



DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

---

- [Home](#)

## Entity Print

### Block - menu block sidebar section root

### Biography

Dr. Sterling began her career in education in 2003 as a Health/Physical Education teacher in New Jersey. She joined DoDEA in September 2010 and worked as a Health/PE teacher at the now-closed Humphreys American School, then later transitioned to the new Humphreys Middle/High School in 2013.

Prior to being selected as assistant principal of Humphreys High School, Dr. Sterling served as the Educational Technologist at Humphreys High School, as well as a Health/PE teacher.

Dr. Sterling received a Bachelor of Arts in Physical Education from Montclair State University, a Master of Arts in Education with a concentration in Curriculum and Instruction from the University of Phoenix, a Master of Arts in Educational Technology from Michigan State University, and recently completed her doctoral studies in Leadership in Schooling from the University of Massachusetts Lowell.

Dr. Sterling is passionate about digital citizenship, using a positive discipline approach with students, contributing to a positive school culture, and the authentic delivery of professional development to meet the unique needs of all teachers.

Dr. Sterling has spent her entire DoDEA career on USAG Humphreys and has a deep affinity for Humphreys High School, its students, and stakeholders. She is committed to growing the culture of excellence at HHS and is excited to continue to be a part of Blackhawks history and legacy.



## **Dr. Therese Sterling**

### **Assistant Principal**

Email:

[therese.sterling@dodea.edu](mailto:therese.sterling@dodea.edu)

Address:

Unit 15797 BLDG. 5200

USAG Humphreys

APO, AP 96271-5797

United States

Phone:

[011-82-5033-56-9427](tel:011-82-5033-56-9427)

---

Printed on Saturday, May 24, 2025 - 12:25. For the latest version of this content please visit  
<https://www.dodea.edu/print/pdf/node/256376>.