



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

☀️ Serena Williams

Field: Sports

Serena Williams is widely considered one of the greatest tennis players of all time. With 23 Grand Slam singles titles, she transformed the sport with her power, determination, and resilience. Beyond tennis, she has been a strong advocate for equality, women in sports, and perseverance through challenges.

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES

*Please sign up with your mentor

- March 19 - Suffolk University

JUNIORS and SENIORS

MassHire will be offering a Resume Writing Workshop at ORR during bulldog block on Wednesday, April 1st. April 14th, MassHire will be offering an Interview Skills Workshop during bulldog block. If interested in either workshop, please sign up with your mentor or in guidance. Space is limited.

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!

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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The Noah Curtis Greany Foundation

Is pleased to share information regarding the NCGF Scholarship for eligible high school seniors. This scholarship recognizes students who exemplify character, leadership, kindness, and a commitment to making a positive impact on their school and community. Detailed eligibility criteria, application requirements, and submission instructions are available on the Noah Curtis Greany Foundation website: thencgfoundation.org

DEADLINE: May 1, 2026

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.

Northeast Maritime Institute – Spring Open House

Interested in a career in the maritime industry? Attend the Northeast Maritime Institute Spring Open House to explore programs, meet faculty, and tour the training facilities.



Date: March 21



Time: 11:00 AM – 2:00 PM

SEA by the Bay – Summer Engineering Academy

Interested in engineering or STEM careers? Roger Williams University is launching a new residential Summer Engineering Academy for high school students.

Students will explore multiple engineering fields through hands-on projects, lab experiences, team design challenges, coastal field trips, and a final showcase, while also experiencing college life on campus.



Program Dates: July 12–18



Learn More & Register:

<https://www.rwu.edu/sea-bay-summer-engineering-academy>

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>

Red Sox Foundation – New England Service Scholarship

High school seniors who have demonstrated strong community service and academic achievement are encouraged to apply for the New England Service Scholarship through the Red Sox Foundation.

Selected students from across New England will receive a \$1,000 scholarship to support their education.

Scholarship recipients will also participate in a service project at Fenway Park and be recognized on the field before the Red Sox game on June 30 vs. the Washington Nationals.



Application Deadline: April 10



Apply & Learn More:




<https://www.redsoxfoundation.org/servicescholarships/#Application>

Questions? Email ness@redsox.com

Summer Programs at Dean College

Looking for a fun way to explore your interests this summer? Dean College is offering summer programs for students ages 14–18 who are interested in dance, musical theatre, social media, podcasting, or sports broadcasting.

Program Options

- Summer Arts Institute: Dance or Musical Theatre Intensive
 July 26 – August 2, 2026
- Pre-College Programs: Social Media Influencer, Podcasting, or Sports Broadcasting
 -  Sports Broadcasting: July 19–24 or July 26–31
 -  Podcasting & Social Media: July 26–31

 Programs take place on the Dean College campus in Franklin, MA. Students can live on campus or commute daily.

 Learn more or register:

www.dean.edu/academics/summeratdean/

Space is limited, so interested students are encouraged to sign up early!

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/>

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>

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!**

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>

NACAC National College Fair – Boston

Students and families are invited to attend the 2026 NACAC National College Fair to explore college options and connect with admissions representatives from colleges and universities across the country.

Dates & Times:

- Monday, April 27 | 5:30–8:30 PM
- Tuesday, April 28 | 8:30 AM–12:30 PM

Location:

Hynes Convention Center, Boston

What to Expect:

- Meet with college admissions representatives
- Explore STEM and Visual & Performing Arts (VPA) college options
- Attend workshops on college essays, financial aid, and the application process
- Visit the College Advising and Financial Aid Center for guidance

Free student registration and more information:


<https://www.nacacattend.org/26Boston>

This is a great opportunity for students beginning or continuing their college search process.

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!

Scholarships


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

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!

Acushnet Scholarships – Apply by April 5

The Acushnet Teachers Association Scholarship Program is now accepting applications for Acushnet residents who plan to enroll full-time in college, community college, or a technical/trade school for the 2026–2027 school year.

By completing one application, students will also be considered for additional scholarships from the Acushnet P.T.O., Acushnet Lion's Club, and the Acushnet Historical Society.

 Application Deadline: April 5, 2026

 Applications & Information:

www.acushnetteachers.com

 Questions: AcushnetTeachers@gmail.com


FAFSA Information


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

Sippican Rod & Gun Club Scholarship

The Sippican Rod & Gun Club is offering two \$1,000 scholarships for the 2026–2027 school year. Scholarships are open to high school seniors and students currently enrolled in college or a certificate program.

