



Mrs. Brenda Gupta
Supervisor of Guidance and School Counseling, K-12

Brenda S. Gupta is the Supervisor of Guidance, K-12 for the Metuchen School District. While born and raised in Bayonne, NJ, Mrs. Gupta quickly settled into Middlesex County after completing her undergraduate and graduate degrees from Rutgers University. Mrs. Gupta's prior experience was as a school counselor in both Edison Township and South Plainfield High School. Mrs. Gupta is a Doctoral Candidate at Montclair State University, pursuing her Ph.D. in Counseling. Mrs. Gupta is excited to be a part of the Metuchen school community and enjoys working and collaborating with staff, students, parents, and community members of Metuchen.

Email: bgupta@metboe.k12.nj.us
Phone: 732-321-8700 x 5025



Ms. Samantha Rubin
Student Assistance Counselor

Samantha Rubin brings her experience of working with adolescents and families to the Metuchen School District. Her education and professional experience has provided her with a compassionate and effective style to counseling. Samantha holds a Bachelor of Arts in Psychology from Rutgers University and completed postgraduate training at Monmouth University in the Mental Health Counseling program with a specialized focus on addictions. In addition, she holds a Student Assistance Coordinator Certificate in the state of New Jersey. Samantha loves to spend time with her family and friends, go to the beach, and travel whenever she has the chance!

Email: srubin@metboe.k12.nj.us
Phone: 732-321-8700 x 5028



Mrs. Elizabeth DeMott
School Counselor

With a sense of humor and knowledge of resources, helping students realize unique talents so they can explore careers is a passion for Liz DeMott. After spending years in the pharmaceutical industry, she worked at Georgian Court University Admissions and The Princeton Review to learn more about the college process. She earned her Master's degree in School Counseling in 2007 and has been at MHS since 2011. Ms DeMott keeps up with current trends by staying active in professional associations and serving on the NJACAC Executive Board. She is also busy with the activities of five children, including three step-children.

Email: edemott@metboe.k12.nj.us
Phone: 732-321-8700 x 5023



Ms. Arden Dean
School Counselor

Hi Everyone! My name is Arden Dean and I am so excited to be a part of the School Counseling team at Metuchen High School. Prior to Metuchen, I worked as a School Counselor at Watchung Hills Regional High School. I attended Rider University for my Undergraduate Degree in Psychology and my Graduate Degree in Counseling Services. Currently, I am pursuing a College Counseling Certification through UCLA to sharpen my post-secondary planning skills. I am a member of many school counseling organizations including NJSCA, NJACAC, and ASCA.

In my free time, I love to travel, volunteer, and spend time with my friends and family. I have always had a true passion for being a counselor and I cannot wait to have the opportunity to work with all of the amazing students and parents at Metuchen High School.

Email: adean@metboe.k12.nj.us
Phone: 732-321-8700 x 5021



Mrs. Traci Grauer
School Counselor

Traci Grauer has been a member of the MHS School Counseling Department since 2004. She has 21 years of School Counseling experience and is a certified Psychology Teacher. She holds a BS in Human Development and Psychology from The University of Delaware and a MS in School Counseling from Hofstra University. She is a member of professional organizations including NJACAC, ASCA, and NJSCA. She is a lover of the outdoors and photography. Mrs. Grauer lives in Bound Brook with her husband.

Email: tgrauer@metboe.k12.nj.us
Phone: 732-321-8700 x 5022
