

In This Issue:

Welcome1

New Executive Team...2

Spring Banquet.....4
Presentations &
Conferences.....5

Help Me I'm New.....6

Practicum/ Internship Say
What ?!?!.....7

When Disability
Strikes.....8

Staying
Organized.....9

YSU Leadership &
Advocacy.....10

Featured Restaurants....11

International
Recipes.....12

A Second Year's
farewell.....13

Inspirational
Quotes.....14

Leadership Gala.....15

CSI Photos.....16

Welcome From the President. . .

Welcome Alpha Chapter!!!

First, I would like to greet you, the master's and doctoral students, the incoming students, the CSI Alpha Chapter Members, Faculty, Alumni, and Patton College of Education Community!!

It's been a wonderful year, and I've enjoyed working with everyone and seeing the amazing things that students have been involved with this past semester. One of the largest events was the Annual Spring Induction Banquet where we inducted new members. Dr. Michael Brubaker, CSI Secretary, was the keynote speaker. We also presented the 2013 CSI Awards and officially inducted the new executive team. It was a wonderful evening which ended with some AMAZING items sold at the auction!

This semester has been busy! We had the Supervisor's Workshop where students learned more about the Internship/Practicum experience and what future supervisors are looking for in a supervisee. In addition to our chapter meetings, we also had the GoodWorks Walk for the Homeless, a bake sale, the MS Walk, and Pizza and Proposals! Although the semester is winding down, we have one more event! The Sue Apple Run will be May 18th! We hope to see you there! Lastly, we are planning a year-end social event, so be on the lookout for more details for the place and time.

Congratulations to all of the graduating Master's and Doctoral students in our program!! Many, many, MANY thanks the 2012-2013 Executive Team, for their creativity, dedication, and service to our program and community. I also want to thank Dr. Bhat for her guidance and support this year as Faculty Advisor. I am so happy for the incoming 2013-2014 Exec Team led by President Jessica Henry and wish them the best in all they do next year!! Finally, thank you to YOU for giving me the opportunity to serve as your president this year. It's been a wonderful journey! Thank you!!

Sincerely,

Laura Jeanette Pressley

President – Alpha Chapter of Chi Sigma Iota



Let's Welcome Our New Executive Team

First off, I would like to say THANK YOU to our 2012-2013 executive team! President Laura Pressley, Vice President Amber Casey, Treasurer Marcia Gase, and Secretary Kayla Thompson! Congratulations on graduating and moving forward in your careers. May you go forth and make this world a better place with each person whose life you have the opportunity to touch! You all will be missed. Now, let's give a warm welcome to our new executive team! President Jessica Henry, Vice President Priscilla Selvaraj, Treasurer Michelle De Silva, and Secretary Kendra Jackson! Now that we all know who our new exec team is, let's get to know them a little better.



President Jessica Henry



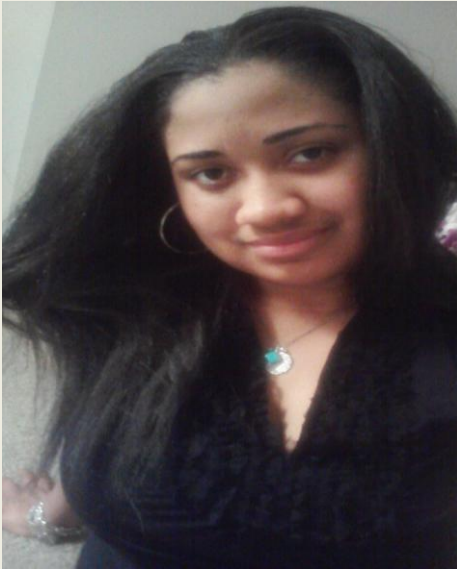
Vice President Priscilla Selvaraj

President: Jessica Henry is a first year Counselor Education and Supervision doctoral student in the Gladys W. and David H. Patton College of Education. She received a Master's of Rehabilitation Counseling from Alabama State University in Montgomery, Alabama. After her internship at the Pittsburgh Office of Vocational Rehabilitation, she decided that her educational journey was not over, and decided to return to the halls of academia in effort to "beat the odds" and begin a Ph.D program. Jessica has had an extended history of leadership beginning as president of her high school class, chief of various college organizations, and mentor within her professional community. In effort to illustrate her enthusiasm for leadership and advocacy she provided this simple quote by William Faulkner "Never be afraid to raise your voice for honesty and truth and compassion against injustice. If people all over the world...would do this, it would change the earth." She states that she is ready to collaborate with members of Chi Sigma Iota, Alpha Chapter so that the purpose of the organization is fulfilled and exceeded.

