I AM ASCA



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WHY ARE YOU AN ASCA MEMBER? I joined ASCA early in my career primarily as a way to stay current on issues and policies that affect our profession, as well as to take advantage of professional development opportunities. As a member for many years, I have also found it helpful to network and collaborate with colleagues through the open forum and have benefited from the wealth of resources that helped my school achieve RAMP.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? Hot yoga – I wish I could make myself go every day.

WHAT'S AN UNCOMMON FACT YOU KNOW? As a fierce advocate for the LGBTQ+ community, I wholeheartedly believe that the concept of gender is not black and white and that the idea of male and female is more complex than most people comprehend. For instance, statistically speaking, there are more people born intersex than there are natural-born redheads in the U.S.

WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR? I am most inspired by the students whom teachers would often describe as "challenging." Time and time again, as I get to know them and learn their backstory, I am amazed at the hardships so many have endured and the resilience they demonstrate. Everyone does the best they can with the tools they have, and I have worked with countless kids who have been successful despite (or in some cases maybe even because of) their circumstances and experiences.

WHAT WORDS DO YOU LIVE BY? Maya Angelou's quote: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

WHAT WOULD YOU BE DOING IF YOU WEREN'T A SCHOOL COUNSELOR? My dream job was always to work for the FBI as a forensic psychologist, but on the exceptionally rough days I joke that I would just like to be a mail carrier, driving around by myself and listening to podcasts.

YOU HAVE YOUR OWN LATE-NIGHT TALK SHOW – WHO WOULD YOU INVITE AS YOUR FIRST GUEST? Brené Brown – her research is so powerful and transformative, yet authentic and relatable. I could listen to her talk for hours.

FAST FACTS > **WHAT'S YOUR FAVORITE SMELL AND WHY?** GARDENIA, WHICH WAS MY GRANDMOTHER'S FAVORITE FLOWER. **>** **WHAT'S YOUR FAVORITE DESSERT?** WARM GLUTEN-FREE CHOCOLATE FLOURLESS CAKE WITH ICE CREAM **>** **WHAT'S YOUR GUILTY PLEASURE?** TRUE CRIME DOCUMENTARIES AND PODCASTS **>** **WHAT SUPERPOWER DO YOU WISH YOU HAD?** MINDREADING – IT WOULD MAKE IT SO MUCH EASIER TO UNDERSTAND WHAT MY STUDENTS ARE THINKING AND FEELING. **>** **WHAT COULD YOU TALK ABOUT FOR 30 MINUTES WITH NO NOTES?** THE POWER OF PLAY THERAPY FOR ALL AGES. **>** **DO YOU HAVE ANY HIDDEN TALENTS/ WHAT CAN YOU DO?** EKA PADA KOUNDINYASANA, AN ADVANCED, ONE-LEGGED ARM-BALANCING YOGA POSTURE.

READ MORE ABOUT SHEILA
WWW.SCHOOLCOUNSELOR.ORG/IAMASCA