

# CAREER, COLLEGE & COUNSELING

KEEPING YOU UP TO DATE WITH THE COUNSELING SUPPORT TEAM AT WA-HI

#### SOURCES OF STRENGTH

21 days of naming three new things you are grateful for will literally change your brain chemistry! If you are interested in trying this over break, here is a sample <u>Gratitude</u> <u>Journal!</u>

Interested in checking in on your own strengths- here is a coloring sheet

Need an idea of something to do?

Try calling a family member, write a note thanking someone for being a positive friend, go for a walk/run, and if it snows...shovel a neighbors walkway and collect some volunteer hours!

Have a great winter break!

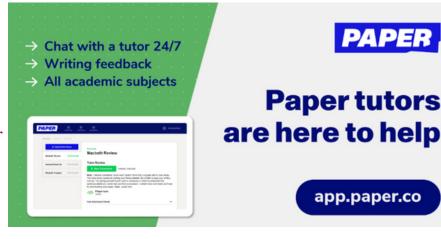
# **PAPER ONLINE TUTORING**

Go to <u>app.paper.co</u>
For more information <u>click here!</u>

You will log in using Google and your WWPS email

\*Students, please know that your Chromebooks are monitored and teachers/administration/staff can read your chats with your tutors. Please use your Chromebook and Paper in a respectful manner. "I really like the service! I've gotten really good feedback on my essays that I uploaded, and the tutors are super chill."

12th grader, La Cañada Unified School District, CA





# Failure is the opportunity to begin again more intelligently

- Henry Ford

## **AP EXAM UPDATE**

- Payments for AP Exams via inTouch will begin 12/6/2022
- Any changes to AP Exam order
   deadline is March 15th. This is the
   cutoff if any student no longer
   wishes to take the AP Exam without
   a \$15 fee

#### YOUR COUNSELOR

In case you forgot...

Mrs. Melgoza - Last names A-Ce + AVID 9/12 mmelgoza@wwps.org mmelgoza.youcanbook.me

Mrs. Mueller- Last names Ch-G nmueller@wwps.org nmueller.youcanbook.me

Mr. Bockert- Last names H-Mc jbockert@wwps.org jbockert.youcanbook.me

Mr. Croft- Last names Me-Se jcroft@wwps.org jcroft.youcanbook.me

Mrs. Widmer- Last names Sh-Z + AVID 10/11 swidmer@wwps.org swidmer.youcanbook.me

Ms. Ruzicka- Career & College Specialist kruzicka@wwps.org kruzicka.youcanbook.me

# SENIOR CULMINATING PROJECT



**Seniors!** Make sure you sign up for your Senior Presentation <u>here!</u>

- Presentations will take place on March 14th, 15th and April 18th from 4:30-7:30pm
- Running Start students- make sure you check ParentSquare to attend the counselors presentations at SEATech to get help
- GEAR-UP is also available to help seniors who don't have an English class at WaHi

### **IMPORTANT DATES**

- Dec. 21-Jan 2- Winter Break
- Jan. 14, 21 & 28 GEAR UP's 10 hr to 10k
- March 14, 15 & April 18- Senior Presentations

#### **CONNECT TO HELP**

If you are interested in seeing a mental health therapist on campus, please see your school counselor for a referral!

#### Call

Walla Walla Crisis: 509-524-2999National Lifeline: 1-800-273-8255

#### **Text**

- Crisis: Text "Home" to 741741
- Trevor Project to support LGBTQ Youth: Text "Start" to 678678
- Steve Foundation to support BIPOC Youth: Text "Steve" to 741741

Follow the Career Center & Counselors on Social Media!



# **REPORT IT**

 $See\ Something,\ Hear\ Something,\ Say\ Something...$ 

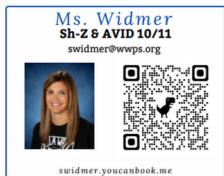


#### 2022-2023 COUNSELING SUPPORT STAFF













\*ONCE YOU SCHEDULE YOUR APPOINTMENT, YOU WILL GET A CONFIRMATION EMAIL & CALENDAR INVITE TO USE AS YOUR PASS TO COME SEE US!
\*STAY CONNECTED WITH WAHI CAREER, COLLEGE & COUNSELING: INSTA @WAHICCC