

# Meet the School Counselor!

Hello Estrella Families!! My name is Jessie Davis and I am excited to be the school counselor for Estrella and Sierra Elementary Schools in the 20/21 school year. I am committed to assisting students meet their full potential emotionally, academically and socially.

## What Does a School Counselor Do?

The role of a school counselor is to provide extra support to students and families. Some examples include healthy coping skills, self-esteem, behavioral concerns or any stressor in a child's life that could warrant counseling services, or a professional to listen and be available to the student as a safe space.

## About Me -

I graduated with a master's degree from Pepperdine University in Clinical Psychology in 2013, and a Bachelor's in Human Services Counseling with a minor in Addiction Treatment from University of Nevada, Las Vegas in 2009. I have a diverse background in the helping field providing therapy to individuals and families in a community agency, counseling in a school-based setting and facilitating substance use treatment to adults and teens in an intensive outpatient setting. I left a corporate job of five years following this experience, and I'm excited to be entering my second year as the school counselor, once again serving Sierra and Estrella elementary schools.

I have two daughters, am a proud Kyrene parent and a third generation Arizona native. When I'm not working, I enjoy spending time with my family, being in nature and trying out new recipes, (since trying new restaurants is off the table for a while!) I look forward to getting to know your wonderful children this year.

## How to Contact Me -

I am at Estrella on Tuesday, Thursday and every other Friday every week. Feel free to reach me at (480) 541-3149, or at [jkdavis@kyrene.org](mailto:jkdavis@kyrene.org)

This is not an average school year. Please reach out with any questions or concerns you may have. I'm happy to help in any way I can! 😊

