



Major	BS Kinesiology Sport Studies M. Ed Counseling
Hometown	Guilford, Conn.
Current Job	School Counselor
Organization	Exeter High School
Current City	Dover, New Hampshire



JEFF MORETTI

NEW HAMPSHIRE '15, CROSS COUNTRY, TRACK & FIELD

WHY NEW HAMPSHIRE?

I wanted to attend a university that was fairly large but had a small feel to it. UNH made me feel very much at home while also having a large undergraduate population. I was also very excited about joining UNH XC & T&F when I visited the campus. There were a couple of athletes already on the team from around where I grew up, and a handful of athletes I had become friends with joining the team at the same time I was.

HOW DID YOUR ALMA MATER HELP REPAIR YOU FOR TODAY?

My Counseling program focused on current School Counseling competencies, as well as this idea of "you can't help anyone until you've helped yourself." This model really emphasized dispositions of increasing self-awareness and has helped me stay present with students in an individualistic way.

SHARE A FAVORITE S-A MEMORY

In my senior year, AE Indoor Track & Field Championships we're held at the Armory in NY. I was lucky enough to start in our Men's Distance Medley Relay on Day 1 of competition. Winning an AE title as a team is one of the most rewarding experiences an AE athlete can earn, and because of a very talented, hard working DMR team, we were able to win the relay and take home an AE title.

TELL US ABOUT YOUR JOB

After completing my eligibility and graduating with a BS in Kinesiology Sport Studies, I wondered about the potential in coaching and being a School Counselor at a high school. I decided to pursue a Masters degree in Counseling to try and make that happen. My graduate work was extremely rewarding yet challenging and put me in a position to be a School Counselor and a coach right out of graduate school.

ANY ADVICE TO SHARE?

Like many career fields, it certainly helps networking, getting to know those in your field and offering support through internships or shadows. I was fortunate to be hired, first at Dover High School, and then more recently at Exeter High School, but it was through internships and introducing myself to those members of each community that helped me land each position.

WHAT EXCITES YOU ABOUT THE AMERICA EAST ALUMNI NETWORK?

So far, the alumni network has been very generous in their events and opportunities and has helped UNH truly connect with teams in our conference. After spending four (or sometimes five) years going to battle against these teams, it is exciting to introduce ourselves to each other in a friendly and fun environment.

ATTENDING AN AE ALUMNI NETWORK EVENT

I have attended two. I attended a night in Seaport, Boston, where I met a handful of AE alumni, and also attended the Red Sox game this summer, after meeting everyone at Fenway Johnnies. Both were well organized and fun with great food and drinks, plus some swag from AE that is always appreciated.