Vice President: Priscilla Selvaraj is a PhD student in Counselor Education and Supervision program at Ohio University. She holds dual master's degrees in Psychology and Business Administration from Bharathiar University, India. She also completed a Diploma in Career and Education Counseling. She worked in the Institute of Mental Health (Govt. Psychiatric Hospital) as a clinical psychology intern prior to joining her doctoral program in United States. Growing up with the passion of serving people in need persuaded her to strive for higher education in counseling. Touching people's lives by motivating them to make positive changes is the purpose of her professional endeavor, and is reflective of her creative works. She is known for her hard work, supportive nature, and inspiring personality. She focuses on working with international student community, groups, religious leaders, college students, and geriatrics. Her research interests include sex abuse, career choices and decision-making, cyber-bullying, online counseling, emotional competence, positive psychology, spirituality and other multicultural issues. Priscilla has served as a leader in various capacities in addition to her academic excellence. As the Vice-President of the Alpha Chapter, she aspires to enlarge the horizon of the counseling profession by working in collaboration with the team to the best of her ability.

Article Continued on page 3

Let's Welcome Our New Executive Team Cont...



Secretary Kendra Jackson



Treasurer: Michelle De Silva

Secretary: Kendra Jackson is a first year doctoral student from Detroit, Michigan. She attended Bowling Green State University where she received a Bachelor of Science in Human Development and Family Studies along with a certification as a Family Life Educator from the National Council on Family Relations. With a passion for working with children and adolescents, aiming to improve their overall quality of life, she decided to attend Ohio University to specialize in School Counseling and Clinical Mental Health Counseling. After graduating, she was hired through Tri-County Mental Health where she is a Licensed Professional Counselor that serves children and families in the school setting. As a returning student, she looks forward to expanding her research interests, ascertain skills needed to become an effective supervisor, scholar, and educator all while continuing to serve families in Southeast Ohio and in Detroit with the hope of assisting in creating positive change and improvement in the lives of others.

Treasurer: Michelle De Silva is a first year master's student in the Counselor Education program, specializing in Clinical Mental Health and Rehabilitation Counseling. She is from Athens, OH and received her Bachelor of Science in Health in Community Health Services from Ohio University. Her first job out of college was at a residential women's rehabilitation center. Working with the clients was eye opening as she found the experience both challenging and rewarding with the experience sticking with her over the years. For the past 9 years she has worked at Alden Library in the Circulation Department, which was a complete 180 of what she thought she would be doing. Flipping career options once again she is excited to be back in school and is excited to be a part of the counseling program. She looks forward to working for Chi Sigma Iota, Alpha Chapter and along with the rest of the exec team, making it a very successful year.

Annual Spring Banquet By Laura Pressley

March 15th was the Alpha Chapter's Annual Induction Banquet. It was a wonderful evening held in the Baker Center. Dr. Michael Brubaker was the Keynote Speaker and gave an inspirational talk about leadership. Congratulations to the new Alpha Chapter Members!! We also welcomed in the new exec team!! Congrats Jessica, Priscilla, Kendra and Michelle!!

We also had a wonderful auction, raising money for our chapter dues. Some of the items were: WellWorks Membership, purses, shoes, candles, autographed books, a DJ package, restaurant certificates, Ping Passes, and handmade jewelry!!

The award winners were: Outstanding First Year Master's Student – Rachel Murray, Outstanding Second Year Student – Marcia Gase, Outstanding Doctoral Student – Jessica Henry, Outstanding Service to CSI – Amber Casey, Outstanding Research Award - Rob Stevens, Outstanding Practitioner – Kendra Jackson. Congratulations!!



