

Hi all -

Greetings on a moist weekend. I wanted to share with you all my favorite youtube I've seen in a while... https://youtu.be/FwwIYdB_wic I hope that you, like this sheep, are able to find great joy in new fun things.

This week has a lot of airplane stuff in it: Air Force, Boeing, and an airplane meme. Additionally, we are talking about college visits and international travel (more airplanes!) so stay tuned!

We only have 3 days of schools this week due to conferences (don't forget to sign up for conferences!). So during these 3 days, I challenge you to be super engaged in school... like this pup:



Take care!
Katharine

GRADES 9 & 10 - Pathway to College!

Melanie Whetsine, Ph.D. will be speaking on How students can Stay Organized and Motivated During the Pandemic.

Our annual Path to College Event provides families with the tools they need prepare for the college journey, including,

- A timeline with key college preparation events for students and parents
- A plan for finding scholarships (you can start today!)
- Tools you need to find colleges your family can afford (They are out there! Even for families with very limited income!)
- Tips on how to make the most of high school (and have fun!)

The events will be October 18 from 2-3:30 pm and October 21 from 6-7:30 pm. Folks can find out more and register on the event page of our webpage. www.palousepathways.org/events

SELF CARE

Distance learning is ROUGH on all of us, and I just wanted to remind you all that **if you ever have concerns about your friends or your own mental health, please reach out to an adult you trust.** Teachers, your counselors, principals, or parents are all great options. There is also the Mental Health Crisis Line in Walla Walla [\(509\) 524-2999](tel:5095242999). You will never get in trouble for reaching out; we are here for all of you and we want to help.

For more resources go to:

- [Reach Out Walla Walla](#)
- [Suicide Prevention Lifeline](#)
- [Crisis Text Line](#) - Text HEAL to 741741



Help me with Zoom anxiety!

Why does Zoom make me feel so anxious?
Is my anxiety normal or is there something wrong with me?
How can I get through my Zoom classes?
What can I do if I'm completely overwhelmed?

In this class you will learn why Zoom triggers anxiety in some people; tips to help you get through your zoom classes and how you can keep zoom anxiety from getting in the way of your academic success.

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Wednesdays, 2pm
ZOOM ID: 9936 857 2717
Sign up at bit.ly/wahicareer

zoom zoom zoom

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makes my heart go
BOOM BOOM

Help me with Zoom anxiety!

The Health Center and my office are providing a Zoom Anxiety workshop again this week! Come and join us to learn some strategies to handle any challenges you have with Zoom. Sign up here or just come!

Zoom ID 9936 857 2717

IT'S UNOFFICIAL AIRPLANE WEEK!

AIR FORCE: The Air Force recruiter will be doing an information session with Wa-Hi Tuesday at noon!



[Join Zoom Meeting](#)

ID: 99815013515

BOEING: Boeing, one of Seattle's biggest employers, will be hosting a seminar on Tuesday, October 13th, from 12:00 – 1:00 PM, focusing on mechanical and electrical assembly. We will be joined by staff from Boeing Foundational Training, who will discuss manufacturing career pathways, key skill areas and share advice to students interested in pursuing a role in mechanical or electrical assembly. The session will also include time for students to ask questions of our panelists.

How to Join the Call

- Go to the WebEx site: <https://boeingtraining.webex.com>
- Enter the session number: 144 834 1836
- Then enter the training session password: WorkDev2020



HAVE YOU EVER DREAMED OF...

- **Traveling the world?**
- **Living in another country?**
- **Being fluent in another language?**

You are invited to a Zoom meeting

When: Monday, October 12th, 2020, 4:00 PM Pacific Time

Walla Walla Noon Rotary is hosting a virtual information presentation on Monday, October 12th, to highlight a great opportunity for students 15-19 years old to study abroad in a foreign country.

Parents Are Encouraged to Attend!

Register in advance for this meeting:

https://us02web.zoom.us/join/register/tZMtdeiopz4vGd3NtLlD-z7PKt69bs_y0jWZ

After registering, you will receive a confirmation email containing information about joining the meeting. Right now, we are looking for applicants for the 2021-2022 school year. Rotary Exchange students are provided room, board, tuition, and a monthly stipend during their exchange year. A value up to \$24,000. Initial application due: **October 23rd. (date extended)**

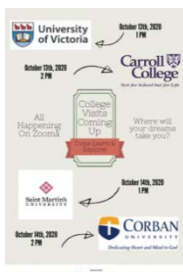
Rotary District 5080 has exchange agreements with Belgium, Bolivia, Brazil, Chile, Denmark, Ecuador, France, Germany, Italy, Japan, Netherlands, Peru, Poland, Switzerland, Thailand, and Taiwan.

Questions? Bill Erickson, Event Coordinator: bill@rotary5080ye.org 1 509 520-4655

Use these links to learn more: District 5080 Youth Exchange: <http://www.rotary5080ye.org>

Rotary Youth Exchange Guide: <http://www.rotary5080ye.org/Docs/RI%20752en%20ExchStudGuide.pdf>

LET'S TALK TO COLLEGES! Sign up at bit.ly/wahicareer or just come!



Monday, 2pm
Boise State University

This is a large university in Boise, Idaho, that participates in the WUE - we have a few Wa-Hi students go every year.

<https://zoom.us/j/7714434382?pwd=QzMxeEJpV0pPZEhFMTRjMUUwRFo3UT09>

Tuesday, 1pm

University of Victoria (Canada!)

Want to learn about how to go to international schools, particularly Canadian ones?

Come check this out!

[Join Zoom Meeting](#)

ID: 91565784511

Tuesday, 2pm

Carroll College

An affordable and private college in Helena, Montana, with a reputable pre-health careers track

<https://carroll.zoom.us/j/4064474382>

Meeting ID: 406 447 4382

Wednesday, 1pm

St Martin's University (Tacoma, Wa)

An affordable and less competitive private school in the South Puget Sound. If your GPA is 3.0-3.5 it could be worth checking out!

<https://zoom.us/j/95100770911?pwd=OG01UEkvcXJlU0JOM3YxUTU1em0vUT09>

Meeting ID: 951 0077 0911

Passcode: 890279

Wednesday, 2pm

Corban University (Salem, Or)

A small private Christian school in Salem, Oregon.

<https://zoom.us/j/7714434382?pwd=QzMxeEJpV0pPZEhFMTRjMUUwRFo3UT09>

Meeting ID: 771 443 4382

Passcode: 794051

Take care!

Katharine

Katharine Curles

[Wa-Hi/SEATech Career & College Center](#)

kcurles@wwps.org

Text: 541.809.1659

Call: 509.526.8680

You can book a meeting with me [here](#)

I respond to the pronouns she/her/hers

Be in touch with the Career Center by:

Instagram (@BeyondWaHi)

Twitter (@BeyondWaHi)

Facebook <https://www.facebook.com/BeyondWaHi/>

Remind (SENIORS: text @wahi2021 to 81010,

JUNIORS: text @wahi2022 to 81010,

SOPHOMORES: text @wahi2023 to 81010,

FRESHMEN text @wahi2024 to 81010)