WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR? The work I am able to do with students and families. It brings me joy.

WHEN AND WHY DID YOU KNOW YOU WANTED TO PURSUE A CAREER IN SCHOOL COUNSELING? In high school I worked closely with the school counseling office. It definitely sparked the interest.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? I am a part of the inaugural fellowship of school counselors who are working with Workforce Development in Southern Nevada to better assist our students and families with career development and workforce opportunities. The resources I have gained have been the most useful tools with helping my students become Employable, Enlistable or Enrollable.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? I am the state coach for an organization called GirlTrek.org. I will get outside and walk for at least 30 minutes to clear my head. It always helps. I might listen to a podcast or Audible while out there.

WHAT DO YOU DO WHEN YOU NEED INSPIRATION TO TACKLE ANOTHER DAY WORKING ON BEHALF OF YOUR STUDENTS? I put on Pandora and listen to gospel, neo-soul or trap music depending on what mood I am in.

WHAT WORDS DO YOU LIVE BY? Always be intentional.

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