



ORRHS Guidance Newsletter

Current Guidance Happenings

March is National Women's History Month

☀️ Women of the Week Spotlight

Throughout the rest of March, we will highlight inspiring women who have made a difference in history and in our world today. From scientists and athletes to artists and leaders, these women have broken barriers, created change, and helped shape the world around us.

Each week, take a moment to learn about a new "Woman of the Week" and the impact she has made. You might even discover someone whose story inspires you!

Want to explore more stories of influential women? Visit: www.womenshistory.org

☀️ Women of the Week: Katherine Johnson

Field: Science & Space Exploration

Katherine Johnson was a brilliant mathematician whose calculations helped send astronauts into space and safely bring them back to Earth. Her work at NASA played a critical role in early space missions and helped break barriers for women and African Americans in STEM fields. Katherine's story is a powerful reminder that curiosity, persistence, and strong problem-solving skills can truly change the world.

Cozy and Crafty ~ Join ORR Cares on March 12th 5-7pm at the ORRHS Library

Community Service Opportunity for High Schoolers!

Come relax and have fun making blankets, knitting/crocheting, coloring, fidget making, etc!

No Experience Needed!

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES

*Please sign up with your mentor

- March 19 - Suffolk University
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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!

Students - don't forget to hand in our Course Selection Cards 2026–2027 School Year

Please return your completed course selection card to your guidance counselor. Getting your form in helps make sure you're scheduled for the classes you want next year. Thank you!

Attention Juniors

Guidance Counselors began meeting with Juniors on Tuesday, March 3rd to begin discussing the steps involved in the post high school planning process and introducing students to online college search tools. Presentations will take place in the guidance conference room during study blocks and will last approximately 50 minutes. Please check eHall Pass for meeting times. Bring your questions!

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](#)
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Prom Dress Giveaway Opportunity

The Gleason Family YMCA & Walt's Mobile Closet are exploring a Gently Used Prom Dress Giveaway for March 2026 to support students who may face financial barriers to attending prom.

Through this referral-only opportunity, selected students would be invited to a private event (date TBD) where they can:

- Browse a variety of gently used prom dresses
- Receive a personalized fitting
- Choose free accessories to complete their look

Interested?

Students who feel this opportunity would be helpful are encouraged to speak confidentially with their school counselor or social worker for possible referral. If referred, students will receive a personal email invitation with event details and a simple sign-up form. Our goal is to help make prom accessible and memorable for all students.

UMass Amherst Veterinary Technology Summer Pre-College program

Veterinary Technology Program

Charles River Campus of UMass Amherst (formerly Mount Ida Campus)

Dates: July 12-25, 2026

Program Length: 2 weeks

Format: In person (Residential or commuter)

Schedule: M-F 9am-4pm

Student Profile: Rising junior-senior

<https://www.umass.edu/uww/pre-college/charles-river/vet-tech-animal-science>

Student Trooper Program (Ages 15–17)

The Student Trooper Program provides high school students with an inside look at careers in law enforcement. Participants experience the structure and training of a paramilitary-style academy while learning about the daily demands of a career in public safety.

The program is open to students ages 15–17 who are in good academic standing and of strong moral character. Participants must meet grooming standards consistent with State Police Academy policies.

This is a physically demanding program that includes rigorous training. A completed application and physical examination (Health Statement form required) must be submitted by the listed deadline.

An **informational video is available** — to request a copy, email deptadjutant@masslegion.org.

Please note the website is still showing 2025 Application, but you can still refer to it to learn more and continue to check back for the updated 2026 Application: <https://www.mass.gov/info-details/student-trooper-program>

Summer Pre-College Opportunity at Emmanuel College (Boston)

Interested in experiencing college life while exploring global leadership? Emmanuel College is offering a two-week residential pre-college program where students can live on campus, take college-level courses, and connect with peers from around the world.

Students can choose from three academic tracks:

- Healthcare Sciences
- Business, Marketing & Entrepreneurship
- Diplomacy & Political Science

Participants will also earn a GlobalUP Certificate in Global Leadership, helping build intercultural skills, confidence, and a global mindset.

