

I AM ASCA

IAN TROMBULAK

School Counselor, Lamoille Union High School, Hyde Park, Vt.

WHY ARE YOU AN ASCA MEMBER? It's important to me to be part of a larger community of school counselors who see, validate and support one another in this incredibly challenging job.

WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR? Seeing how resilient kids can be, and how funny and goofy they can be even in the throes of adolescence.

WHAT WOULD YOU BE DOING IF YOU WEREN'T A SCHOOL COUNSELOR? An investigative journalist, a sports broadcaster or the on-site therapist for a reality TV show

FAST FACTS > QUESTION WHAT'S YOUR FAVORITE SMELL?

A FRESHLY OPENED CAN OF TENNIS BALLS > **WHAT'S YOUR**

FAVORITE DESSERT? FULLY LOADED ICE CREAM SUNDAE WITH A SIDE OF LACTAID > **WHAT'S YOUR GUILTY PLEASURE?** POP PUNK (IT WASN'T JUST A PHASE) > **WHAT SUPERPOWER DO YOU WISH**

YOU HAD? TELEPORTATION > **WHAT COULD YOU TALK ABOUT FOR 30 MINUTES WITH NO NOTES?** MY PERSONAL RANKINGS

OF ALL 47 SEASONS OF SURVIVOR > **DO YOU HAVE ANY HIDDEN TALENTS/WHAT CAN YOU DO?** I CAN DO THE THING WHERE YOU

SPIN A PEN AROUND IN YOUR HAND LIKE A COOL GUY.

READ MORE ABOUT IAN

WWW.SCHOOLCOUNSELOR.ORG/IAMASCA

WHEN AND WHY DID YOU KNOW YOU WANTED TO BE A SCHOOL COUNSELOR? Working in a group home right after college, I found a passion for working with teenagers and helping them sort through all the challenges of those years. After a few years working in residential treatment, I pursued my master's degree and made the move to schools in the hopes of expanding my impact and reaching kids before they get to residential treatment.

WHAT BRINGS YOU JOY? Laughter – that seems obvious, but laughing is a really important part of my life. If I can make you laugh, and you can make me laugh, and we can laugh together, then we can heal from anything.

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/ REFUEL FOR THE NEXT DAY? I do stand-up comedy locally, and that is a fantastic way to process stress and refill my cup. In the summer, I see as much live music as I can, and in the fall, I play co-ed softball to stay active and social. At home, I love getting lost in a video game, building a new LEGO set or going for a walk with my dog.

HOW WOULD YOU DESCRIBE YOUR JOB TO A 5 YEAR OLD? When you get older and you're trying to figure out who you are and who you want to become, I will be there for you.