

Dear Parents/Guardians and Students,

Hello to all!

The high school counseling staff greatly misses seeing/talking with all of you. This includes parents and students. At this time, we are unable to open our offices to meet with you, however, we will do our best to meet the needs we typically do when school is in session. This includes addressing our students' and families' mental health needs and any college and career concerns, as they arise.

We have already had many parents asking questions about college and documentation issues specifically, college transcripts, scholarships, NCAA records, testing and social security documentation. At this time, we can be contacted through school emails. If you would like to speak to a counselor, please leave the best number and time that you can be reached and the counselor will get back to you, in a timely fashion.

Counselors will be checking their emails in accordance with a typical school week (Monday through Friday, 8:00 am through 3:00 pm. Emails are the best way to contact counselors. If you need to phone instead of email please know that all phone calls are currently being routed through our district office and can be reached calling 570-226-4557. Any calls will then be routed to the appropriate guidance counselor. **Should a situation arise that requires an immediate emergency response calling 911 is your recommended first course of action.**

The National Suicide Prevention Lifeline is available 24 hours a day, and 7 days a week. The Lifeline provides free and confidential support for individuals who are in distress as well as crisis resources, should they be needed. **The Lifeline number is 1-800-273-8255.**

Safe2Say Something is also available to students, parents and guardians. Safe2Say can be accessed through the app, the website [Safe2Say Something](#), as well as the **Tip Line 1-844-723-2729.**

Please know your child's mental health is our number one priority.

Counselor Emails:

Emily Caccavale [caccavem@wallenpaupack.org](mailto:caccavem@wallenpaupack.org)

Diane Farro [farrodi@wallenpaupack.org](mailto:farrodi@wallenpaupack.org)

Shawn Knisely [kniselsh@wallenpaupack.org](mailto:kniselsh@wallenpaupack.org)

Melissa Monte [monteme@wallenpaupack.org](mailto:monteme@wallenpaupack.org)

Amanda Rosemergy [rosemeam@wallenpaupack.org](mailto:rosemeam@wallenpaupack.org)

Sue Sullum [sullumsu@wallenpaupack.org](mailto:sullumsu@wallenpaupack.org)

Catherine Zultewicz [zultewca@wallenpaupack.org](mailto:zultewca@wallenpaupack.org)

## College and Career

- **SAT/ACT:** Many colleges and universities are waiving the SAT/ACT requirement for admission. If you have not taken the SAT/ACT and were planning to apply to a college or university which previously required the test for admission, you may still be able to apply. For more specific information, contact the college or university's admissions department directly. Keep in mind, most colleges and universities have staff working remotely, so electronic communication is your best bet for getting your questions answered. Also remember that because these individuals are not physically on campus at this time, it may take a full day (or longer) to get a response to your questions.
  - Looking for some practice with preparing for a future SAT? Looking to brush up or learn something new? Check out Khan Academy [Khan Academy](#)
  - Looking to build on something you already knew, and challenge yourself with an on-line learning environment? Check out the 2,500+ courses offered at edX [edX](#)
- **College Board Updates:** Updates about spring SAT dates, AP exams, and conferences. [College Board Updates](#)
- **College/University Visits:** Spring open houses, accepted student days, and other in-person visits at colleges and universities across the country have been canceled due to COVID-19. However, many colleges and universities are hosting online Q&A sessions, virtual tours, and are sharing information with prospective and accepted students electronically. **Check the website of the colleges or universities you planned to visit this spring for more information.**
- **NCAA:** If you have an NCAA request please contact your counselor for more information
- **Transcript Requests:** Contact your school counselor with information, including how you applied to the school i.e. Common Application, Send Edu, Individual College Application
- **Common Application Questions:** Use this link to help solve application questions:

[Common App Questions](#)

## AP Information

- The following link provides up to date information regarding AP courses and tests:

[AP Course and Test Info](#)

## Dual Enrollment

- Interested in getting dual enrollment credits? Please contact Mr. Jeff Gregory directly to take care of the payment. He can be reached at:

Jeff Gregory, Director of Admissions Lackawanna College

501 Vine Street, Scranton, PA 18509

Phone: 570-961-7868, 877-346-3552 Email: [gregoryj@lackawanna.edu](mailto:gregoryj@lackawanna.edu)

## Scholarships/Financial Aid

- Link for financial aid:

[FAFSA](#)

- Local scholarship information and applications (info is found on the WAHS webpage under Guidance and Financial Aid):

[WAHS Scholarships and Financial Aid Info](#)

- Need help completing your FAFSA or do you have questions regarding your FAFSA?
  - Tammy Marcinkevich is an academic specialist that works at Education Opportunity Center INC (EOC).
  - She is available by phone or email to answer any FAFSA questions that you may have.
  - Visit the website at [Equal Opportunity Center \(EOC\)](#) or contact her by phone: 570-417-9445 or e-mail: [tammy@eocinc.org](mailto:tammy@eocinc.org)

## Social Security Information

- If you receive social security benefits or you have questions about social security, use the website below to find out more information.

[Social Security Administration](#)

## Financial/Medical Help

- If you need information about getting financial help or medical care, use the link below. This link will help you understand if you qualify for assistance. It will also lead you to an online application which can be completed at home and submitted directly to the state of PA.

[Department of Human Services--PA](#)

## Unemployment Information

- Need information about Unemployment Compensation—the following link will take you to PA's Unemployment Office with information about employees who have been impacted by COVID-19 unemployment, as well as the link to complete an application on-line.

[Unemployment Application of PA](#)

## Mental Health/Mindfulness

- Cool Meditations for Teens [10 Cool Meditations for Teens](#)

- Free Yoga Classes for Teens [Yoga Classes for Teens--YouTube](#)
- TED Talks for Teens [TED Talks Geared for Students](#)

## Talking to Your Children About the Coronavirus

The links below provides information on talking and supporting your children during this time of the coronavirus:

[Talking to Your Children About Corona Virus](#)

[How Parents Can Support Their Child's Emotional Well-Being During COVID-19](#)

[Helping Children Cope with Change](#)

[What to Say to Kids to Help Kids Feel Calm When the World Feels Fragile](#)

[Talking to Kids About Global Trauma](#)

[Supporting Teens During the Corona Virus Crisis](#)

[A Parent's Guide to Meeting the Challenges During the Pandemic](#)

[Technology Won't Replace School Counselors](#)

[Tips for Handling Stress and Anxiety During the Corona Virus \(Center for Disease Control\)](#)

[How to Help Your High School Senior During the COVID-19 Crisis](#)

## Activities and Advice for Families and Students

- The link below will provide trustworthy information and education to students and families alike, regarding media and technology

<https://www.common sense media.org/>

## Brain teasers

- Sudoku- Math game to occupy time [Sudoku](#)
- NY Times Student Crossword Puzzles [NY Times Student Crossword Puzzles](#)

## Apps for Your Phone

- Headspace: Mindfulness for your everyday life. <https://www.headspace.com/>
- Motivation--Daily quotes
- Antistress Anxiety Relief Game: Fun games to destress

- Calm Harm: An app for helping with students with mental health concerns:
- Shine: Calm Anxiety and Stress
- Happify: for Stress
- Colorfy: Coloring Art Games

## Fun Things!

- Tour that museum you've always want to visit [Virtual Museum Tours](#)
- Check out what's going on in the San Diego Zoo [San Diego Zoo Live Cams](#)
- The Georgia Aquarium—a swimming good time [Georgia Aquarium](#)
- What Came First, the Chicken or the Egg? Tour a Farm [Farm Tour](#)
- Looking for a book to read?? [Good Reads](#)