

I AM ASCA

MEGAN HALEY

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WHY ARE YOU AN ASCA MEMBER? With ASCA, I am able to grow, learn and improve myself as a school counselor.

WHAT INSPIRES YOU ABOUT BEING A SCHOOL COUNSELOR? My students inspire me. They make me want to be a better school counselor.

WHAT WORDS DO YOU LIVE BY? "What if I fall? Oh, but my darling, what if you fly?" I love this because it reminds me to take a chance, take the leap and just overall take risks. Life can be scary, and failing is intimidating, but you could succeed and surprise yourself.

WHAT'S YOUR FAVORITE THING ABOUT BEING A SCHOOL COUNSELOR? Getting the chance to make a difference in my school and to help work with my students. I love getting to work with my students; it isn't always easy but it's so rewarding.

WHAT DO YOU DO WHEN YOU NEED TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY? I love to binge TV shows or read to escape to another world and take my mind off school for a bit. I like to listen to music, take my dog Bo for a walk or call friends or family members. I also love to play card games and make dinner with my boyfriend.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR? One of my favorite tools I use at work is grounding. I first need to get my students calm to be able to talk to them and get to the root of the problem. Grounding helps students focus on what is physically around them and allows them to calmly focus on something other than their presenting problem.

FAST FACTS > WHAT'S YOUR FAVORITE SONG? POISON BY BEL BIB DEVOE; IT ALWAYS MAKES ME WANT TO DANCE. > WHAT'S YOUR COFFEE ORDER? I'M MORE OF A TEA PERSON; I LOVE AN ICED CHAI LATTE. > WHAT'S YOUR GUILTY PLEASURE?

READ MORE ABOUT MEGAN

WWW.SCHOOLCOUNSELOR.ORG/IAMASCA