 Application Deadline: April 30 (by midnight)

 Applications must be submitted by email

 Application Information:

<https://www.sippicanrodandgunclub.org/about-5>

Applicants should receive a confirmation email within 72 hours. If you do not receive confirmation, please resubmit your application. Incomplete applications will not be considered.

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.

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.

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.

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.

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://givagrant.com/register/5b47752f-3fcf-4b44-92b1-bb21bbdf97dc>

 Application Deadline: April 1 at 11:59 PM ET

CAREER OF THE WEEK

Materials Engineers



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

WHAT DO THEY DO?

- PLAN AND EVALUATE NEW PROJECTS, CONSULTING WITH OTHER ENGINEERS AND MANAGERS AS NECESSARY
- PREPARE PROPOSALS AND BUDGETS, ANALYZE LABOR COSTS, AND WRITE REPORTS
- SUPERVISE THE WORK OF TECHNOLOGISTS, TECHNICIANS, AND OTHER ENGINEERS AND SCIENTISTS
- DESIGN AND IMPLEMENT PROCEDURES TO DEVELOP, PROCESS, TEST, AND DEPLOY MATERIALS
- MONITOR THE PERFORMANCE AND DEGRADATION OF MATERIALS OVER TIME
- DETERMINE CAUSES OF MATERIAL FAILURE AND DEVELOP WAYS OF OVERCOMING SUCH FAILURE
- EVALUATE TECHNICAL AND QUALITY CONTROL SPECIFICATIONS OF MATERIALS
- ASSESS ECONOMIC, ENVIRONMENTAL, AND SUSTAINABILITY FACTORS RELATED TO PRODUCING, USING, AND DISPOSING OF MATERIALS

HOW TO BECOME ONE

- RECOMMENDED HIGH SCHOOL COURSES: ALGEBRA, TRIGONOMETRY, CALCULUS, BIOLOGY, CHEMISTRY, PHYSICS, AND COMPUTER PROGRAMMING.
- EDUCATION NEEDED: MOST MATERIALS ENGINEERS NEED A BACHELOR'S DEGREE IN MATERIALS SCIENCE, ENGINEERING, OR A RELATED FIELD. SOME RESEARCH POSITIONS MAY REQUIRE A MASTER'S DEGREE OR PH.D.
- COLLEGE PROGRAMS: TYPICALLY INCLUDE CLASSROOM INSTRUCTION AND LABORATORY COURSES SUCH AS CALCULUS, CHEMISTRY, AND MATERIALS STRUCTURE AND PROPERTIES.
- HANDS-ON EXPERIENCE: SOME COLLEGES OFFER INTERNSHIPS OR COOPERATIVE (CO-OP) PROGRAMS WHERE STUDENTS GAIN PRACTICAL EXPERIENCE WHILE COMPLETING THEIR DEGREE.
- LICENSURE: NOT REQUIRED FOR MOST ENTRY-LEVEL POSITIONS. EXPERIENCED ENGINEERS MAY PURSUE A PROFESSIONAL ENGINEERING (PE) LICENSE TO SUPERVISE PROJECTS AND OTHER ENGINEERS.
- ADDITIONAL CERTIFICATION: SOME MATERIALS ENGINEERS CHOOSE TO EARN PROFESSIONAL CERTIFICATIONS TO DEMONSTRATE EXPERTISE IN THE FIELD.

JOB OUTLOOK & SALARY

PROJECTED TO INCREASE 6% BETWEEN 2024-2034

MEDIAN SALARY: \$108,310

Health & Wellness Tip

Sleep Smart – Sleep Awareness Week

Why it matters:

Teens need 8–10 hours of sleep, but many get far less. With daylight saving time this month, sleep schedules can get disrupted. Lack of sleep affects mood, concentration, reaction time, and athletic performance.

Helpful tips:

- Keep a consistent bedtime and wake-up time. even on weekends.
- Stop screens 30–60 minutes before bed.
- Keep your room cool, dark, and quiet.
- Avoid caffeine late in the day.
- If the clocks change, shift your bedtime gradually by 15–20 minutes.

SEL Tip: Recharge Your Mind ~ Rest & Balance

Why it matters:

Getting enough sleep is important, but how you wind down before bed matters too. Stress, screens, and busy schedules can make it harder for your brain to relax. Creating calming routines helps your mind reset so you can wake up feeling more focused, positive, and ready to learn.

Helpful tips:

- Create a short wind-down routine before bed (reading, stretching, journaling, or listening to calming music).
- Try a few slow, deep breaths if your mind feels busy at night.
- Write down tomorrow's to-do list so your brain can relax.
- Keep phones and notifications away from your bed to reduce distractions.
- Remember that rest is part of taking care of your mental health.