

A close-up photograph of a single water drop hitting a surface of blue liquid, creating concentric ripples. The drop is suspended in the center, and the ripples spread outwards. The background is a soft, out-of-focus blue.

# Drop in the Bucket

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~ Maya Angelou





Stephanie S. Covington, PhD,  
LCSW

Center for Gender and Justice  
Institute for Relational  
Development

Phone: 858-454-8528

Email:

[sc@stephaniecovington.com](mailto:sc@stephaniecovington.com)  
[www.stephaniecovington.com](http://www.stephaniecovington.com)

A white laptop computer is shown from a slightly elevated angle. The screen is black and displays the text "For More Information" in white, bold, sans-serif font.

**For More Information**