

HOMETOWN HERO:

Angela Bernholz

“If I didn’t have the chance to go to Dr. Bernholz’s office when I was overloading I would have at least gotten myself suspended by now.”

Dr. Bernholz is the school psychologist at Old Mill Senior High. She has helped me learn some coping strategies, particularly during stressful classes. She lets me cool down in her office and helped set up a plan for when she’s not there (and put it all on a neat spreadsheet). If I didn’t have the chance to go to Dr. Bernholz’s office when I was overloading I would have at least gotten myself suspended by now.