

# I AM ASCA

## SARAH RITCHIE

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**WHY ARE YOU AN ASCA MEMBER?** ASCA is a supportive, passionate space that empowers school counselors. Whether it is at conferences, collaborating with others, advocacy efforts or the bountiful resources, I always feel proud of choosing this profession and being an ASCA member.

**WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR?** Watching students grow, learn, smile and thrive.

**WHAT WORDS DO YOU LIVE BY?** Dolly Parton says: "Find who you are and be it on purpose." When I embraced this, I started to thrive both professionally and personally. Now, I practice kindness loudly; advocate for creativity; wear what I love; and express myself with imagination, fun and a touch of sparkle.

**FAST FACTS > WHAT'S YOUR FAVORITE SMELL AND WHY?** THE MAINSTREET CONFECTIONARY AT MAGIC KINGDOM; IT REMINDS ME OF CHILDHOOD AND IMMEDIATELY LIFTS BURDEN OFF MY SHOULDERS. **> WHAT'S YOUR FAVORITE DESSERT?** DR. PEPPER **> WHAT'S YOUR GUILTY PLEASURE?** BEING A PROUD DISNEY ADULT AND STAR WARS GURU **> WHAT SUPERPOWER DO YOU WISH YOU HAD?** TO MAKE EVERY HUMAN FEEL SEEN. **> WHAT COULD YOU TALK ABOUT FOR 30 MINUTES WITH NO NOTES?** THE IMPACT KINDNESS CAN HAVE ON HUMANKIND. **> DO YOU HAVE ANY HIDDEN TALENTS/WHAT CAN YOU DO?** I AM A HIP HOP KARAOKE QUEEN WHEN IT COMES TO '90S MUSIC.

READ MORE ABOUT SARAH  
[SCHOOLCOUNSELOR.ORG/IAMASCA](http://SCHOOLCOUNSELOR.ORG/IAMASCA)

**WHAT WOULD YOU BE DOING IF YOU WEREN'T A SCHOOL COUNSELOR?** One of Jim Henson's Muppet puppeteers or children's book author.

**WHEN AND WHY DID YOU KNOW YOU WANTED TO BE A SCHOOL COUNSELOR?** It was after years of being told, "You would be a great school counselor" when I just continued to work jobs I didn't feel fulfilled in. Then in 2014, I listened to them and enrolled at Liberty University for a master's degree in school counseling. I love helping others.

**WHAT BRINGS YOU JOY?** I love watching someone feel kindness. Also, my family, friends, pets and my goofy golden retriever, Dolly.

**YOU HAVE YOUR OWN LATE-NIGHT TALK SHOW - WHO WOULD YOU INVITE AS YOUR FIRST GUEST?** "Tonight on Heartfelt Chats with the Kindhearted School Counselor: Dolly Parton!" I would love to listen to her favorite stories on the impacts she has made throughout her career with so many years of positive presence.

**WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY?** Listen to favorite songs on my way home from school and drink a cold Dr. Pepper.