**I AM ASCA**

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**WHAT'S YOUR COFFEE ORDER?**  
Coconut Chai or Cinnamon Tea

**WHAT'S YOUR GUILTY PLEASURE?**  
Chips and Salsa or Dark Chocolate Caramel

**WHAT SUPERPOWER DO YOU WISH YOU HAD?**  
I would love to have the superpower of invisibility. This way I could see how my students are doing in the classrooms and on the streets.

**WHAT IS ONE THING YOU'RE REALLY GOOD AT?**  
I feel I'm really good at my job because I'm willing to continue to be a lifelong learner.

**WHAT WORDS DO YOU LIVE BY?**  
I live by the words of honesty, respect, passion and patience.

**WHAT WOULD YOU BE DOING IF YOU WEREN'T A SCHOOL COUNSELOR?**  
I would either be a clinical therapist again or a pilot so I could travel the world.

**WHAT'S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR?**  
I love being a systemic change agent and helping my students be able to take each day and move forward in a positive light. Every day is a brand-new day.

**WHY IS IT IMPORTANT TO YOU TO BE PART OF A COMMUNITY OF SCHOOL COUNSELORS?**  
We are more powerful in numbers, all believing in a similar outcome. We want our profession to flourish so we can continue to help students move forward.

**WHAT DO YOU DO WHEN YOU NEED INSPIRATION TO TACKLE ANOTHER DAY WORKING ON BEHALF OF YOUR STUDENTS?**  
I speak and collaborate with my colleagues. They mentor and remind me how important my involvement is in the lives of my students. I also remember all my students I have helped even after they have graduated. Self-care is also very important to being a productive change agent.

**WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY?**  
I love to walk outdoors. I engage in Rumble boxing and do a 30-minute boot camp with my trainer three times a week. During the school day, I have soothing music playing quietly in my office. My students find my office to be very calming.

**SHARE AN EXAMPLE OF SOMETHING IMPORTANT YOU LEARNED FROM ONE OF YOUR STUDENTS.**  
I learn resiliency from my students. I could never walk in the shoes of many of my students, and they come to school every day trying to better themselves.

**WHY ARE YOU A MEMBER OF ASCA?**  
Being part of ASCA means I'm part of an association that believes in our profession and the importance of being a school counselor. ASCA provides opportunity for growth, networking and professional development. I know that if I need an answer to a question, I can reach out to my peers or find a position statement that helps answer the question.

**READ MORE ABOUT ELIZABETH**  
WWW.SCHOOLCOUNSELOR.ORG/IAMASCA