

## Ashley Altman

Ashley Altman is a school counselor at Forest View Elementary. This year, she is working with 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grade students. Ashley has been a school counselor for 11 years. Ashley is an advocate and a leader who supports our students' social and emotional needs.

Ms. Altman is originally from Atlanta, Georgia. Thinking back on her time as a student, she describes herself as hard-working. She says that she also needed a teacher to push her to do her best. She occasionally got into trouble for talking. Writing has always been the most challenging subject for her.

Ashley decided to become a school counselor because she wanted to make a positive impact on the world. She loves working with students and seeing them grow and become their best. She works hard to create a comfortable environment where students feel safe to express their thoughts and feelings. She hopes that her students think that she is kind, fair, and that she works hard to encourage everyone to be their best and do what is right.

Working in a school can be very demanding and difficult. When asked what she wishes people outside of her profession could understand better, she had a very thoughtful answer. Ashley said, "I wish everyone knew the emotional stress that is part of working in a school and would have more compassion and empathy for all school staff."

Ms. Altman has a few favorite teachers from her time as a student. Her favorite teachers were Ms. Hunter (her 3<sup>rd</sup> grade teacher), Coach Lowe, Coach Wylie, and Coach Steimer. They are her favorite teachers because they made her feel important and they made school interesting and fun.

Being a school counselor can be a very difficult job. It can also be very rewarding. Ashley says the thing that keeps her coming back are our students. She loves the hugs, smiles, and the relationships. She also really likes working in our happy elementary school environment.

If Ms. Altman could tell her students how she truly feels about them she would tell them that she wants the best for them and that she hopes they are able to get what they want in life.

Ashley is a very experienced counselor and teacher. Her advice for teachers and counselors that are just starting out is very simple. She would like new teacher/counselors to understand that they won't do everything perfectly. No one does. And finally, it's okay to ask for help.

*A big thank you to Mrs. Ashley Altman for taking the time to tell us about herself!*