Program Details:

- Dates: July 18 – August 1, 2026
- Location: Emmanuel College, Boston, MA
- Who: Rising high school juniors and seniors (must be 16 by the start of the program)

- Cost: \$5,700 (includes housing, meals, excursions, and transportation during the program; airfare and personal expenses not included)

 Learn more and register: <https://www.globalup.org/emmanuel-college>

Upper Cape Tech

The Counseling Team at Upper Cape Tech (UCT) is pleased to invite you and your students to our Annual College & Career Fair on Thursday, March 12, 2026. The event will be held from 6:00 PM to 8:00 PM in the UCT Gymnasium located at 220 Sandwich Road, Bourne, MA.

This event is a comprehensive resource for students and families from UCT and our surrounding communities who are exploring their post-secondary options. The fair will feature:

- **Higher Education & Training:** Over 40 representatives from colleges, technical schools, and universities—including the UMass system, Worcester Polytechnic Institute (WPI), and Bridgewater State University—will be available to discuss academic programs.
- **Military Service:** Recruiters from the Air Force, Army, Navy, Marine Corps, and Coast Guard will be on-site to share information regarding various service branches.
- **Career Opportunities:** Students can network with top local employers such as Cape Cod Healthcare, Woods Hole Aquarium, and I.B.E.W. Local 223. Representatives will be discussing full-time, part-time, summer, and co-op opportunities.

Admission is free. We encourage students seeking employment or internships to bring multiple copies of their resumes to share with prospective employers.

Paid Student Opportunity: Social Media Role with Mattapoissett Land Trust

The Mattapoissett Land Trust (MLT) is looking for a student who loves creating content and is interested in land conservation to help implement and oversee their social media presence. This is a paid position (a few hours per week after initial start-up), with support and guidance provided by the MLT team. Students who are only able to volunteer for course credit may also be considered.

Interested students should email karenbrowning@oldrochester.org for more information.

Learn more about MLT here: <https://mattlandtrust.org/>

Scholarship Opportunity for JUNIORS:

Applications are available online for [The Plymouth Philharmonic Orchestra Music Scholarship](#). The scholarship is open to students from Plymouth County who are Juniors during the 2024-2025 school year, and who plan to attend a four-year music college. The award of up to \$2500 is intended to strengthen the student's application to the music college of his or her choice. Students may use the scholarship to purchase a better instrument, attend music camp, or purchase private instrumental, vocal, or composition lessons that would enhance their skills. Plymouth Philharmonic. Applicants will be judged on merit, commitment, and financial need.

The online due date is April 3, 2026.

Please contact your guidance counselor for a copy of your transcript by March 18, 2026.

SAT Information

Are you planning on taking the SAT? Here are some important deadlines to remember:

- 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!**

Art Achievement Award – \$500+ for Graduating Seniors

The Bourne-Wareham Art Association (BWAA) is offering its annual Art Achievement Award for graduating seniors in the Buzzards Bay region who plan to continue their education in visual arts.

 Award Amount: \$500+ (amount depends on available funds and number of recipients)


 Eligibility: Graduating seniors pursuing further education in visual art

For full details and application information, visit:

 <https://lindahannonart.com/bwaa-achievement-award/>

Questions? Contact:

 LindaHannonArt@gmail.com

 781-439-5637

If you are planning to study visual art after high school, this is a wonderful opportunity to apply!


Interested in a Service Academy? Information Fair – May 1

Congressman Bill Keating, proudly representing Massachusetts' 9th Congressional District, is hosting a Service Academy Information Fair for students interested in attending one of our nation's service academies.

This event is a great opportunity to:

- Learn about the Congressional nomination process
- Understand what service academies look for in candidates
- Ask questions of service academy graduates
- Meet representatives from all major U.S. service academies and Massachusetts Maritime Academy

 Friday, May 1, 2026

 6:00 PM – 8:00 PM

 Massachusetts Maritime Academy

Maritime Conference Center, 20 Tower Lane, Buzzards Bay, MA. If you plan to attend, please register by calling the Plymouth District Office at 508-746-9000 or emailing Michael.Jackman@mail.house.gov.

Students interested in military service, leadership, and earning a high-quality education are encouraged to attend!

FAFSA Information

Seniors are able to start applying for financial aid as early as October 1st at fafsa.gov

Scholarships

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

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.

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](#)

West Point Summer Leaders Experience (Rising Seniors)

The United States Military Academy at West Point is offering rising seniors (current juniors) the opportunity to apply for the Summer Leaders Experience (SLE) — a five-day, overnight immersion led by current West Point cadets. SLE gives students an authentic look at cadet life and challenges them academically, physically, and through leadership development.

