



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### Term 3/Semester 2 begins today, January 20th

As Semester 2 begins, take time to reset, refresh, and dive into learning, setting goals and building momentum for the months ahead.

- Reminder: Report Cards distributed on Friday, January 23rd
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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. Seniors who have expressed interest, please check e-hallpass for your meeting time.

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### 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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### WPI Frontiers Summer Program Opportunity

Frontiers is a two-week residential summer program at Worcester Polytechnic Institute (WPI) that gives students a firsthand college experience. Participants explore a STEM or business major alongside a humanities, arts, or business minor while living on campus and engaging in extracurricular activities with peers from around the world.

Virtual information sessions will be held

- Thursday, January 22, 2026 at 12pm
- Friday, February 6, 2026 at 12pm

Sessions run July 5–17 or July 19–31, 2026, and applications are reviewed on a rolling basis. Interested students should apply by April 30.

Link to Register: [WPI Frontiers Summer Program Opportunity Grades 10-12](#)

## Interested in Marine Trades & Design?

Founded in 1978, The Landing School is a nonprofit, accredited marine trades school offering hands-on programs in Yacht Design, Wooden Boatbuilding, Composite Boatbuilding, and Marine Systems. Students can be career-ready in just 9 months, with diploma and associate degree options available. Financial aid and veterans benefits are available for those who qualify.

Learn more, explore programs, and view upcoming Open House dates using the link below:

<https://www.landingschool.edu>

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## MEFA Presentation for College Athletics

January 29th at 6:30pm

Join one of our own guidance counselors, Dr. Mike Janicki, Ed.D., in a webinar exploring athletics in college admissions. Topics include sports divisions, eligibility, the college search process, and key considerations for student-athletes.

Register to receive the link:

<https://www.mefa.org/webinar/athletics-in-college-admissions-2026/>

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## Governor's Youth Summit – February 9

Youth ages 16–20 are invited to attend Governor Healey's second annual Youth Summit on Monday, February 9 at 3:00 PM in the Great Hall at the Massachusetts State House. This event brings together young leaders from across the Commonwealth to discuss important topics such as mental health, education, and healthcare, hear from guest speakers, and connect with other civically engaged youth.

Registration deadline: February 2 at 5:00 PM

Register here: [Youth Advisory Council Youth Summit Registration](#)

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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!

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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.

## 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://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

## 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).

## 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

## CAREER OF THE WEEK

### Surveying and Mapping Technicians



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

#### WHAT DO THEY DO?

- VISIT SITES TO RECORD SURVEY MEASUREMENTS AND OTHER DESCRIPTIVE DATA
- SEARCH FOR PREVIOUS SURVEY MARKERS OR SET OUT NEW MARKERS
- OPERATE SURVEYING INSTRUMENTS, SUCH AS ELECTRONIC DISTANCE-MEASURING EQUIPMENT
- ENTER THE DATA FROM SURVEYING INSTRUMENTS INTO COMPUTERS
- SELECT, EDIT, AND PROCESS IMAGES COLLECTED FROM DATABASES TO CREATE NEW MAPS OR TO UPDATE EXISTING MAPS
- ASSIST PHOTOGRAMMETRISTS BY LAYING OUT AERIAL PHOTOGRAPHS IN SEQUENCE TO IDENTIFY AREAS NOT CAPTURED BY AERIAL PHOTOGRAPHY

#### HOW TO BECOME ONE

- HIGH SCHOOL DIPLOMA REQUIRED; SOME EMPLOYERS PREFER ADDITIONAL POSTSECONDARY EDUCATION
- GIS EXPERIENCE OR COURSEWORK IS BENEFICIAL
- RECOMMENDED COURSES INCLUDE ALGEBRA, GEOMETRY, TRIGONOMETRY, PLUS DRAFTING OR COMPUTER SCIENCE
- MOST TRAINING OCCURS ON THE JOB UNDER EXPERIENCED SURVEYORS OR MAPPING PROFESSIONALS
- ENTRY-LEVEL TASKS PROGRESS FROM DATA COLLECTION TO MORE ADVANCED MEASUREMENT AND MAPPING WORK

#### JOB OUTLOOK & SALARY

**PROJECTED TO INCREASEE 5% BETWEEN 2024-2034**

**MEDIAN SALARY: \$52,000**

## Health & Wellness Spotlight:

### Germ Smart at School

#### Why it matters:

January is the peak cold and flu season. Good hygiene helps prevent illness and keeps students healthy and in class.

#### Helpful tips:

- Wash hands with soap and water for 20 seconds.
- Use hand sanitizer when handwashing isn't available.
- Avoid touching your face (eyes, nose, mouth).
- Stay home if you're sick and visit the nurse if you don't feel well.

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## SEL Tip



### Manage Stress Before It Manages You

CASEL Focus:  *Self-Management*

#### Why it matters:

Managing stress supports focus, emotional balance, and decision-making.

#### Helpful tips:

- Try quick stress resets (deep breathing, stretching, short movement breaks)
- Use a planner or to-do list to prioritize tasks
- Ask for help early when things feel overwhelming
- Remember: stress is a signal—not a failure