
READ MORE ABOUT TANEKA
WWW.SCHOOLCOUNSELOR.ORG/IAMASCA

WHY ARE YOU AN ASCA MEMBER? ASCA gives me a network of school counselors nationally who help me grow and learn. It also affords me the opportunity to reflect and improve my craft.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR? Prior to becoming a school counselor, I worked as a child protection investigator and mental health counselor, so I have a lot of insight and experience that benefit my students who need assistance in those areas.

WHAT IS ONE THING YOU’RE REALLY GOOD AT? ORGANIZING

WHAT’S YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? I have a lot of students who struggle with anxiety/stress, so one of my favorite tools to use is The Worry Tree. I keep copies of it in my office. It teaches students how to effectively deal with worrying thoughts. I also advise my students on Mindshift, which is an amazing free app that helps manage anxiety and worry as well.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Listen to music, pray and journal.

WHAT’S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR? My students – being able to lead and guide them toward recognizing their full potential and discovering their passions and purpose.

WHAT WORDS DO YOU LIVE BY? Be kind because you never know what others are going through.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? I have a lot of students who struggle with anxiety/stress, so one of my favorite tools to use is The Worry Tree. I keep copies of it in my office. It teaches students how to effectively deal with worrying thoughts. I also advise my students on Mindshift, which is an amazing free app that helps manage anxiety and worry as well.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR? Prior to becoming a school counselor, I worked as a child protection investigator and mental health counselor, so I have a lot of insight and experience that benefit my students who need assistance in those areas.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Listen to music, pray and journal.

WHAT’S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR? My students – being able to lead and guide them toward recognizing their full potential and discovering their passions and purpose.

WHAT WORDS DO YOU LIVE BY? Be kind because you never know what others are going through.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR? Prior to becoming a school counselor, I worked as a child protection investigator and mental health counselor, so I have a lot of insight and experience that benefit my students who need assistance in those areas.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? I have a lot of students who struggle with anxiety/stress, so one of my favorite tools to use is The Worry Tree. I keep copies of it in my office. It teaches students how to effectively deal with worrying thoughts. I also advise my students on Mindshift, which is an amazing free app that helps manage anxiety and worry as well.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Listen to music, pray and journal.

WHAT’S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR? My students – being able to lead and guide them toward recognizing their full potential and discovering their passions and purpose.

WHAT WORDS DO YOU LIVE BY? Be kind because you never know what others are going through.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR? Prior to becoming a school counselor, I worked as a child protection investigator and mental health counselor, so I have a lot of insight and experience that benefit my students who need assistance in those areas.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? I have a lot of students who struggle with anxiety/stress, so one of my favorite tools to use is The Worry Tree. I keep copies of it in my office. It teaches students how to effectively deal with worrying thoughts. I also advise my students on Mindshift, which is an amazing free app that helps manage anxiety and worry as well.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Listen to music, pray and journal.

WHAT’S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR? My students – being able to lead and guide them toward recognizing their full potential and discovering their passions and purpose.

WHAT WORDS DO YOU LIVE BY? Be kind because you never know what others are going through.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR? Prior to becoming a school counselor, I worked as a child protection investigator and mental health counselor, so I have a lot of insight and experience that benefit my students who need assistance in those areas.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? I have a lot of students who struggle with anxiety/stress, so one of my favorite tools to use is The Worry Tree. I keep copies of it in my office. It teaches students how to effectively deal with worrying thoughts. I also advise my students on Mindshift, which is an amazing free app that helps manage anxiety and worry as well.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Listen to music, pray and journal.