
Academy Faculty

Mrs. Caroline Sowards



Mrs. Caroline Sowards has been contracted to serve as our dedicated social-emotional instructor and college and career counselor who also happens to hold a BA in Psychology and a MA in Counseling,. Additionally, she is a National Certified Counselor (NCC) and a Board Certified Telemental Health Counselor, both from the National Board of Certified Counselors (NBCC).

Ms. Caroline is currently working towards a Ph.D. in Psychology. Ms. Caroline will be holding several class sessions with our scholars on a weekly basis throughout the 20-21 academic year. She will serve as a mentor and a support person throughout the ebbs and flows of the social, emotional, and academic needs of each one of our scholars.

We know that our gifted artists feel deeply, sometimes hurt deeply, live passionately, and are often perfectionistic, sometimes disorganized, and often times have trouble being flexible with themselves and others. Meanwhile the physical and mental demands of a rigorous dance training program combined with the expectations that our scholars place on themselves can often feel overwhelming. Ms. Caroline will be our counselor in residence to provide professional support for our academy scholars in the form of instruction of techniques and strategies for success and coping through challenging times in their unique lives.

Ms. Sowards will also be available for private, individual social-emotional support sessions for any of our Scholars Academy dancers who may need some additional support at any time throughout the year.

We are pleased to welcome Mrs. Sowards to our program.