



ORRHS Guidance Newsletter

Current Guidance Happenings

♥ April Awareness ~ Sexual Assault Awareness Month

April is Sexual Assault Awareness Month, a time to build understanding, support one another, and promote a culture of respect and safety in our community.

Throughout the month, ORR Cares will be helping to raise awareness and encourage student engagement. Be on the lookout for awareness events, including Denim Day and a tabling event during lunches.

Taking a few moments to learn, show support, or participate can make a meaningful difference. ♥

Term 3 Grades Close Today ~ 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.

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 if you need to know the balance owed.

Attention Juniors and Seniors:

MassHire will be offering an Interview Skills Workshop on April 15th during bulldog block in the library. If interested in the workshop, please sign up with your mentor or in guidance. Space is limited.

Upcoming Information Sessions with College Representatives:

*Please sign up with your mentor

- **May 8 (NEW DATE) - MTTI Information Session**

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.

NEACAC College Fair at Bridgewater State University

Thursday, May 21, 2026 9 - 11:00am

Please register for NEACAC fairs at www.StriveFair.com.

There will be over 100 Colleges/Universities at the fair.

Upon registration, StriveScan sends you a barcode via text message and email, which you will show to reps at each fair. Registering for a barcode provides students with more information on each institution and allows you to connect with schools even after the event. There is no cost for students to register for a barcode.

[BSU College Fair Sign-Up](#)

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:

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!

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](#).

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.

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

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>

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

Community Health Workers



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

WHAT DO THEY DO?

- COORDINATE CARE AMONG INDIVIDUALS, COMMUNITIES, AND HEALTH AND SOCIAL SERVICE SYSTEMS
- CONDUCT OUTREACH, SUCH AS THROUGH HOME VISITS
- PROVIDE CULTURALLY APPROPRIATE HEALTH AND INFORMATIONAL RESOURCES
- OVERSEE CASE MANAGEMENT AND RESOURCE ACCESS
- ADVOCATE FOR INDIVIDUALS AND COMMUNITIES REGARDING HOUSING, FOOD SECURITY, AND OTHER NEEDS
- PROVIDE COACHING AND SOCIAL SUPPORT, SUCH AS NUTRITION TRAINING, RECOVERY SERVICES FOR MENTAL HEALTH AND SUBSTANCE USE DISORDERS, AND CHRONIC DISEASE MANAGEMENT AND PREVENTION
- PROVIDE SERVICES, SUCH AS BASIC HEALTH SCREENINGS AND FIRST AID
- INCREASE INDIVIDUAL AND COMMUNITY PARTICIPATION IN ASSESSMENTS AND EDUCATION TO IMPROVE HEALTH AND WELL-BEING

HOW TO BECOME ONE

- MOST COMMUNITY HEALTH WORKERS NEED AT LEAST A HIGH SCHOOL DIPLOMA
- SOME POSITIONS MAY REQUIRE ADDITIONAL EDUCATION AFTER HIGH SCHOOL
- TRAINING PROGRAMS CAN INCLUDE:
 - 1-YEAR CERTIFICATE PROGRAMS
 - 2-YEAR ASSOCIATE'S DEGREE PROGRAMS
- PROGRAMS TYPICALLY FOCUS ON: WELLNESS AND HEALTH EDUCATION ETHICS CULTURAL AWARENESS

JOB OUTLOOK & SALARY

PROJECTED TO INCREASE BY 11% BETWEEN 2024-2034

MEDIAN PAY: \$51.030

Health & Wellness Tip ~ Reset Your Habits

Why it matters:

A new term is a great time to reset your daily habits. Small changes in your routine can improve your energy, focus, and overall well-being as you head into the final stretch of the school year.

Helpful tips:

- Get back into a consistent sleep routine
- Drink more water and fuel your body throughout the day
- Take advantage of fresh air and movement to boost your mood
- Organize your space to feel more focused and less overwhelmed
- Use vacation week to recharge so you can return refreshed

SEL Tip ~ Refocus Your Mindset

Why it matters:

A fresh start isn't just about habits, it's also about how you think. Resetting your mindset can help you stay motivated, manage stress, and approach challenges with confidence.

Helpful tips:

- Set one clear, realistic goal for the new term
- Give yourself a reset—what's done is done, start from here
- Notice negative self-talk and try to shift it to something more helpful
- Stay connected to people who support and encourage you
- Remind yourself: effort and progress matter more than perfection