Participants will experience:

- Hands-on academic workshops (choose from 17 sessions)
- Physical and military training, including Army PT workouts and obstacle courses
- Leadership and team-building activities
- The Candidate Fitness Assessment (CFA)

 Session Dates:

- May 30 – June 3
- June 5 – June 9
- June 11 – June 15

 Applications open February 15

Selections begin on a rolling basis starting March 15.

Submitting the SLE application also completes the first part of the West Point admissions process.

The program fee is \$495, and scholarships (including travel support) are available for students with documented financial need.

Learn more: <https://www.westpoint.edu/admissions/summer-program>

Apply here: [SLE Application](#)

Students who demonstrate academic excellence, leadership, and physical readiness are encouraged to apply early.

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>

Cape Verdean Scholarship Opportunity (CVRC)





The Cape Verdean Recognition Committee (CVRC) Scholarship Committee is encouraging graduating seniors in the Greater New Bedford area to apply for our annual scholarship. Eligible students include seniors from local high schools (including ORRHS) who plan to enroll in a regionally accredited college or university this fall and pursue a bachelor's degree. New Bedford residents graduating from other high schools may also be considered.

To learn more and to receive the application please reach out to your Guidance Counselor.

Deadline: All application materials must be received or postmarked by April 10, 2026.

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

CAREER OF THE WEEK

Veterinary Assistants and Laboratory Animal Caretakers



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

WHAT DO THEY DO?

- FEED, BATHE, AND EXERCISE ANIMALS
- CLEAN AND DISINFECT CAGES, KENNELS, AND EXAMINATION AND OPERATING ROOMS
- RESTRAIN ANIMALS DURING EXAMINATION AND LABORATORY PROCEDURES
- MAINTAIN AND STERILIZE SURGICAL INSTRUMENTS AND EQUIPMENT
- MONITOR AND CARE FOR ANIMALS AFTER SURGERY
- HELP PROVIDE EMERGENCY FIRST AID TO SICK AND INJURED ANIMALS
- GIVE MEDICATION OR IMMUNIZATIONS THAT VETERINARIANS PRESCRIBE
- ASSIST IN COLLECTING BLOOD, URINE, AND TISSUE SAMPLES

HOW TO BECOME ONE

EDUCATION

- MOST WORKERS ENTERING THIS FIELD HAVE A HIGH SCHOOL DIPLOMA OR EQUIVALENT.

TRAINING

- VETERINARY ASSISTANTS AND LABORATORY ANIMAL CARETAKERS TYPICALLY RECEIVE SHORT-TERM, ON-THE-JOB TRAINING.

LICENSES, CERTIFICATIONS, AND REGISTRATIONS

- CERTIFICATION IS NOT REQUIRED BUT CAN HELP DEMONSTRATE SKILLS IN ANIMAL CARE, HEALTH AND WELFARE, AND FACILITY OPERATIONS.
- LEARN MORE ABOUT AVAILABLE CERTIFICATIONS THROUGH CAREERONESTOP.

JOB OUTLOOK & SALARY

PROJECTED TO INCREASE 9% BETWEEN 2024-2034

MEDIAN SALARY: \$37,320

Health & Wellness Tip

Fueling Your Body – National Nutrition Month



Why it matters:

What you eat impacts more than just weight; it affects your energy, focus, sports performance, immunity, and even mental health. Learning to fuel your body (instead of dieting or skipping meals) helps you feel and perform your best.

Helpful tips:

- Eat regularly: don't skip meals, especially breakfast and lunch.
- Build balanced meals: protein + whole grains + fruits/veggies + healthy fats.
- Read nutrition labels: check serving size, added sugars, and protein.
- Think "food as fuel" choose foods that help you stay energized and focused.

SEL Tip

Practicing Self-Awareness

Why it matters:

Understanding how you feel and what you need is an important part of social-emotional wellness. When you become more aware of your emotions, energy levels, and stress, you can make better choices that support your well-being and help you stay focused throughout the day.

Helpful tips:

- Take a moment to check in with yourself: How am I feeling today?
- Notice how sleep, food, and stress affect your mood and energy.
- If you feel overwhelmed, pause and take a few slow, deep breaths.
- Reach out to a trusted friend, teacher, or counselor if you need support.

Taking small moments to reflect and reset can help you feel more balanced, confident, and ready to learn.