

# HIGH POINT REGIONAL HIGH SCHOOL

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## STAFF BIOGRAPHIES

November 2016:

**Ms. Kristen Jaccodine**

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Guidance Counselor

13 years at High Point

BA in Psychology / Minor in Creative Writing from Franklin Pierce University

MA in Counseling for Higher Education from Montclair State University



Ms. Kristen Jaccodine has been serving the needs of High Point's students as a member of our Guidance Department since 2004. She loves seeing her students grow and mature through their high school years, and her calm, steady demeanor is a reassuring source of strength to her students.

Ms. Jaccodine has been a key member of our school's Intervention and Referral Services Committee (I&RS) which seeks to provide support to students who are experiencing academic or behavior difficulties. In addition to helping students towards reaching their academic and social potential as a guidance counselor, Ms. Jaccodine serves as co-advisor of High Point's Peer Counseling program. Through Peer Counseling activities, in particular the group's annual overnight retreat, she is able to see students' creativity, empathy and enthusiasm in an interactive environment.

Outside of High Point Ms. Jaccodine loves to travel and spend time with her extended family. Just recently, her second children's book was published. "Freddy the Tiger" is a tale of a young tiger who learns to accept and appreciate his uniqueness.

According to Ms. Jaccodine "Freddy the Tiger" has been a project she has worked on since she was a young girl. She explained that seeing other children get teased for being different made a significant impact on her as a child. Through "Freddy" she found a voice to encourage children to be themselves and to be happy and proud of who they are. Even as an author Ms. Jaccodine is helping young people to succeed and to find fulfillment.

In her own words:

- **What is your favorite part of working as a Guidance Counselor?:**

*As a Guidance Counselor, my job is so diverse. I like that not one day is the same, and while there are days that are incredibly difficult, there are also moments that are incredibly rewarding. These moments range from a student sharing the grade they earned on a*

*project or test we discussed, to being hired for a job, being accepted to the college, winning a scholarship, feeling good about the decisions they make for life after high school, or returning to school in full uniform because they opted to serve and protect our country!*

- **What do you find unique and special about High Point?:**

*I love learning and being surrounded by creativity and innovation. Our teachers are all incredibly talented and have so much to offer. A few of my co-workers played a huge role in helping me with this last part of publishing my story "Freddy The Tiger." For that, I am incredibly grateful. I enjoy working in a place where I believe people honestly and genuinely want and like to help and support each other. We may have our disagreements but in the end, we work together for the kids and for each other.*

- **Outside of High Point, what are your interests and activities?:**

*I love to write! It truly is my passion. I also love traveling and seeing any kind of theatrical performance - dramas, musicals, both on Broadway, Off Broadway, and off off off Broadway! I enjoy hiking, spending time with my family and friends, and going to the movies. I also love to read - fiction books. Stephen King and Michael Crichton are two of my favorite authors. I'm currently hooked on the Bosch Novels by Michael Connelly. I love sports - soccer being my favorite and am a Detroit Red Wing fan.*

- **Favorite Quote?:**

*"A day without laughter is a day wasted" - Charlie Chaplin*