Presentations and Conferences

My Experience at the America Counseling Association

By Priscilla Rose Selvaraj

This year was my first time participating at the American Counseling Association (ACA) conference in Cincinnati from March 21-24, 2013 and it was an amazing experience. The tall buildings, beautiful downtown, crowded streets, honking noises, huge shopping malls, and thousands of people around made it more of a unique fun-filled trip. Managing lots of challenges that came by, I started the first day of my ACA volunteering responsibility at the conference hall in Duke Energy Center. I was assigned different duties throughout three days of the conference. It was a great blend of exposure where I could be in Bag distribution Area, Education Sessions, Registration counters, and Evaluation desk. I could meet a wide range of people with wealth of questions and concerns, which further gave way to make a lot of professional contacts. Additionally, I could also work as a volunteer in the Association of Specialists in Group Work (ASGW) booth at ACA expo. The treasure of knowledge that unfolded out of the experience of working with group-work experts and colleagues from different universities was enormous. Being selected as a scholarship recipient of ASGW was itself a great source of joy. I also got an opportunity to serve in the International Students panel at the conference. It was an awesome moment of pride and a feeling of accomplishment to be representing one's home-country and also the university in a great forum as this. The best part that thrilled me during the conference was to see great legends in the field of counseling to be moving around as yet another participant with a humble demeanor. It was impressive and exciting. Personally I was challenged to strive more and find ways to be involved with different professional organizations, develop networks, and be a paper presenter for upcoming conference at Hawaii. I would like to encourage my friends and readers to grab every opportunity that is waiting for us to benefit from!!!

Help Me I'm New By Sharon Musial

As the spring semester is winding down and cohorts are exploring post graduation paths, it is suddenly becoming very real that we actually have to translate what we have learned in our program and our internship sites into the real world. This transition for many of us has been enhanced by our internship sites, so to wrap up my contribution to the "Help Me I'm New" section, I will attempt to answer any remaining questions regarding internship and licensure queries.

There seemed to be multiple requests to explain the hours needed in practicum and internship. This is the breakdown, as explained on our Practicum and Internship Manual for Master's Degree in Counseling".

Practicum required hours: 100 total hours, 40 hours of direct service.

Internship required hours: 600 total hours, 240 hours of direct service.

Prior to internship you may have to have a background check,
which is an **additional cost** of approximately 50.00 dollars.

Hopefully you have made some connections to site supervisors from the workshop, don't be afraid to be aggressive especially when there is competition for a specific site. Be prepared when you speak to a potential supervisor, know the site and their mission, and know yourself, where your interests and strengths lie. Be prepared to advocate for yourself!

Completing two areas of licensure is encouraged and while this is an achievable goal, organization is imperative. Know how your hours will be earned alongside the requirements of class time. Communication with your advisor, and completion of your Program of Study is essential, however know what you need and be proactive. Consider summer semester as your start for practicum. Your last semester will require class time in Athens; speak to your peer mentors for insight on their experience, as they are living this right now!

Finally, licensure - the three areas offered in our program require the following licensure. Once you are in your last semester, you should start the process of registering for your exam(s), please be aware that these exams will be an **additional cost** (subject to change):

Rehabilitation: Certified Rehabilitation Counselor-CRC, \$395.00

Clinical: Licensed Professional Counselor: PC, \$185.00

School: Professional School Counselor, \$125.00

Once you pass the exam, there may be **additional fees** to apply for your license.

My last bit of advice, on your last semester you will be required to assemble a portfolio representing your programs CACREP standards, stay organized, and stockpile everything. By doing so this project will be much easier to assemble, and in your last semester, easy is exactly what you need. Good luck to you!

Practicum/Internship Say What?!?!

By Sharon Musial

First off, I would like to give a big thank you for the first year students' presence and excitement that has been felt this school year! Taking the time to fill out questionnaires and attending CSI meetings, your excitement and participation in the classes we share has been inspirational and contagious. So give yourselves a round of applause as we look forward to the upcoming year as we all continue our journey into our respected professions.

Now, down to business. There was an overwhelming interest in two areas; practicum/ internship and issues related to the Program of Study (schedule). Good news, I have some answers. Bad news, there are questions that only you can answer. So I will start with those and end on a good note, which we all know is a counseling technique to help us feel successful and empowered!

To address the questions, "where do I intern?" Well, only you know that. Finding a site that meets requirements and provides a good fit for your development is challenging. Talking to people currently in internship is a good place to start. I encourage you to make the most of your shadowing time, by researching your site, and your contact at that location. Explore their journey into this career. In your interview and come prepared with questions that you currently have towards decision making and invite them to share their personal experience because chances are they faced these same quandaries at one time. So, long answer, only you know where you should go. Having an answer to the question "what do I want to get out of this internship (more than just the basic requirements)?" may help guide you.

