSTALLS, MAINTAINS, AND SUPPORTS MEDICAL TECHNOLOGY IN HEALTHCARE SETTINGS</li><li>TRAINS CLINICIANS ON HOW TO PROPERLY USE BIOMEDICAL EQUIPMENT</li><li>USES DATA, MODELS, AND RESEARCH TO SOLVE REAL-WORLD HEALTH CHALLENGES</li><li>SHARES RESEARCH AND FINDINGS WITH MEDICAL PROFESSIONALS AND THE PUBLIC</li></ul>	<ul style="list-style-type: none"><li>TAKE MATH AND SCIENCE COURSES IN HIGH SCHOOL (BIOLOGY, CHEMISTRY, PHYSICS, CALCULUS)</li><li>EARN A BACHELOR'S DEGREE IN BIOMEDICAL ENGINEERING OR A RELATED ENGINEERING FIELD</li><li>STUDY BOTH ENGINEERING AND BIOLOGICAL SCIENCES THROUGH LABS AND DESIGN COURSES</li><li>GAIN HANDS-ON EXPERIENCE THROUGH INTERNSHIPS OR CO-OP PROGRAMS IN HEALTHCARE OR MEDICAL DEVICE COMPANIES</li></ul>	<p><b>PROJECTED TO INCREASEE 5% BETWEEN 2024-2034</b></p> <p><b>MEDIAN SALARY: \$107,000</b></p>

### Health & Wellness Spotlight:

#### Start the Year with Healthy Habits

##### Why it matters:

A new year is a great time to reset routines. Healthy habits support focus, energy, and overall well-being as students return to school after break.

##### Helpful tips:

- Get back to a consistent sleep schedule.
- Eat breakfast to fuel your brain for learning.
- Stay hydrated, keep a water bottle with you.
- Set one small, realistic health or wellness goal for the week.

### SEL Tip



#### Reset Your Mindset for the New Year

CASEL Focus:  Self-Awareness |  Self-Management

##### Why it matters:

Understanding your goals, emotions, and habits helps you start the semester with intention.

##### Helpful tips:

- Set one realistic academic or personal goal for the week
- Break big tasks into smaller, manageable steps
- Notice how your mindset affects motivation
- Reflect on progress, not perfection