



ORRHS Guidance Newsletter

Current Guidance Happenings

National Black History Month

February is National Black History Month, a time for us to recognize, honor, and celebrate the many contributions and achievements of Black Americans throughout history and in our world today. Black history is an essential part of American history, and this month provides an important opportunity to learn, reflect, and continue building our understanding of the experiences, voices, and leadership that have shaped our country. We encourage each of you to take time this month to engage in learning, through reading, conversation, and participation in school activities, and to carry that awareness forward throughout the year.

February: Kindness, Leadership, and Community

Coincidentally, as we move into February, a month when we take time to celebrate the love we have for our families and the people closest to us, we also recently came together for a school-wide assembly on addressing hate. Our hope is that all students take away how important it is to treat one another with kindness, to offer smiling faces, and to lead by example each day. Each of us has influence, and by making thoughtful choices, we show that we are all leaders and that what we do truly matters.

February Kindness Challenge

This month, we challenge all students to lead with kindness each day.

- Offer a smile or kind word to someone new
- Include others and stand up for what's right
- Speak up or ask for help when something doesn't feel right

Small actions add up, let's make February a month where everyone feels seen, supported, and valued.

Upcoming Student Panel: Careers in Healthcare (Feb. 12)

On Wednesday, February 12th, during BB we will be welcoming a panel of healthcare professionals to speak with all students. Panelists will share what their careers look like day-to-day, why primary care matters, and the steps students can take after high school if they are interested in pursuing a future in healthcare. The panel will include a family medicine physician (Dr. Drew Nahigyan), a cardiologist (Dr. Mike Rocha), a family nurse practitioner (Dorothy Dunn), a nutritionist (Pamela Kavanaugh), and the President of Primary Care for All Americans and family medicine physician (Dr. Michael Fine).

Hello Seniors!

Our Alumni Association is giving 2- \$1500 scholarships for the Bulldog Pride Award and 1-\$2000 scholarship given over 4 years for the Bulldog First Award. Application deadline is March 31, 2026

Here are the links:

Bulldog Pride Award Link: [Bulldog Pride](#)

Bulldog First Award Link: [Bulldog First](#)

Course Selection for the 2026–2027 School Year

Guidance counselors will begin working with students on course selection for next year in the coming weeks. Students and families are encouraged to review the Guidance Course Selection Presentation, which provides important information about the process, graduation requirements, and course offerings.

Important Dates to Know:

- February 10: Mandatory AP Meeting for students interested in taking an AP course next year
(Held during Bulldog Block)
- February 13: Last day for students to return completed course selection cards to Guidance
(Parent/guardian signature required)

Please reach out to your student's guidance counselor with any questions or to schedule additional support.

February Vacation Ideas:

- “Starry Night”: Tuesday, February 17th at Grace Meadow - Santos Farm Preserve- near the high school. The Mattapoisett Land Trust and our student representative Olivia Thompson have planned an event to look at the stars with telescopes- [see Flier](#) for more information.
 - “STAYCATION” Week of February Vacation! *Ideas for families and friends.* MLT properties- [see flier](#) for more information.
 - Forest Stewardship and Climate Resiliency Walk on Saturday February 21st: [See flier](#)
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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.

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!**

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!

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!

Seniors: Waitlist or Deferred - Now What?

You've sent out all of your applications and are waiting patiently for answers. You have your top choice and can see yourself on campus. You open your mail and see that you have been deferred or placed on the waitlist. Now what?

Deferred:

If you are "deferred" it is typically, when applying early action. This is done when an application is close, but the admissions office may want to compare with the larger regular decision pool. If this happens to you, and the school is a strong interest of yours, be sure to follow all instructions. Each school may have a different process, but the situation is the same; confirm your interest following their instructions, keep focused on all grades, and submit any additional material supporting your application (this may be an additional letter of recommendation, a letter of appeal from you, or a picture of you painting your room in their school colors). When the admissions process is complete after the regular admissions process, applicants are notified as before whether admitted or denied. This will be the final answer.

