



## **Sophia Liebenson-Morse**

School Guidance Counselor

My name is Sophia Liebenson-Morse and I am the Guidance Counselor here at Saint Francis Xavier. I received my Master's degree in Social Work from the University of Wisconsin in Madison and have worked in schools with kids ever since. Although the cheese curds in the Midwest were delicious, I longed for the ocean and mountains.

From California, to Washington, to Vermont, to Australia and finally to Salt Lake City, I have had the opportunity to observe, educate, and support a wide array of children and young people.

I strongly believe that a child's emotional well-being needs to be met, cultivated, and nourished so that they can fully access their education and become lifelong learners as well as happy, healthy, fulfilled individuals. When I am not helping kids move through their thoughts, emotions, and behaviors, you can find me hiking through the Wasatch, riding my mountain bike down the beautiful trails of Bonneville, or practicing yoga at the studio!