As far as the difference between Practicum and Internship goes, officially (per practicum and internship manual): "The practicum is designed to give the student a limited experience in a specialized area of counseling, which is supervised by both a designated onsite supervisor and the student's faculty supervisor or a doctoral student supervisor working under the supervision of the faculty member. The internship is arranged to provide the student not only with counseling experience, but with experience in all aspects of professional functioning, such as referral, assessment, staff presentations, and use of community resources. The intern is supervised primarily by the designated on-site supervisor."

Unofficially: As mentioned above, the hours and the level of involvement in the site is what differentiates practicum and internship. In addition to the amount of hours required at the site, there is a class that goes with both practicum and internship, adding to the credit hours for the semesters, which is two (2) and four (4) respectively. The practicum requires approximately 10 hours per week onsite, and the internship is approximately 20- 30 onsite. Required hours for graduation can be done in 2 semesters. Students who are completing requirements for both school counseling and clinical mental health counseling require 3 semesters of internship (not including practicum hours).

Even more good news: CSI sponsors a Supervisor workshop that provides attendees with site information, access to current site supervisors, and question and answer time with second year cohort. This panel gives you a rare opportunity to get immediate concerns resolved as well as insight into the site supervisor's selection process. The best piece of advice to give you at this time is to not procrastinate in securing a location. This process involves a lot steps, and putting it off until the last minute will only add stress. Decide on the city as soon as possible, and then start your research on locations. If you are looking to do practicum in the summer 2013, there are certain classes you must have completed so read your handbook!! The practicum and internship handbook has been updated and available on the Patton College, Counseling Education website. Also ask your peer mentor, that is why we are here!

Keep your eyes and ears open for the upcoming Supervisor/ Supervisee event to address all of your concerns, hopefully this will help get you started! For the scheduling and Program of Study issues, please attend CSI meetings, as these issues will be addressed in person and first year students can get direct assistance with scheduling if needed.

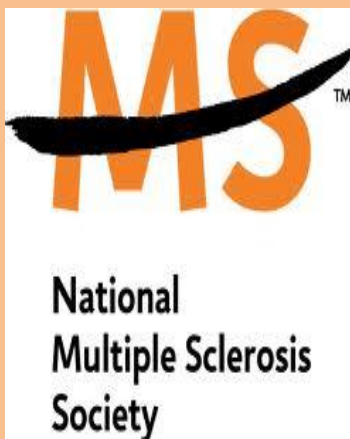
Finally, your best resource is each other. Not only for the technical parts of the program, but for support and motivation throughout your time at Ohio University, and beyond. Take advantage of the time you have with each other in this first year, it goes by fast!

I remember thinking that I was invisible to disability. As a graduate student in a rehabilitation counseling program my professor would say “disability can happen to anyone” but he was not referring to me! Instead of listening with vigilance for my own self to consider, I defined “anyone” as people who used drugs or those who sky dive from the stratosphere. I did nothing outrageous so the “anyone” category did not include me.

That was my outlook until I experienced vertigo, numbness, nausea, fatigue and several other obnoxious symptoms. In February 2012, doctors at UPMC of Pittsburgh diagnosed me with Multiple Sclerosis. My life changed instantly but my determination drastically increased.

It is with happiness and joy that share my story and triumph over this disease. On April 20th was the MS Walk which started at the Athens Community Center, in Athens, OH. Our team name was “S’myeelin, Walking and Looking Cute for a Cure”. You can still donate if you would like and learn more at nationalmssociety.org. You can also wear your orange to support MS!

Jessica S. Henry
President of Chi Sigma Iota, Alpha Chapter



+



=



Staying Organized in Graduate School

By Lydia Hale

Grad school is stressful enough without constantly worrying about where things are, when things are due, and what's going on. Among my classmates I am known for turning things in early and being super organized (which I take as a good thing rather than all of them hating me). I prefer to think of myself as anti procrastination. I've used some of these organizational tips since undergrad and some I have developed going through this program in my first year. Now I shall share my organizing tips and tricks that help me keep everything straight and take some of the stress out of grad school.

