I AM
ASCA

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WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR?
Knowing that one person can absolutely make the difference in a student’s life inspires me; I want my students to have every opportunity they need to reach their potential.

WHAT MAKES YOU UNIQUE AS A SCHOOL COUNSELOR?
I’m able to put people at ease during stressful or vulnerable times. Through open, nonthreatening, heartfelt communication, I can talk to anyone about anything.

WHAT WORDS DO YOU LIVE BY?
Two favorite song lyrics of mine are “Say love” and “Decide what to be and go be it” by the Avett Brothers. These remind me to always let love be my guide and to passionately go after my dreams.

WHAT’S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR?
I am a celebrity to 600 kids. Hands down, I love the hugs, smiles and high fives I get throughout the day.

WHY IS IT IMPORTANT TO YOU TO BE PART OF A COMMUNITY OF SCHOOL COUNSELORS WORKING TOGETHER FOR THE BENEFIT OF ALL STUDENTS?
When you are the only school counselor in the building, it can be a lonely experience. Being part of ASCA gives me a school counselor community to feel that important connection.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY?
Sleep – I recharge with an exorbitant amount of sleep, at least 9-10 hours a night. It’s the only way I can bring my A game each day.

WHAT’S SOMETHING YOU THINK MOST PEOPLE DON’T KNOW ABOUT YOU?
I lived in Indonesia for three years.

FAST FACTS
WHAT’S YOUR FAVORITE SONG?
“SALVATION SONG” BY THE AVETT BROTHERS
WHAT’S YOUR COFFEE ORDER?
CARAMEL FRAPPUCCINO WITH EXTRA CARAMEL
WHAT’S YOUR GUILTY PLEASURE?
CHIPS AND QUESO AND “RUPAUL’S DRAG RACE”
WHAT SUPERPOWER DO YOU WISH YOU HAD?
SUPER SPEED SINCE I’M ALWAYS LATE
WHAT IS ONE THING YOU’RE REALLY GOOD AT?
MAKING KIDS LAUGH
WHAT’S SOMETHING YOU THINK MOST PEOPLE DON’T KNOW ABOUT YOU?
I LIVED IN INDONESIA FOR THREE YEARS.

READ MORE ABOUT AMY
SCHOOLCOUNSELOR.ORG/IAMASCA

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR?
I have a magnetic board filled with dozens of emoji magnets. At the top it says, “How I Feel.” During individual counseling, I ask students to pick three emojis that describe how they’re feeling. This always helps give me and the student a good place to start, especially when they lack the words to say how they feel.