

Counselor's Corner

Meet the Counselors

BY SWHS COUNSELORS

Zoe Kapan

Class of 2017 Counselor
(seniors)

"I love my son (Cameron, a 9th grader at SWHS) and my family. I love to learn, read, write, and LAUGH! I truly feel laughter is important! I love doing ANYTHING outdoors. Hiking and camping are my passions. Long or short hikes, I am game. Catalina Island (CA) is my favorite place to hike. It is a beautiful and spiritual place for me. I believe in education, so I love what I do.

Helping and watching students grow and develop into young adults is so rewarding - especially when the odds are against them. I am a by-product of Whatcom County. I graduated from Ferndale High School, attended Whatcom Community College where I received my Associates in Arts and Science (2 year), and transferred to Western Washington University.

At Western, I received my Bachelor of Arts in Psychology, my Administrative Endorsement (Principal Cert), and Counseling Pro-Cert. I also received my Masters of Education in Guidance and School Counseling

from City University. Lastly, I have started working on my Doctorate in Clinical Psychology from Walden University – I BELIEVE IN LIFE LONG LEARNING!"

Liz Lahti

Class of 2020 Counselor
(freshmen)

"I've enjoyed working in education with teenagers and young adults for over 15 years in both public and private education. This is my third year as a high school counselor with the Sedro-Woolley School District, and my second year at Sedro-Woolley High School. I particularly love working with teenagers because they have a zest and enthusiasm for life. They can dream such great, big, amazing dreams and actually have the energy to accomplish them! As a school counselor, I love to guide them as they explore new skills and interests, support them as they pursue their education, and counsel them as they navigate the bumps and challenges of life. I earned my Masters in Education with an emphasis in

Guidance and School Counseling from City University, and earned my Bachelor's Degree in Psychology from Seattle Pacific University.

Over the years, I have also attended several other colleges and universities including the University of Washington, Johnson and Wales University, South Seattle Community College, Everett Community Col-

lege, and University of Phoenix. When I am not at work, I enjoy spending time with my family and friends. I have three adorable, intelligent children that have taught me so much about life and love. I love to experience the beauty and wonder of the Pacific Northwest by hiking, kayaking, and gardening."
(More in next issue)



Courtesy of Tina Shields

Sedro-Woolley High School's Counselor's Gather for their department photograph



School