



DECEMBER 20, 2022 | VOL. 8



# 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 Gratitude Journal!

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 [app.paper.co](https://app.paper.co)

For more information [click here!](#)

You will log in using Google and your  
WWPS email

"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

\*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.

- Chat with a tutor 24/7
- Writing feedback
- All academic subjects



**PAPER**

**Paper tutors  
are here to help**

[app.paper.co](https://app.paper.co)



**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  
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**Mr. Bockert- Last names H-Mc**  
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**Mr. Croft- Last names Me-Se**  
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**Mrs. Widmer- Last names Sh-Z + AVID 10/11**  
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**Ms. Ruzicka- Career & College Specialist**  
kruzicka@wwps.org  
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## SENIOR CULMINATING PROJECT



**Seniors!** Make sure you sign up for your Senior Presentation [here!](#)

- 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: 509-524-2999
- National 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!



@WaHiCCC



@WaHiCCC



@WaHiCCC

# REPORT IT

See Something, Hear Something, Say Something...

**Walla Walla  
Public Schools**



**SEE SOMETHING  
HEAR SOMETHING  
SAY SOMETHING!**

Anonymously report bullying, harassment, threats of violence, suicide, drugs, vandalism, weapons and other safety concerns.

**5 EASY WAYS TO REPORT:**


-  **1. CALL**  
855.976.8772
-  **2. TEXT**  
855.976.8772
-  **3. EMAIL**  
1057@ALERT1.US
-  **4. WEB**  
1057.ALERT1.US
-  **5. QR CODE**  
Scan the QR code with your smart phone

**OUR DISTRICT CODE IS: 1057**

All tips are taken seriously and will be acted upon. Please be responsible with your submissions.



## 2022-2023 COUNSELING SUPPORT STAFF

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\*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