

At 51, ASU grad Jeremy Capron is ready to make a difference

By Cynde Cerf, ASU News
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Editor's note: This story is part of a series of profiles of notable [spring 2026 graduates](#).

When Jeremy Capron transferred to Arizona State University to enroll in the [counseling and applied psychological science](#) program at the [School of Counseling and Counseling Psychology](#), part of the College of Integrative Sciences and Arts, he brought with him a lifetime of experience, wisdom and questions.

Graduating at 51, he is now preparing for the next steps in becoming a licensed professional counselor: "I want to focus on aspects such as trauma-informed care, adolescent counseling and family therapy," Capron says.

Capron grew up in Mesa, Arizona, raised by a single mother until the age of 10, before becoming part of a blended family.

"The experience helped me discover how relationships affect our emotions and how the need for love and support is vital to our well-being," he says.

But his journey of discovery didn't stop there: As an adult with six children, he too became a single parent. That's when, he says, "I felt the emotional weight of life that I once recognized in my mother." Then, a new marriage and three new children "brought their own challenges," he admits, "but the constant theme was my recognition that family-based treatment was essential in promoting emotional well-being and recovery for myself and those I love."

(Video: <https://www.youtube.com/watch?v=XhvQPp7apuU>)

Capron has experienced the value of counseling beyond the familial lens. While in the U.S. Army, he was deployed to Iraq and served a wounded warrior battalion of service members with counseling and suicide prevention, which gave him a deep empathy for the psychological weight of service-related experiences.

"I became passionate about veterans' mental health," he says. "I have seen the effects of veteran suicide firsthand, and it is what keeps me committed to making sure that if someone needs help, they know where to go."

Despite a full life marked by challenges, Capron says his thinking continued to evolve as an ASU student. The most surprising lessons came to him through engaging varied perspectives both in the classroom and by interacting with people he might not have otherwise encountered.

“Learning alongside students from various backgrounds opened my eyes to the different challenges and experiences people face,” he says. “This helped me appreciate the importance of cultural competence in counseling.”

Capron says the practical projects and internships he participated in at ASU gave him “invaluable insights into the nuances of counseling techniques and the real-world implications on clients.” Working collaboratively showed him intersections between mental health and other fields, such as social work and education, and expanded his approach into a more holistic counseling view. He found that “discussions around mental health revealed the pervasive stigmas that still exist in society,” which prompted his desire to raise awareness of mental health and educate people about it.

While pursuing his degree, Capron served as an intern in the [Art Awakenings](#) program offered by Resilient Health, an Arizona-based provider of mental health, addiction, trauma and wellness services. As an artistic behavioral specialist, he led group-based, trauma-informed art therapy for youth and adults. He also mentored new College of Integrative Sciences and Arts transfer students and served as an active member of the [Counseling and Applied Psychology Student Organization](#).

He did all of this while still working at, what he calls, his “day job.” Juggling all of this meant he had to be disciplined about managing his time, testifying to the value of lists, planners, goal-setting and self-rewards.

Capron stresses the importance of students using soft skills, such as connection and communication: “Network with your classmates, professors and coworkers. Their support can be a morale booster. And, don’t hesitate to seek help. Asking questions is helpful, whether it’s to teachers, classmates or mentors.”

Capron’s next steps are ASU’s [Master of Counseling](#) program, an internship and completing enough supervised counseling hours to obtain his license. Then, he’ll be looking for placement in a school or clinic. Eventually, he wants to establish his own practice offering professional counseling services.

Until then, he’ll share (and practice) the many lessons he’s learned through life and at ASU.

“Exploring new concepts is critical to learning them, and this doesn’t happen if you give up the first time something proves difficult. Academic life is important, but it should not be at the cost of rest and revival. Your education is not simply about grades, but personal growth and finding what you love.”

Capron is being recognized as a distinguished graduate from the College of Integrative Sciences and Arts as a Dean’s Medalist representing the [Office for Veteran and Military Academic Engagement](#).

This story originally appeared on [ASU News](#).

Main image



ASU spring 2026 graduate Jeremy Capron is being recognized as a Dean's Medalist representing ASU's Office for Veteran and Military Academic Engagement in the College of Integrative Sciences and Arts. He is graduating with a degree in counseling and applied psychological science. Photo by Anthony Trujillo/ASU