Waitlist:

Applicants can be "waitlisted" when all decisions have been released. The school will admit their incoming class and look to see how many of those turn into actual students. This can be somewhat of a numbers game. Knowing that not every admitted student will attend; for example they will admit 2000 students building an actual class of 1500 anticipating 500 do not submit deposits. Schools refer to this process as "melt." If, let's say 700 students decide to go elsewhere (instead of the 500 anticipated), admissions would utilize the waitlist to rebound back to 1500 from 1300 (2000 minus 700). Typically waitlists are not prioritized or ranked. If you are put on the waitlist and it is a school you are interested in, again, follow their instructions. However, you will not need or be able to submit additional material. The decision has been made, the process for admitted students has to play out. At this point, unfortunately do not plan on the waitlist working in your favor. Be sure you move forward with your own college plan, and if the waitlist school comes back to you, then consider. Also, be aware that any financial aid or scholarships will be limited.

If you are deferred or waitlisted, let your guidance counselor know. We can sit and talk through the different scenarios and make a plan that works for you.

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.

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>

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

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.


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

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

Registered Nurses



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

WHAT DO THEY DO?

- ASSESS PATIENTS' CONDITIONS
- RECORD PATIENTS' MEDICAL HISTORIES AND SYMPTOMS
- OBSERVE PATIENTS AND RECORD THE OBSERVATIONS
- ADMINISTER PATIENTS' MEDICINES AND TREATMENTS
- SET UP PLANS FOR PATIENTS' CARE OR CONTRIBUTE INFORMATION TO EXISTING PLANS
- CONSULT AND COLLABORATE WITH DOCTORS AND OTHER HEALTHCARE PROFESSIONALS
- OPERATE AND MONITOR MEDICAL EQUIPMENT
- HELP PERFORM DIAGNOSTIC TESTS AND ANALYZE THE RESULTS
- TEACH PATIENTS AND THEIR FAMILIES HOW TO MANAGE ILLNESSES OR INJURIES
- EXPLAIN WHAT TO DO AT HOME AFTER TREATMENT

HOW TO BECOME ONE

- NURSING PROGRAMS TYPICALLY INCLUDE COURSEWORK IN ANATOMY, PHYSIOLOGY, MICROBIOLOGY, PSYCHOLOGY, AND SOCIAL/BEHAVIORAL SCIENCES.
- COMMON PATHWAYS INCLUDE:
 - BSN (BACHELOR OF SCIENCE IN NURSING): TYPICALLY 4 YEARS
 - ADN/ASN (ASSOCIATE DEGREES): TYPICALLY 2 YEARS
 - DIPLOMA PROGRAMS (HOSPITAL-BASED): TYPICALLY 2-3 YEARS
 - (LESS COMMON)
- ALL NURSING PROGRAMS INCLUDE SUPERVISED CLINICAL EXPERIENCE.
- REGISTERED NURSES MUST EARN A STATE NURSING LICENSE, WHICH REQUIRES:
 - GRADUATING FROM AN APPROVED NURSING PROGRAM
 - PASSING A QUALIFYING LICENSING EXAM

JOB OUTLOOK & SALARY

PROJECTED TO INCREASE 5% BETWEEN 2024-2034

MEDIAN SALARY: \$93,600

SEL Tip: Practice Kindness Toward Yourself

Why it matters:

The way you talk to yourself impacts your confidence, motivation, and stress level. Especially on hard days.

Helpful hints:

- Notice negative self-talk and replace it with something more supportive
- Talk to yourself the way you would talk to a friend
- Focus on effort, not perfection

Health & Wellness Tip: Take Care of the Basics

Why it matters:

Sleep, food, and hydration directly affect your mood, energy, and ability to focus in class.

Helpful hints:

- Try to get to bed 15 minutes earlier
- Drink water during the school day
- Eat something in the morning (even if it's small)