

I AM ASCA

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WHY ARE YOU AN ASCA MEMBER? I'm an ASCA member because of the great networking and benefits you receive. The ASCA Member Community threads, the magazine, the professional development – all of it is just too great to pass up.

WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR? Working with students and witnessing their breakthroughs, whether that is passing a class they struggled in, getting into their dream college, learning to employ personal coping skills to remain in class when feeling anxious or putting in the work to get sober. All of these are amazing accomplishments, and I love walking through life events with my students.

WHAT'S A WEIRD FACT YOU KNOW? The blob of toothpaste on top of your toothbrush is called a nurdle.

FAST FACTS > WHAT'S YOUR FAVORITE SMELL AND WHY?

FRESH-CUT GRASS. IT'S SO CALMING. > **WHAT'S YOUR**

FAVORITE DESSERT? BROWNIES > **WHAT'S YOUR GUILTY**

PLEASURE? GOOGLING SPOILERS FOR MOVIES/SHOWS

I'VE NEVER WATCHED SO I DON'T HAVE ANY SURPRISES. >

WHAT SUPERPOWER DO YOU WISH YOU HAD? THE ABILITY

TO CLEAN LIKE MARY POPPINS. > **WHAT COULD YOU TALK**

ABOUT FOR 30 MINUTES WITH NO NOTES? HARRY POTTER

READ MORE ABOUT MELISSA

WWW.SCHOOLCOUNSELOR.ORG/IAMASCA

WHAT WORDS DO YOU LIVE BY? "It matters not what one is born but what one grows to be." – Albus Dumbledore

WHAT WOULD YOU BE DOING IF YOU WEREN'T A SCHOOL COUNSELOR? A community-based therapist.

WHAT BRINGS YOU JOY? Being with my family, my dogs and hearing about other people being happy.

YOU HAVE YOUR OWN LATE-NIGHT TALK SHOW; WHO WOULD YOU INVITE AS YOUR FIRST GUEST? Jennifer Lawrence – she seems so fun.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Reading a book, watching a movie or taking a hot bath are my go-to self-care practices. I also love to-do lists, and I try to create one every day so I know what to prioritize moving forward.