- **Get a great planner!** Having a planner for the year that you can write all assignments in is key. I like to color code the things I write in there for example red for tests, quizzes, and papers, pencil for all the things that change like reading assignments, black for projects, etc. or you could even have a certain class be a certain color for fast recognition. Make sure that your planner also has spaces big enough to write everything in you don't want to have to decipher your own hand writing half way through the term.
- **Write everything down immediately!** Now that you have this nice fancy planner as soon as you get your syllabus on the first day write all your assignments down for the entire term. By doing this you don't have to stress every week to see what you have to read and what you have to turn in. Most things don't change from the syllabus so writing it down as soon as you get it reduces last minute panic.
- **Coding!** I love to color code everything (which again my classmates like to make fun of me). Using different colors for different things cuts down on having to remember what certain things are. I bought heavy duty colored tabs to put in my textbooks to tab the chapters and separate them according to exams or certain sections. I also like to use certain color highlighters if I'm highlighting a textbook. The main thing is to be consistent with whatever coding method you decide to use so that you don't accidentally confuse yourself.
- **Utility!** Most of the professors post notes online or provide them for you in class. I would highly suggest investing in a 2-3 inch 3 ring binder to keep all notes in or having separate binders for each class. Even a 1-inch binder seemed to not be enough for everything at times.
- **Keep everything!** It is so easy to throw everything out once the class is over and once you graduate. **DON'T!** I also work in student affairs in the Patton College of Education and we constantly get calls from people who graduated 30 years ago and want to know if we have a syllabus of a class they took because they have to be relicensed or recertified. If you keep all of your notes, syllabus, program of studies, and anything else that seems relevant you know you will have it.
- **Keep more than one calendar!** Having a planner is great but you should also keep another calendar of your weekly schedule. I use Google calendars for keeping my class schedule, work schedule, internship schedule, meetings, doctors appointments, workout schedule, and everything else I have going on from day to day. The great thing about Google calendars is that its free, you can color code it (which I love), and you can sync it with multiple devices and people.
- **Don't print at home!** In this program you will print a lot of things. We all know how expensive ink and paper can be. Printing in the computer lab is much cheaper and efficient especially if you print front and back. You can easily print 100 pages in just notes in one term. I would suggest that if you print anything over 10-20 pages don't print it at home.
- **Rely on your classmates!** Often times when you still forget or get confused on what is due or what is going on for the week. Don't be afraid to ask a classmate for help. Often times a classmate will have heard something you didn't or understood something in a different way, which can help keep you on track.
- **Familiarize yourself with program requirements!** Nothing is worse than scrambling last minute to get something turned in, apply for graduation, turn in your internship application, etc. Download and make yourself familiar with the master's handbook and the practicum and internship handbook. Part of this is getting your program of studies done early, this way you know what you're taking for the next 2 years of your life and don't have to stress as much about future classes when it comes time to register.

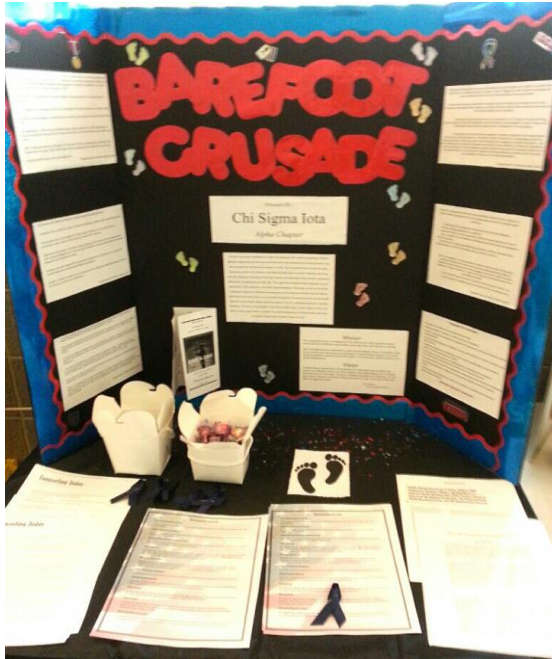
Hopefully, these tips help you to get things organized and to stay organized. Being organized helps cut down on stress and hopefully it will help you too. Take all of these tips or none of them, but hopefully they will help you get through grad school with some ease.

