

Maine School Counselor Spotlight

Celebrating the Work of Maine School Counselors

Where do you work? *I work at Messalonskee Middle School. This is my 12th year working with students in 6th-8th grades.*

What made you decide to become a school counselor? *I worked as a Licensed Clinical Professional Counselor for many years before deciding that I wanted to work in the school setting. Being a counselor has always been my passion. The switch from the clinical setting to the school setting was the best move that I have made professionally. I have no regrets and love the journey that I have been on since becoming a school counselor. I know that this is where I belong.*

What three things can you not do your job without? *To do my job effectively I need: 1) support from my family and colleagues, 2) self-care, and 3) coffee :)*

What are the BEST parts about working with your grade levels? *I love working with middle schoolers. These grade levels are about self-exploration and discovery. I love watching students evolve into their own. Although these grade levels can be trying for many students, seeing them overcome obstacles and gain new understandings is priceless.*

What are the most CHALLENGING parts about working with your grade levels? *One of the most challenging parts is when I see students struggle with various issues and they don't have parental support at home. This is heartbreaking!*

What is your go-to self-care method? *My go-to self care method is some form of physical activity, being outside, eating right, and getting a massage.*



Kris Croteau
School Counselor
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**Messalonskee Middle
School**
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What is your advice to new school counselors?

My advice to new school counselors is to network and reach out to other school counselors. Chances are they have experienced some similar issues that you may be experiencing and they may have some great advice for you. Also, become a member of MESCA and ASCA, as there is always wonderful support and resources through these professional organizations.

What is a topic that you are most passionate about with your job, and why? *Food insecurity has been a huge area that I am passionate about. I have seen an increase in students who are food insecure in my district. I started a food pantry in my school, as well as collaborated with numerous people in our community to help meet the needs of all students.*

What is your favorite ice-breaker? *Tell me the name of a song so that when I listen to it, it will give me an understanding of you and how you are feeling.*

What three words would your students use to describe you? *Compassionate, understanding, and honest.*

Thank you, Kris!

If you are interested in being a part of our Maine School Counselor Spotlight or know of a school counselor colleague that we should feature, please contact the Maine School Counselor Association:

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Maine School Counselor Association

www.meschoolcounselor.org



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