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
For more information click here!

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.
“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 [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!
REPORT IT

See Something, Hear Something, Say Something...

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**2022–2023 COUNSELING SUPPORT STAFF**

<table>
<thead>
<tr>
<th>Mrs. Melgoza</th>
<th>Mrs. Mueller</th>
<th>Mr. Bockert</th>
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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