Youngstown State University Advocacy & Leadership Summit

By Jessica Henry & Priscilla Selvaraj

On Friday, February 22, 2013 the Eta Chapter of Chi Sigma Iota at Youngstown State University sponsored the Advocacy & Leadership Summit. Members of the Alpha Chapter attended the event and presented a poster on Veterans Suicide Awareness. The poster entitled “The Barefoot Crusade”, was developed by doctoral students: Kendra Jackson, Jessica Henry and Priscilla Selvaraj. These presenters received very positive feedback on this social justice initiative. During the event fellow counselor education students were able to discuss the importance of advocacy and leadership within our growing profession. There was a panel of esteemed leaders who provided valuable tips of “ways to lead”. The panelist included Dr. Victoria Kress, Dr. Cynthia Osborn and our very own Dr. Christine Bhat. In addition to a great lunch, there was an opportunity to hear from local senator, Joe Schiavoni, who asked insightful questions about what distinguished counselors from other mental health services professionals. His message was clear and awareness-rendering to work for legislative advocacy and representation. The overall event was very informative and inspiring. It was a nice opportunity to mingle with other members of Chi Sigma Iota within the great state of Ohio.

Youngstown State University Advocacy & Leadership Summit Photos



Barefoot Crusade 2013



Jessica, Kendra, Dr. Christine Bhat & Priscilla

Featured Restaurants @ OU By Chrissy Ward

As a second year graduate counseling student, time on campus for many of us is coming to an end. This causes me to reflect on all the wonderful restaurants in Athens. There are many with international flavors and a few restaurants that cater to late night study group and meetings. Let's face it, with a busy graduate schedule we spend a lot time eating on the run or while trying to finish a project. This inspired me to review a few restaurants in McCracken's backyard.

Habibi's Mediterranean Cuisine is a brand new restaurant to Athens! You *must* stop by this new spot. The atmosphere is casual and friendly. The owner greeted us when we came in. You can get your meal there or take it to go. The food was prepared fresh as we ordered it. Well worth the wait. I ordered a Gyro combo it came with a huge Gyro, rice, and salad. There was so much food that was I able to share with my friend. My friend is a vegetarian that has difficulty finding restaurants to cater to her needs but she was able to eat here because the menu was very diverse. Overall, the food was amazing and it was under 10.00!!! Look out for coupon, making this restaurant an even better value.

Stephens is a little restaurant at the end of Court St. I didn't even know this restaurant existed until a friend suggested it for a get together for our supper club . This restaurant focuses on quality over quantity. The restaurant is a small place with a small menu. But the quality was great. We ordered the artichoke and spinach dip as a starter and it was delicious. I ordered the Chicken Marsala which was excellent. This place is little pricey but well worth the money. The atmosphere was warm and subdued. This is spot fits the bill for a special evening out. The only problem was that the restrooms were located down stairs which could pose an accessibility issue.

Pita Pit: Before I go I have to mention my favorite restaurant, especially if you only have a few minutes between classes. The prices are really good, especially if you get your Pita Pit card. The service is fast and you get to create your own pita. You get to pick the meat, cheese, and veggies you want on your pitas. Pita Pit receives bonus points from me because they don't skimp on the meat, cheeses, and large variety of vegetables! They also have a menu for vegetarians.

As the Class of 2013 Masters of Clinical Counseling and CSI member, I bid a farewell to Ohio University!

International Recipes

By Amber Casey

Chakalaka

A popular vegetarian dish in South Africa-By Gugu Nkosi

This is the original recipe (without ginger, garlic, or tomatoes) from South Africa

Time: 30 minutes or less

Ingredients:

- Baked beans w/sauce (Bushes vegetarian beans)
- Mango relish- mild/medium, or hot
- Various cut-up vegetables - onion, carrots, red/green/yellow bell peppers (for color)
- Curry powder- mild or hot depending on your taste
- Salt and pepper to taste

Directions:

Saute onion in olive or canola oil, then add grated carrots. Chop peppers into small cubes and add to mixture, at medium heat. Add baked beans, spices, and mango relish. Mix and set aside to cool.

Can be served warm or cold. It can be used as a salad, a dip, or in a sandwich.

