



MEET AET VOLUNTEER

Jasleen Kaur Monga, M.Com Educational Therapist / EF-Coach



Level of AET membership:

Associate ET

Type and location of practice:

Private Virtual Practice—Unicorn Minds, based in Leesburg, Virginia.

AET Committee(s) - including any leadership roles - in which you are/have been involved:

Orange County Study Group Leader

How long have you been an educational therapist?

I started working as an educational therapist in January 2022. I established my private practice in February 2023.

Before that, I had around 13 years of experience in education, working in international and independent schools, which contributed to my development as an educational therapist and EF coach.

What brought you to educational therapy?

My journey into educational therapy started as a parent helping my child with ADHD. Dealing with challenges in academic success, emotions, and daily stress showed me how learning differences affect a child's confidence and family life. This experience inspired me to support not only my child but also other students who learn differently, leading me to leave traditional education and start my own practice.

Areas of expertise:

My areas of specialization include:

- Executive Function development
- Developing study skills, test preparation, and creating a toolbox for academic strategies
- Academic remediation in math and written expression, including the use of assistive technology and visual thinking tools
- Social-emotional intelligence development, including self-regulation, resilience, and self-esteem, as part of a holistic model

What is the best career advice you can give to new ETs?

Listen first. Understanding each student's unique learning profile, strengths, challenges, and personal context is the foundation of practical work. Avoid one-size-fits-all approaches—flexibility and personalization are key. Maintain a growth mindset for both yourself and your clients, and be a lifelong learner.

Describe a challenge you have faced as an educational therapist:

Transitioning from traditional educator roles into private practice has been one of my biggest challenges. Balancing direct client work with administrative responsibilities, marketing, and scheduling requires constant adjustment. With my limited abilities due to continuous health challenges, it has not been easy. Also, changing my career in a completely new country limited my referral circle, for getting clientele on my own was difficult.

Describe a highlight of your educational therapy career:

One of the greatest joys of my work is watching students who arrive overwhelmed, burnt out, or lacking self-confidence transform into motivated, organized, and self-aware learners. Seeing them experience long-term academic and emotional growth has been rewarding.

How have you benefited from your membership in AET?

AET membership supports my work by providing research-based and ethical standards. It connects me with knowledgeable colleagues, offers professional development opportunities, and boosts my credibility with families and schools. This year, I also got an opportunity to present at the 47th AET Annual Conference.

Hobbies/Leisure Activities:

In my free time, I enjoy going for walks, watching TV, listening to music, painting, and spending quality time with my family.

Anything else you want to add?

My mission is to promote a growth mindset, cultivate problem-solving skills, set healthy boundaries, and honor each student's unique learning profile. I want every learner to understand that they are perfect but work differently from others.