

I AM ASCA

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WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR?

Knowing that one person can absolutely make the difference in a student's life inspires me; I want my students to have every opportunity they need to reach their potential.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR?

I'm able to put people at ease during stressful or vulnerable times. Through open, nonthreatening, heartfelt communication, I can talk to anyone about anything.

WHAT WORDS DO YOU LIVE BY?

Two favorite song lyrics of mine are "Say love" and "Decide what to be and go be it" by the Avett Brothers. These remind me to always let love be my guide and to passionately go after my dreams.

FAST FACTS > WHAT'S YOUR FAVORITE SONG?

"SALVATION SONG" BY THE AVETT BROTHERS > WHAT'S

YOUR COFFEE ORDER? CARAMEL FRAPPUCCINO WITH

EXTRA CARAMEL > WHAT'S YOUR GUILTY PLEASURE?

CHIPS AND QUESO AND "RUPAUL'S DRAG RACE" > WHAT

SUPERPOWER DO YOU WISH YOU HAD? SUPER SPEED

SINCE I'M ALWAYS LATE > WHAT IS ONE THING YOU'RE

REALLY GOOD AT? MAKING KIDS LAUGH > WHAT'S

SOMETHING YOU THINK MOST PEOPLE DON'T KNOW

ABOUT YOU? I LIVED IN INDONESIA FOR THREE YEARS.

READ MORE ABOUT AMY

SCHOOLCOUNSELOR.ORG/IAMASCA

WHAT'S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR?

I am a celebrity to 600 kids. Hands down, I love the hugs, smiles and high fives I get throughout the day.

WHY IS IT IMPORTANT TO YOU TO BE PART OF A COMMUNITY OF SCHOOL COUNSELORS WORKING TOGETHER FOR THE BENEFIT OF ALL STUDENTS?

When you are the only school counselor in the building, it can be a lonely experience. Being part of ASCA gives me a school counselor community to feel that important connection.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY?

Sleep - I recharge with an exorbitant amount of sleep, at least 9-10 hours a night. It's the only way I can bring my A game each day.

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

I have a magnetic board filled with dozens of emoji magnets. At the top it says, "How I Feel." During individual counseling, I ask students to pick three emojis that describe how they're feeling. This always helps give me and the student a good place to start, especially when they lack the words to say how they feel.