

I AM ASCA

GEOLYN D. EGURROLA

School Counselor
Jose Rios Middle School, Guam

WHY ARE YOU AN ASCA MEMBER? The professional development opportunities and the advocacy support – the resources available allow me to walk confidently into my building because I feel better equipped to focus on my role as a school counselor to support students, as well as faculty and staff.

WHAT WORDS DO YOU LIVE BY? “Kindness matters.” It matters in everything I do. Showing kindness to students who are verbally or physically aggressive is an opportunity to teach them that kindness is a skill they can also learn. Showing kindness to peers and authority figures who disagree with my professional opinion allows them to listen to my perspective; it prevents them from taking my comments personally.

WHAT'S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR? I learn every day. Even after 14 years of being a school counselor, there's always something new to take away. I've been working in middle school for 12 years, and I follow my students from sixth to eighth grade. Keeping up with their challenges with social media, drug awareness and the new careers in the present social climate keeps me feeling young.

WHERE DO YOU GO WHEN YOU NEED TO SOLVE A PROBLEM IN YOUR WORK? I work with the best school counseling team ever. My favorite thing we do is take a walk in our school garden to put concerns and challenges in perspective. We agree and disagree, and we listen and support each other, all because we share the same goal of committing to a school program that supports our students. I also have the privilege of being in the best school of staff, teachers and administrators. Despite the changes we have had these past few years, we learned that supporting each other's role in helping students and referring to school data will address our problems most efficiently in the building.

WHAT DO YOU DO TO DECOMPRESS/ ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Honestly, I pray. I pray before I go to school to ask for guidance and strength to be the best school counselor I can be. I pray when I leave and thank God for blessing me with a supportive husband and amazing kids that I get to go home to.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR?

My go-to tool for anything that requires a visual impact is Canva. This graphic design platform saves so much time in making our products eye-catching and professionally finished that we can spend more time on the educational content our team is delivering.

FAST FACTS > WHAT'S YOUR FAVORITE SONG? “OPEN MY EYES” >

WHAT'S YOUR COFFEE ORDER? HOT MOCHA LATTE WITH ALMOND MILK, NOT TOO SWEET > **WHAT'S YOUR GUILTY PLEASURE?** WHEN I'M IN MY CAR ALONE BETWEEN PICKUPS AND DROP OFFS FOR MY KIDS' ACTIVITIES, I LISTEN TO ROMCOM AUDIOBOOKS. > **WHAT**

SUPERPOWER DO YOU WISH YOU HAD? I WISH I HAD THE POWER TO MAKE PEOPLE THE BEST VERSION OF THEMSELVES; THE POWER TO HEAL, EMOTIONALLY. > **WHAT IS ONE THING YOU'RE REALLY GOOD AT?** USING MY INSTAPOT > **WHAT'S SOMETHING MOST PEOPLE DON'T KNOW ABOUT YOU?** MY NAME IS COMBINATION OF MY PARENTS' NAMES – GEORGE AND EVELYN.

READ MORE ABOUT GEOLYN

WWW.SCHOOLCOUNSELOR.ORG/IAMASCA