

I AM ASCA

TANEKA FULLER

School Counselor
Bossier High School, Bossier City, La.

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 INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR? My students' resiliency. As a school counselor, I am aware of the many hardships and difficulties my students face daily, and it is beyond inspiring to witness them perform well academically and socially in spite of those hardships and difficulties.

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

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.

FAST FACTS > WHAT'S YOUR FAVORITE SONG? "WHEN YOU PRAISE" BY FRED HAMMOND **> WHAT'S YOUR COFFEE ORDER?** CARAMEL MACCHIATO **> WHAT'S YOUR GUILTY PLEASURE?** BINGING ON COURT TV SHOWS **> WHAT SUPERPOWER DO YOU WISH YOU HAD?** TELEPORTATION - I LOVE TO TRAVEL SO IT WOULD BE AMAZING TO JUST ZAP MYSELF TO WHEREVER I DESIRED. **> WHAT IS ONE THING YOU'RE REALLY GOOD AT?** ORGANIZING **> WHAT'S SOMETHING YOU THINK MOST PEOPLE DON'T KNOW ABOUT YOU?** I'M THE GIRL WHO CRIES DURING THE SAD MOVIES AND SCREAMS AND JUMPS DURING THE SCARY MOVIES.

READ MORE ABOUT TANEKA
WWW.SCHOOLCOUNSELOR.ORG/IAMASCA