

# I AM ASCA

## ELIZABETH CONGDON-MCGEE

School Counselor, Whaley School  
Anchorage, Alaska

**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.

**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.

**FAST FACTS > 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'S**

**SOMETHING YOU THINK MOST PEOPLE DON'T KNOW**

**ABOUT YOU?** I REALLY DON'T LIKE HAVING MY PICTURE TAKEN BUT AM GETTING MORE COMFORTABLE WITH THE PROCESS.

READ MORE ABOUT ELIZABETH

[WWW.SCHOOLCOUNSELOR.ORG/IAMASCA](http://WWW.SCHOOLCOUNSELOR.ORG/IAMASCA)

**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'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 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.