



ORRHS Guidance Newsletter

Current Guidance Happenings

March is National Women's History Month

March is a time to recognize and celebrate the many contributions, achievements, and leadership of women throughout history and in our communities today. From science and education to athletics, the arts, and public service, women have shaped our world in powerful ways. This month, take time to learn about inspiring women, reflect on progress toward equity, and consider how each of us can continue to support and uplift one another.

Learn more and explore stories of inspiring women at: <https://www.womenshistory.org/>

Students, if interested, you are invited to take the ASVAB (Armed Services Vocational Aptitude Battery) this Wednesday, March 4th from 12-3pm.

The ASVAB is a comprehensive career exploration and aptitude test that helps students identify their strengths and discover potential career paths, whether considering college, technical training, the workforce, or military service.

Taking the ASVAB is a great way to learn more about your skills in areas like math, science, language, and mechanical knowledge. There is no obligation to enlist in the military by taking the test.

If you're interested in gaining valuable insight into your future career options, sign up today to reserve your spot for Wednesday's test.

Spots may be limited, don't miss this opportunity.

Email your guidance counselor to sign up and more details will be sent to you.

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!

MEFA College Admissions Seminar - March 8th 8:00am

Parents of sophomores and juniors are invited to attend a free seminar on college admissions, which will be held here, at ORR, on Thursday, March 5th, at 8:00 AM in the Cafeteria. This seminar is offered through MEFA, the Commonwealth's authority on planning, saving, and paying for college.

An experienced MEFA representative will provide an overview of college admissions, including building the college list, the college application process, and trends in college admissions.

Attention Juniors

Guidance Counselors will be meeting with Juniors starting Tuesday, March 3rd to begin discussing the steps involved in the post high school planning process and introducing students to online college search tools. Meetings will take place in the guidance conference room during study blocks and will last approximately 50 minutes. Please check eHall Pass for your meeting time. 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](#)

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>

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/>

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!

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!**

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!

FAFSA Information

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

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.

Scholarships

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

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.

Boat Tech Program (18+): Hands-On Training + Credentials

The Greater New Bedford Vocational Technical Institute is offering a Boat Technician Program, designed to prepare students for entry-level careers in the marine industry with hands-on training. Students who complete the program will earn valuable industry credentials, including OSHA-10 and Yamaha certification.

Program Details:

March 2, 2026 – May 28, 2026

Monday through Thursday

4:00 PM – 8:00 PM

Eligibility Requirements:

- Ages 18+
- Unemployed or underemployed
- Basic math, reading, writing, and computer skills
- Serious and committed to completing the program

This program is ideal for students interested in skilled trades, marine technology, mechanical work, or hands-on technical careers.

For questions regarding this program or for registration, please reach out directly to:

Rodney Solomon -Career Center Director

774-762-5078

rsolomon@masshiregnbcc.com





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

Advertising Sales Agents



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

WHAT DO THEY DO?

- LOCATE AND CONTACT POTENTIAL CLIENTS TO OFFER THEIR FIRM'S ADVERTISING SERVICES
- EXPLAIN TO CLIENTS HOW SPECIFIC TYPES OF ADVERTISING WILL HELP PROMOTE THEIR PRODUCTS OR SERVICES EFFECTIVELY
- PROVIDE CLIENTS WITH ESTIMATES OF THE COSTS OF ADVERTISING PRODUCTS OR SERVICES
- PROCESS ALL CORRESPONDENCE AND PAPERWORK RELATED TO ACCOUNTS
- PREPARE AND DELIVER SALES PRESENTATIONS TO NEW AND EXISTING CLIENTS
- INFORM CLIENTS OF AVAILABLE OPTIONS FOR ADVERTISING ART, FORMATS, OR FEATURES AND PROVIDE SAMPLES OF PREVIOUS WORK FOR OTHER CLIENTS
- DELIVER ADVERTISING OR ILLUSTRATION PROOFS TO CLIENTS FOR APPROVAL
- PREPARE PROMOTIONAL PLANS, SALES LITERATURE, MEDIA KITS, AND SALES CONTRACTS
- RECOMMEND APPROPRIATE SIZES AND FORMATS FOR ADVERTISING

HOW TO BECOME ONE

- **EDUCATION:** HIGH SCHOOL DIPLOMA TYPICALLY REQUIRED; SOME EMPLOYERS PREFER A COLLEGE DEGREE. HELPFUL COURSES INCLUDE MARKETING, COMMUNICATIONS, BUSINESS, AND ADVERTISING.
- **TRAINING:** MOST ADVERTISING SALES AGENTS RECEIVE ON-THE-JOB TRAINING AND MAY WORK ALONGSIDE EXPERIENCED STAFF. SOME EMPLOYERS PROVIDE FORMAL TRAINING FOR SPECIALIZED MARKETS.
- **ADVANCEMENT:** STRONG PERFORMANCE AND LEADERSHIP CAN LEAD TO ROLES SUCH AS SALES MANAGER, ACCOUNT EXECUTIVE, VICE PRESIDENT OF SALES, OR CORPORATE SALES POSITIONS.

JOB OUTLOOK & SALARY

PROJECTED TO DECREASE 6% BETWEEN 2024-2034

MEDIAN SALARY: \$61,460

SEL Tip: Set a Fresh March Goal

Why it matters:

A small, clear goal can boost motivation and help you feel more in control as we head into a new month.

Helpful hints:

- *Choose one realistic goal for the week*
- *Write it down somewhere you'll see it*
- *Celebrate progress, even small wins count*

Health & Wellness Tip: Get Outside When You Can

Why it matters:

Fresh air and daylight can improve mood, focus, and energy levels—especially after a long winter.

Helpful hints:

- *Step outside for a few minutes during the day*
- *Take a short walk after school if possible*
- *Open your blinds in the morning to let in natural light*