

Tay Thompson | Graduate Assistant

About

Tay Thompson, a Florence, SC native, is a graduate student in the Clinical Counseling Program at The Citadel, where she also serves as a student representative. Tay graduated magna cum laude from High Point University in 2017 with a B.A. in Graphic Design and Digital Imaging, along with minors in Marketing and Photography. During her time at High Point, she was a member of the women's soccer team for five seasons, contributing to two Big South Conference championship titles.

Before joining The Citadel, Tay founded and operated Creative Beings LLC, a design and photography business. This entrepreneurial experience helped fuel her passion for helping others and shaped her innovative, well-rounded approach to problem-solving and personal growth. Tay approaches both her professional and personal life with a holistic, growth-oriented mindset and is committed to fostering positive, supportive environments wherever she goes. Outside of her academic and professional pursuits, she enjoys fossil hunting along Charleston's beaches, creating art, staying active, connecting with nature, and spending time with her dog, Luna.

Advising Philosophy

"Human connection is the most cherished and vital tool we have. My passion for supporting others' well-being allows me to build meaningful relationships based on trust, compassion, and mutual respect. As an advisor, I thrive on creating a safe and nurturing environment where students can grow academically and personally.

After completing my undergraduate degree in 2017, I began strongly reconciling with my greater purpose in life, which has led me to pursue a graduate degree in Clinical Counseling at The Citadel. This journey has solidified my commitment to serving others and building genuine connections. The resilience of humankind inspires me every day, and it is my privilege to help others recognize their own strength, even in challenging times.

Trust is the cornerstone of any meaningful relationship, and as an advisor, it is my responsibility to cultivate an environment where open communication can flourish. I strive to create a space where students feel safe sharing not just their academic challenges but also their personal and professional concerns. I have an innate, natural ability to empathize with others. Empathy is one of the most powerful tools I use in my advising practice and daily life. I take pride in being a compassionate, active listener and a safe space for people to explore their experiences. My goal is to foster holistic growth—nurturing students emotionally, socially, and intellectually. I firmly believe that when students feel heard and understood, they are better able to open up to guidance and collaborate in overcoming challenges. Offering reassurance and encouraging self-compassion are key aspects of my approach. By helping students navigate self-doubt and feelings of inadequacy, I empower them to move forward with confidence.

Self-reflection and self-assessment are necessary tools for personal growth. Helping students recognize their strengths, areas for improvement, and long-term goals empowers them to take ownership of their journey. I also encourage mindfulness, which I believe is an essential practice in fostering self-awareness. Mindfulness allows students to manage stress, cope with academic pressures, and navigate personal challenges with greater clarity. By embracing mindfulness, students can better understand themselves, which helps them align with paths that are truly meant for them.

I am deeply committed to not only hearing students but truly understanding them. I make it a priority to acknowledge their emotions, validate their experiences, and show that I care about their well-being, not just their academic success. Ultimately, my role as an advisor is to be a sounding board, a mentor, and a guide. I aim to be the kind of advisor who fosters an environment where students feel encouraged to explore their passions, face challenges head-on, and learn from every experience. It is not just about getting through the academic year—it's about building a foundation of confidence, resilience, and emotional intelligence that will serve students for a lifetime. As Damian Barr said, "We are not all in the same boat. We are all in the same storm. Some are on super-yachts. Some just have the one oar. Some are swimming. Some are drowning. Just be kind and help whoever you can." This quote encapsulates my approach to advising: we're all in this together, and the best we can do is support one another with kindness, empathy, and genuineness."