

# MRS. EMILY MCAULAY

## SCHOOL COUNSELOR

(SERVING STUDENTS WITH LAST NAMES GP-MC)

MS in School Counseling (Butler University)  
BA in Psychology (University of Notre Dame)  
Monsignor Kelly Catholic HS (Beaumont, TX)



Mrs. Emily McAulay has been at Guerin Catholic since 2016. She loves being a school counselor, and felt called to become one because her own school counselor was very influential in her high school career when her mom became sick. "I want to provide support to students no matter what is going on in their lives. Being a school counselor allows me the opportunity to work with students in terms of academics, college and career aspirations, and socially-emotionally while also being able to incorporate faith as a guiding principle."

### WORDS TO DESCRIBE ME AS A COUNSELOR:

Encouraging, empathetic, approachable, caring, and diligent

### ADVICE TO PARENTS OF INCOMING FRESHMEN:

Jumping from middle school to high school can be a huge adjustment. Keep encouraging lines of communication with your freshman and offering to support them. I suggest asking them What was their favorite part of their day? What struggles did they have? Do they need any help? They may give you minimal responses at first, but I think they'll get more comfortable, see how much you care, and will start to give longer responses.

### ADVICE TO INCOMING FRESHMEN:

- Get active in a school activity.
- Make time for yourself each day.
- Say hello to people in the hallway!
- Ask for help when you need it! All the teachers, counselors, and faculty are here to lend support if you need it.
- Create a routine for balancing your academics, extracurriculars, and personal time.
- **Use a planner to help keep yourself organized!**

### A LITTLE BIT ABOUT ME & MY FAMILY . . .

My husband Andrew is also a high school counselor and we have a golden retriever named Cici. We love college football and to travel.

I love to read, bake, and craft. A hidden talent I have is that I can ride a unicycle!

We are parishioners at St. Elizabeth Seton.



### MY FAVORITE ACCOMPLISHMENT FROM MY OWN COLLEGE EXPERIENCE . . .

I worked in the Visual Cognition Psychology Lab throughout my undergrad experience and capped it off with conducting a research project and writing a senior thesis.

### FAVORITE ST. THEODORE GUERIN QUOTE

*"We cannot do our work if we all stay in the nest."*