



ORRHS Guidance Newsletter

Current Guidance Happenings



AP Exams Are Here!

AP Exams begin this week, and we want to wish all of our students the very best of luck as they showcase their hard work and dedication!

Testing Schedule:

- Monday (May 11): 8:00 a.m. – AP Calculus / 12:00 p.m. - AP Seminar
- Tuesday (May 12): 12:00 p.m. – AP Psychology
- Wednesday (May 13): 8:00 a.m. – AP English Language
- Thursday (May 14): 8:00 a.m. - AP Spanish / 12:00 p.m. – AP Computer Science Principles
- Friday (May 15): 12:00 p.m. – AP Computer Science A

Please be sure to arrive on time, well-rested, and prepared. Remember to bring all required materials and check in with your teacher if you have any questions.



We are proud of your effort! Take a deep breath, do your best, and know we're cheering you on every step of the way!

Attention Seniors

On Monday, May 4th, during Bulldog Block, end-of-year Senior Guidance Surveys were passed out. Every senior will need to complete the survey for state reporting purposes. Seniors planning to attend a college or university, this is how you tell us where to send your final transcript in June. **If you have not turned in your senior survey, please see Mrs. Bichsel in guidance ASAP.** Thanks!

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!

Attention Juniors: Friendly Reminder:

- Students should be asking teachers for letters of recommendation (asking them face to face, and then inviting them on Naviance).
- Signing up for an SAT using your College Board account (if you do not have a College Board account, you need to create one). For eligible students, fee waivers are available in guidance.
- Researching and visiting colleges/trade schools/etc.
- Continue updating your resume and Senior Questionnaire.

Following these steps now will make life senior year more manageable, less stressful, and more enjoyable!

Attention Juniors and Seniors:

MassHire will be offering an Interview Skills Workshop on Wednesday, May 13th, during bulldog block in the library. If interested in the workshop, please sign up with your mentor or in guidance. Space is limited.

Career Night for Drinking Water Operators

Interested in a career that makes a difference? Join a special Career Night to learn more about becoming a Drinking Water Operator — a career focused on protecting public health and supporting local communities.

 Date: May 19, 2026

 Time: 5:00–7:00 PM

 Location: Onset Fire Department Training Room
8 Sand Pond Rd, E. Wareham, MA

Students, job seekers, career changers, and anyone interested in a meaningful career are encouraged to attend!

Attendees will have the opportunity to:

- Learn about the role of drinking water operators
- Explore training and certification pathways
- Meet local water professionals
- Ask questions and see equipment in action

 *This field offers strong job security, opportunities for growth, and the chance to serve your community in an important way.*

Scholarships:

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

FAFSA Information:

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

Summer Opportunities:

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

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 Sign-Up Link](#)

SAT Information:

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

- 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!**

TruNorthBank

Open a FREE Get Real Checking account and unlock up to a \$300 bonus!

[TruNorthBank](#)

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: Deferred or Waitlisted ~ Now What?

Deferred (Early Action):

- Your application is being reviewed again with the regular decision pool
- Follow the college's instructions to confirm your interest
- Keep your grades strong and consider submitting any allowed updates
- Final decision will come with regular admissions decisions

Waitlisted:

- You may be considered if spots open after students commit
- Follow the college's instructions, but don't rely on the waitlist
- Move forward with another college plan and submit your deposit
- If admitted later, you can then decide

 **If you're deferred or waitlisted, connect with your school counselor, we're here to help you make a plan.**

CAREER OF THE WEEK

ELECTRICAL AND ELECTRONICS ENGINEERS



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

WHAT DO THEY DO?

- DESIGN AND DEVELOP ELECTRICAL AND ELECTRONIC DEVICES, PRODUCTS, AND SYSTEMS
- DETERMINE PRODUCT OR SYSTEM REQUIREMENTS
- USE ENGINEERING OR DESIGN SOFTWARE OR EQUIPMENT TO CREATE MODELS, DIAGRAMS, AND LAYOUTS
- INSPECT AND TEST RELIABILITY AND SAFETY OF ELECTRICAL AND ELECTRONIC DEVICES, PRODUCTS, AND SYSTEMS
- SUPERVISE THE MANUFACTURING OR CONSTRUCTION OF PRODUCTS OR SYSTEMS
- PREPARE DOCUMENTATION COVERING PRODUCT OR SYSTEM REQUIREMENTS AND MAINTENANCE
- EVALUATE SYSTEMS AND RECOMMEND DESIGN MODIFICATIONS OR EQUIPMENT REPAIR

HOW TO BECOME ONE

- ELECTRICAL AND ELECTRONICS ENGINEERS TYPICALLY EARN AT LEAST A BACHELOR'S DEGREE IN ENGINEERING OR A RELATED FIELD.
- STRONG MATH AND SCIENCE SKILLS ARE IMPORTANT! HELPFUL HIGH SCHOOL COURSES INCLUDE PHYSICS, ALGEBRA, TRIGONOMETRY, CALCULUS, ENGINEERING, DIGITAL ELECTRONICS, AND DRAFTING/DESIGN.
- COLLEGE PROGRAMS OFTEN INCLUDE HANDS-ON LEARNING THROUGH LABS, FIELD STUDIES, AND COURSES LIKE CIRCUIT THEORY AND DIGITAL SYSTEMS DESIGN.
- INTERNSHIPS AND COOPERATIVE EDUCATION PROGRAMS GIVE STUDENTS VALUABLE REAL-WORLD EXPERIENCE WHILE STILL IN SCHOOL.
- SOME ENGINEERS CHOOSE TO EARN A PROFESSIONAL ENGINEERING (PE) LICENSE LATER IN THEIR CAREERS, WHICH CAN OPEN THE DOOR TO LEADERSHIP OPPORTUNITIES AND ADVANCED PROJECTS.
- ELECTRICAL AND ELECTRONICS ENGINEERS HELP DESIGN AND IMPROVE THE TECHNOLOGY WE USE EVERY DAY—FROM COMPUTERS AND CELL PHONES TO POWER SYSTEMS AND ROBOTICS!

JOB OUTLOOK & SALARY

PROJECTED TO INCREASE BY 7% BETWEEN 2024-2034

MEDIAN PAY: \$118,780



May Health & Wellness Spotlight ~ Physical Fitness & Strength



Why it matters:

Regular physical activity strengthens your body, improves mood, and helps reduce stress. especially during busy end-of-year schedules.

Helpful tips:

- Try a mix of activities: cardio, strength, and flexibility.
- Join a team, club, or workout with a friend.
- Set realistic fitness goals.
- Stay consistent, even short workouts are beneficial.



SEL Tip ~ Early Support Matters: Recognizing Signs in Children and Youth

Week 2 theme from Substance Abuse and Mental Health Services Administration (SAMHSA)

Why it matters:

Recognizing when someone may be struggling and offering support early can make a meaningful difference. Checking in with yourself and others helps create a school community where everyone feels seen, supported, and connected.

Helpful tips:

- Pay attention to changes in mood, behavior, energy, or participation
- Reach out to a trusted adult if you are worried about yourself or a friend
- Remember that asking for help is a sign of strength, not weakness
- Small acts of kindness and connection can have a big impact
- Early support and access to resources can help students feel supported and successful



At ORR, we all play a role in looking out for one another and creating a community where everyone feels safe, supported, and valued.