



WHAT'S SOMETHING IMPORTANT YOU

WHAT DO YOU DO TO DECOMPRESS/ELIMINATE STRESS/REFUEL FOR THE NEXT DAY?  
I like watching my favorite shows, "The Office" or "The West Wing," and taking walks while listening to podcasts.

WHAT IS YOUR FAVORITE TOOL YOU USE IN YOUR WORK AS A SCHOOL COUNSELOR?  
Board games help break the ice with reserved students and help our energetic ones practice social skills such as taking turns, fair play and sportsmanship.