



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### Attention Advanced Placement Students:

AP Exam balances are due April 8, 2026. Payments can be made in the guidance office by either cash or check (made payable to ORRHS). Balance due letters were passed out during Bulldog Block, but stop in Guidance to see Mrs. Bichsel or email [heatherbichsel@oldrochester.org](mailto:heatherbichsel@oldrochester.org) if you need to know the balance owed.

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### Attention Juniors and Seniors:

MassHire will be offering a Resume Writing Workshop at ORR during bulldog block on Wednesday, April 1st in the library.

On April 14th, MassHire will be offering an Interview Skills Workshop during bulldog block (location TBD). If interested in either workshop, please sign up with your mentor or in guidance. Space is limited.

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### Term 3 Grades Close on Monday, April 6th.

Report cards will be distributed on Thursday, April 16th during Bulldog Block.

The deadline to make up incomplete grades for Term 3 is Monday, April 27th.

#### INCOMPLETE GRADES

Students have two weeks from the day grades close to make up any Incomplete Grades issued by teachers, including 4th term and the summer.

All work not completed within the specified period will be given no credit and averaged with the completed work to determine a grade.

In the case of extenuating circumstances, any extension of this policy must be arranged with the Principal before the end of the two-week time period.

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### Attention Juniors:

Starting March 23, Guidance Counselors will be meeting with Juniors in the guidance conference room during study blocks for Session 2 to complete Naviance activities (Senior Questionnaire & Resume). Please bring your device and a writing utensil.

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### Upcoming Information Sessions with College Representatives:

\*Please sign up with your mentor

- April 3 - Lincoln Tech

Lincoln Tech will be set up during lunches in the cafeteria. Stop by to learn about the degree and certificate programs for careers across a wide range of industries that they offer. A Lincoln Tech education propels you into the workforce with in-demand skills for a job that you'll love

- April 7th - MTTI

*MTTI is a nationally accredited, family-owned technical trade school founded in 1985. It provides short-term, hands-on career training programs in fields like automotive, HVAC/R, construction, medical billing, etc.*

## 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!**

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## Seniors:

Now that a majority of you have received acceptances it is time to understand the college bill and your Financial Aid Package. MEFA will be hosting 2 seminars to assist families. You must pre-register.

### Financial Aid Offers & the College Bill 2026 - MEFA WEBINAR

This webinar will provide valuable guidance for high school seniors who have received their college acceptance letters and financial aid offers and are trying to make the college decision. Topics will include an overview of different types of financial aid, an explanation of how to calculate the balance due at each college, and methods for paying the college bill.

Please register at <https://www.mefa.org/webinar/financial-aid-offers-the-college-bill-2026/>

- April 7, 2026 12:00pm – 1:00pm

## Seniors Quick Reminder!

Local scholarship award letters are due to the guidance office by Monday, May 18. Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. (This list is for local scholarship awards only, not college/university scholarship awards.)

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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## Chloe Harding Memorial Scholarship - Due: April 6th

Applications are available in Guidance for the [Chloe Harding Memorial Scholarship](#). Applicants must be a graduating senior at ORRHS or OCRVTHS and have been accepted to an accredited college or trade school. The scholarship will be issued after successful completion of first semester and proof of enrollment in second semester is submitted. Completed application, essay, and proof of acceptance is due to Guidance by April 6, 2026.

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## Scholarships:

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

## Summer Opportunities:

Please use this link to find [Summer Opportunities 2026](#).

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### 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.

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### 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](mailto:Michael.Jackman@mail.house.gov).

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

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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)

## **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).

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## **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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## **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.**

# CAREER OF THE WEEK

## Actors



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

### WHAT DO THEY DO?

- READ SCRIPTS AND MEET WITH AGENTS AND OTHER PROFESSIONALS BEFORE ACCEPTING A ROLE
- AUDITION IN FRONT OF DIRECTORS, PRODUCERS, AND CASTING DIRECTORS
- RESEARCH THEIR CHARACTER'S PERSONAL TRAITS AND CIRCUMSTANCES TO PORTRAY THE CHARACTERS MORE AUTHENTICALLY TO AN AUDIENCE
- MEMORIZE THEIR LINES
- REHEARSE THEIR LINES AND PERFORMANCE, INCLUDING ON STAGE OR IN FRONT OF THE CAMERA, WITH OTHER ACTORS
- DISCUSS THEIR ROLE WITH THE DIRECTOR, PRODUCER, AND OTHER ACTORS TO IMPROVE THEIR OVERALL PERFORMANCE
- PERFORM THE ROLE, FOLLOWING THE DIRECTOR'S INSTRUCTIONS

### HOW TO BECOME ONE

A FORMAL DEGREE ISN'T REQUIRED TO BECOME AN ACTOR, BUT BUILDING YOUR SKILLS IS KEY! MOST ACTORS TAKE CLASSES AND GAIN EXPERIENCE OVER TIME.

#### WHAT HELPS:

- ACTING OR THEATER CLASSES (SCHOOL, COMMUNITY PROGRAMS, OR CONSERVATORIES)
  - TRAINING IN VOICE, MOVEMENT, AND AUDITION SKILLS
  - PARTICIPATING IN SCHOOL PLAYS OR LOCAL THEATER PRODUCTIONS
- SOME ACTORS CHOOSE TO STUDY PERFORMING ARTS IN COLLEGE, BUT MANY GROW THEIR CAREERS THROUGH PRACTICE, TRAINING, AND REAL-WORLD EXPERIENCE.

### JOB OUTLOOK & SALARY

**NO PROJECTED CHANGE BETWEEN 2024-2034**

**MEDIAN PAY: \$23.33**

## Health & Wellness Tip ~ Healthy Choices & Strong Connections



### Why it matters:

High school brings social pressure, both online and in person. Taking breaks from technology and understanding the real risks of drugs and alcohol helps you make informed, confident decisions.

### Helpful tips:

- Try a few tech-free hours to reconnect face-to-face with friends or family.
- Notice how social media affects your mood.
- Learn the facts about vaping, alcohol, and drug use- misinformation is common.
- Choose friends who respect your boundaries and decisions.
- Reach out for help if you're worried about yourself or someone else

## SEL Tip: SEL Tip ~ Know Your Values & Trust Your Voice

### Why it matters:

Understanding what matters most to you helps you make decisions with confidence, especially in challenging social situations. When you are clear on your values, it's easier to stay true to yourself, even when others may feel pressure to go along.

### Helpful tips:

- Take a moment to reflect: *What kind of person do I want to be?*
- Practice simple ways to say no that feel natural to you
- Pay attention to situations where you feel uncomfortable ~ your instincts matter
- Surround yourself with people who support your goals and values
- Remember: making choices that align with who you are builds confidence and self-respect