

# **About Me**

## **Philosophy of Counseling and Guidance**

My philosophy of counseling and guidance is simple: a school counselor's duty is to advocate for students and guide and inform them so that they can make the best choices for themselves and become educated, capable, productive, and well-adjusted individuals . This task takes many forms such as individual and group counseling, classroom guidance, and consultation with parents, teachers, and administrators. My job is to aid student development in three domains: academic, personal/social, and career.

## **Years of Experience**

I have two years of experience working as a school counselor. While I was studying to be a school counselor I worked for three years in the mental health field as a child development specialist at Helen Ross McNabb's Therapeutic Preschool which offers treatment for abused, neglected, or otherwise traumatized three to six year olds. I also worked part-time at several different in-patient/group home facilities. These include Child & Family Tennessee's Runaway Shelter/Transitional Living Program and Johnson's Group Home for Girls, both of which provided treatment for adolescents in crisis. I also worked part-time at Helen Ross McNabb's Gateway Center, an in-patient treatment facility for adolescent males suffering from substance addiction.

## **Degrees Earned**

I earned my Master of Science in Counseling from the University of Tennessee, Knoxville in June of 2007 and a Bachelor of Science in Psychology from Maryville College in 2004.