

The U Prep Schools mission, *we prepare students for success in life*, continues to resonate with our alumni throughout their college and professional careers.

# Alumni Profile

## **1. What grades and years did you attend U Prep? What district did you attend?**

I attended U Prep from grade 9 to grade 12. I graduated from University Prep Academy High School in 2007. She is currently a high school counselor at her alma mater, University Preparatory High School.

## **2. Why did your parents choose U Prep?**

My mom was looking for a small high school that was family oriented. Mr. Ross, the principal and superintendent at the time, was very welcoming. My parents loved that they sat down and met with us to see if we'd be a good fit.

## **3. What fond memories do you have of your experience at U Prep?**

I have so many fond memories. I loved advisory and having circle time. Circle time was very important. We talked about everything! I loved that we could create our own learning. I love that the traditions we started are still going. I also loved the internships and lunch passes to walk to Wayne State our junior and senior year.

## **4. What did you love best about your time at U Prep?**

I loved the relationships I gained with my classmates and advisor. I still talk to our former principal and advisor. UPA has its own little community and we're able to keep in contact with former students and staff.

## **5. How did U Prep prepare you for success in life?**

U Prep taught me how important it is to network and build relationships. In my field it's very important to build rapport with the community I serve.

## **6. What are you doing now?**

I am honored to be a counselor my alma mater, University Preparatory High School. I do individual therapy for adolescents and women of color, as well as couples therapy. I love what I do!

## **7. What are your plans for the future?**

I would like to continue working in schools and build a curriculum that bridges the gap between academics and mental health. I'm also in the process of building my own practice for therapy. I'm excited to continue growing in the field.



**Aisha Cunningham**

University Prep Academy  
2007 Graduate

Wayne State University  
2015 Graduate  
B.A. Psychology

University of Detroit Mercy  
M.A. Counseling