Sweet Coconut Mochi

-Xiaoxia Song (CPS Trainee)

Ingredients:

- bag of glutinous rice flour (Asian Market, E. State Street)
- 2 eggs
- $\frac{3}{4}$ cup of sugar
- $1\frac{1}{2}$ cups of water or milk
- 400ml coconut milk
- chopped mango (chopped frozen mango from ALDI)
- 2 cups of coconut flakes

Directions:

Beat eggs and sugar together in a big bowl. Add glutinous rice flour, milk/water, and coconut milk, mix all of those stuff together until combined. The dough mixture shouldn't be too thick or too watery. Add more milk/water if it is too thick. Put the dough mixture into microwave or steam it, around 30 minutes (I am not sure how long it would take. You can tell when it is ready)

Cover your hands with a pair of plastic gloves. If you don't have plastic gloves, you can also use a piece of plastic wrap, because otherwise the dough would be too sticky. Pick a small portion of the dough, add chopped mango to it, knead it briefly, roll in a ball, and roll in coconut flakes to cover.

You can put them into the freezer for a while. They taste like ice cream. You can also just eat them when they are finished

Gallo Pinto

Famous Nicaraguan Rice & Beans-By Amber Casey

Time: 15-20 minutes if you use already cooked rice and red kidney beans

Ingredients:

- Oil -- 2 to 3 tablespoons
- Onion, finely chopped -- 1
- Bell pepper, finely chopped -- 1
- Garlic, minced -- 2 or 3 cloves
- Cooked red (kidney) beans, drained, liquid reserved -- 2 cups
- Salt and pepper -- to taste
- Hot cooked rice -- 3 cups

Directions:

Heat the oil in a large skillet or sauté pan over medium-high flame. Add the onions, bell pepper and garlic and sauté for about 2 or 3 minutes, or until cooked through. Stir in the drained beans, some of their reserved liquid, salt and pepper. Bring to a boil, then reduce heat to medium-low and continue to simmer until heated through. Add the rice and stir into the beans and heat through. Adjust seasoning and add a little more bean liquid if necessary. Serve hot.

Can be eaten with eggs for breakfast, with tortillas, or as a side dish for any main meal

As I start to reflect on my Graduate School experience, I am overwhelmed with the reality that this is almost over. As a “non-traditional” student, returning to school was both intimidating and exciting at the same time. I would like to take the time to reveal some of my favorite moments from our time spent within McCracken Hall, and all of my fellow 2013 cohort members.

From our first quarter in the program I felt a cohesiveness that I knew was rare. I remember our first gathering at Kelsey's apartment very early in our program. We had a potluck and played “Apples to Apples” and from that point on I was not only excited to be in Graduate school, I was excited to see my fellow “cohortees” as we have referred to ourselves on our facebook page.

I laugh when I think of my first quarter of recording in the Hill center, with my partner Kerith, and our application of colorful language and her enthusiastic use of the fist pump. Hill center was also the location of Gerard's GA, the place in which he would complete assignments with ease, in the 12th hour, something that I could never pull off! How about when we watched the Story Corp video of the elderly couple in Dr. Pillay's class, looking around when the lights came up with not a dry eye in the house.

I loved being able to observe our growth as counselors in the recording supervision class with Meredith and Eric. And speaking of Eric, who could forget during our presentation in Ethics, Dr. Patterson asking Eric (during a role play) “now, how old are you”? Eric's immediate response being “how old do you want me to be”? I attended my first ever grandfather baby shower for Phil, speaking to his truly special character.

I remember laughing with Liv during our Group Class when Dr. Bhat posed the question “what is psycho education? Education about psycho's?” I will miss my sunny afternoons in between classes and commutes with Bridgie and Kaela, my Ping bootcamps with Amber, Debbie, JoJo Hanna and Kayla, as we attempted to apply some self care.

My school counseling peeps, we were a small but mighty group and I thoroughly enjoyed Andrea's optimism and Eric's stellar role playing capabilities. Alicia's contagious laughter and Stephanie's quite but quick witted humor.

My group experience with Mykal and LaKendra, that allowed a unique insight to them that I might never had without this class, and co-leading a group with Nanang and how easily I was able to share a very personal experience with him purely because of the person he is. I loved our online study sessions, as well as a couple in person to which Amber and Marcia managed to memorize almost every disorder in the DSM-IV!

