

Name: Rebecca Koltz

Position: Associate Professor/Dept Head

School: Montana State; Dept. Of Health & Human Development

Years Experience: 15 years

Where you attended graduate school: University of Wisconsin Stout- MS & Idaho State Univeristy - PhD

1. Share a little more about you: Where you are from? Hobbies/Interests?

I am originally from Wisconsin, but I have lived out west for almost 15 years. I love all that the west has to offer- the hiking, the kayaking, camping, and the beautiful views. I love photography. Travel is my favorite thing to do. I love to combine my photography with travel.

2. What compelled you to be a school counselor or led you to where you are today?

I started out my career in the 90's as a buyer for a manufacturing company. I was good at my job, but it did not bring much joy or passion with it. So, I decided after 10 years of that position to pursue my original dream which was counseling. I love working with families and children. When I was pursuing my master's, a professor (who incidentally got her master's degree in counseling from Montana State) asked me if i had thought about a PhD. That was furthest from my mind, but after looking into and finding out more I decided to pursue it. So, I applied to ISU and moved to Idaho. I continued to work as a counselor with families and children, and pursued my PhD. In 2009, I received a job offer from Montana State. I have been there ever since.

3. Favorite aspect of your job?

My favorite part of being a professor training counselors is watching the growth and development that happens in such a short period of time. As a counselor it is similar. I enjoy working with children and families (and, couples) on all issues related to family life and connection. It is rewarding to see what happens when you help people start communicating more effectively.

4. Particularly memorable program, intervention, group, lesson you've implemented that you believe made an impact with your students/staff?

I don't work in a school right now, but I did develop a well-being curriculum to use with pre-school children that I taught students in my classes to use. These students have used them in the elementary schools that they work in. The curriculum is a group format focused on increasing emotional vocabulary and ability to express emotions.

5. Favorite part of the spring/fall conference?

When I have gone, I love to see all the people I have not seen in awhile. The connections with others is my favorite part.

6. Memorable moment in your career?

There are so many memorable moments that it is really hard to articulate only one. Overall, I would say that the end of the year is always memorable as I reflect on what students have accomplished and learned as they have trained to be counselors and school counselors. It is exciting to see how much is accomplished in that short period of time and see where they are headed. I think it makes me think of that critical conversation that I had with a professor back in master's school that changed the direction of my life.

Please email/share a picture to include with the Member Spotlight Write-Up.