So many experiences that stand out, so many vulnerabilities we had to face which could easily have drawn lines, but ultimately inspired friendships I hope to carry with me long after our time here is complete. If I have not mentioned your name, I can assure you, I have learned something valuable from each and every one of my classmates, I just ran out of room.

So to all of you, I know this has been a very interesting and sometimes frustrating last semester. But these are the experiences I will take with me. Good luck to everyone, and thank you for making this “non traditional” student feel connected to an incredibly special group of people.

“Many are stubborn in the pursuit of the path they have chosen, few in the pursuit of the goal”- Nietzsche

“Challenges are what make life interesting and overcoming them is what makes life meaningful.” -

Joshua J. Marine

“Life is like photography. You need the negatives to develop.” - Unknown

“Build your own dreams, or someone else will hire you to build theirs.” - Farrah Gray

“The biggest failure you can have in life is making the mistake of never trying at all.” - Unknown

“Life has two rules: #1 Never quit #2 Always remember rule # 1.” – Unknown

“The probability that we may fail must never deter us from a cause we believe to be just”-Abraham Lincoln



“You must be the change you wish to see in the world.”—Gandhi

“Shoot for the moon! Even if you miss you’ll land among the stars.”—Unknown

“The duty of youth is to challenge corruption”—Kurt Cobain

“If your compassion does not include yourself, it is incomplete” – Buddha

“If I can imagine it then I can achieve it; if I can dream it, then I can become it”—Unknown

“I can do all things through Christ who strengthens me” -Philippians 4:13

“People will forget what you said, people will forget what you did but people will never forget how you made them feel”—Maya Angelou

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward”—Martin Luther King Jr.

“Unless someone like YOU cares a whole awful lot, nothing is going to get better. It’s not.”—Dr. Seuss, The Lorax

The Ohio University Leadership Awards Gala was held on April 3rd in Baker. It was established in 1983 to recognize the outstanding work of individuals and student organizations on the Ohio University campus and its surrounding community.

The Leadership Gala is a grand evening in celebration of students and their outstanding demonstration of character, commitment, civility, community, and citizenship.

The Alpha Chapter of Chi Sigma Iota won the Edwin L. Kennedy Leadership Award for Outstanding Community Service!

Laura Pressley, outgoing President of the Alpha Chapter of CSI, won the Outstanding Graduate Student Leadership Award (Doctoral)!

Congratulations to you all! The Alpha Chapter of Chi Sigma Iota continues to exhibit hard work and commitment to leadership and service! It would not have been possible without you!



Amber Casey, Marcia Gase, Laura Pressley & Jessica Henry



Laura Pressley



CSI Photos

Alpha Chapter



These are various pictures from the Annual ACA Conference which was held in Cincinnati!!



From the Faculty Advisor

The end of the year is a bittersweet time. It is so lovely to see students graduate and go on to new and exciting endeavors. But with it comes knowing that you will miss those who move on.

This year has been a great year for the Alpha chapter of Chi Sigma Iota. With the leadership of Laura Pressley and her team, so much was accomplished to enrich our counselor education program.

The Alpha chapter of CSI builds community, whether we are organizing a social event or walking for the homeless. With Pizza and Proposals we have continued to focus on advancing scholarship in our program. And this year we were recognized for our community outreach with a university award. Congratulations also to Laura Pressley who was recognized with the Outstanding Doctoral Student Leader award at OU.

For those of you who are graduating, please know that you leave with our warmest wishes for continued success. Stay in touch and remain members of our chapter. We need our alumni to make this chapter even stronger. And for those of you who will be back next year, we have the privilege of continuing to work together for the advancement of counseling. Happy Summer to all! Dr. Bhat

ALPHA CHAPTER of CSI

Faculty Advisor: Dr. Christine Suniti Bhat

President: Jessica Henry

Vice-President: Priscilla Rose Selvaraj

Treasurer: Michelle De Silva

Secretary: Kendra Jackson

Chi Sigma Iota is an international honor society for professional counselors, counselor educators, and students in the counseling field. Established in 1985 at Ohio University, CSI strives to promote scholarship, research, professionalism, leadership, and excellence in counseling, while also recognizing high attainment in the pursuit of academic and clinical counseling excellence. Members of Ohio University's Chapter (Alpha) are part of a 372 chapter, 77,000 initiated active member organization. Additional information about these chapters and CSI as a whole can be found at <http://www.csi-net.org>.