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## Welcome From the President. . .

### *Greeting Chi Sigma Iota Members, Faculty and Students!*

It is my pleasure to congratulate you on the completion of the Fall 2013 semester. You DID IT! As the President of the Alpha Chapter of Chi Sigma Iota, I am excited to recap the great events that took place this semester and give a heads up of what is to come in the future. I would like to begin this address by **THANKING** all the people who contributed to the success of our events. An extra special thank you goes to the executive team and Dr. Christine Bhat, none of this could have been done without you! Your dedication to the profession and to the organization has had a colossal influence on the success of the chapter.

This semester we hosted a fall social at Pigskin, Suicide Prevention Candlelight Vigil, Morning After Breakfast, Pizza and Proposal, and Diversity Week, which consisted of a International Panel and Cook-off, Diversity Forum, LGBT Panel Discussion and Women’s Photo Contest. The activities of the semester were specific to awareness and professional growth for counselors in training. Thank you to everyone who came out to the events and we look forward to see you in the spring.

*Next semester we are happy to announce a few events.*

- 1) The research conference is an opportunity to practice the skills needed to present a national and regional conferences. Submit your proposals to Katelyn McGookey today. The conference is scheduled for April 12<sup>th</sup> 2014.
- 2) The annual Sue Apple Fundraiser 5K. Your participation will be greatly appreciated. The proceeds of the run will go towards one first year masters student who exemplifies outstanding performance. In addition to an array of other events to occur in the spring, we are proud to announce the annual membership induction banquet which will occur on Saturday, March 22, 2014 from 6-9pm. Our guest speaker is Dr. Victoria Kress, Youngstown State University.

We hope that you will take advantage of the many benefits that come with membership and participation in Alpha Chapter. We encourage the exchange of innovative ideas and invited you to express your interests in this space of learning and leadership.

Please enjoy the sections of this newsletter which contain an overview of our current activities as well as a report of our last meeting. **Alpha Chapter** has been organized to promote the highest standards of counseling practice. Our members set the very foundation by which this goal can be reached and we encourage you to become actively involved. Should you have any questions or comments, please do not hesitate to contact our chapter at the above listed phone number or address. Please consider joining the counseling honor society that began right here at Ohio University.

Sincerely,

**Jessica S. Henry**  
President, Alpha Chapter



## The New Executive Team

*President Jessica Henry, Vice President Priscilla Selvaraj, Treasurer Michelle Dixon 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 PhD 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 second year doctoral student in Counselor Education and Supervision program. She completed her Undergraduate studies in Psychology, Human Development and Family Resource Management (triple major) under Mysore University. She holds double master's degree in Psychology and Business Administration from India. She also owns a Diploma in Career and Education Counseling. She worked in the Kilpauk Institute of Mental Health (Govt. Psychiatric Hospital Tamil Nadu, India) as a clinical psychology intern prior to joining her doctoral program in United States. Growing up with the passion for serving people in need pressed her to strive for higher education in counseling. Touching people's life by motivating them for a positive change is the purpose of her professional endeavor, which is reflective in 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, children with special needs, and geriatrics. She is drawn towards positive psychology and strength-based counseling approaches. Her other vivid research interests includes sex abuse, suicide, career choices and decision-making, bullying and cyber-bullying, marriage and family counseling, online counseling, social and emotional competence, motivational interviewing, spirituality and other multicultural issues. Priscilla has served as a leader in various capacities in addition to maintaining her academic excellence. She is now elected as the Vice-President of the Alpha Chapter of Chi Sigma Iota in Ohio University. Her dream is to be a motivational speaker traveling around the world and transforming people's lives.

Article Continued on page 3

## 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.

## *Stress By: Rachel Murray*

Stress.... Stress can be caused by so many different things. For instance, if you have a paper due in four days and your computer crashes or you don't have enough time to write it because of work or life happens, THEN WHAT? What about life circumstances in general? What if a family member goes into the hospital? Or your boss adds you to the schedule to work when you weren't originally scheduled without consulting you first? What about those lovely moments when you have a significant other, child, friends, or family wants your attention but you have school work to do?

So, the question becomes how do we handle stress and balance life? There are many ways we can handle these things, some good and some not so good. From my own personal experience, I used to always handle stress by working out. Once I got back to graduate school, working out went to the way side. Here recently I have begun working out again! I feel so much better about myself and I tend to be more optimistic and less stressed. I am currently doing Turbo Fire, which is an exercise that involves a lot on punching and kicking and allows me to get my aggression out. Sometimes I work so hard in the class that I "kick my own butt"!

Additionally in recent months, I have made sure to become MORE organized, MORE prepared, and a LESS of a procrastinator.. I have decided to make sure that I spend time with the ones I love and make memories that last. Ultimately, if I am having a horrible day and nothing else seems to help chocolate is only \$1.42 away!! Have a great holiday everyone and become less-stressed along the way!

## *A Second Year's Perseptive By: Rachel Murray*

I found a few quotes that can sum up my practicum and internship experience thus far. "Challenges are what make life interesting and overcoming them is what makes life meaningful" by Joshua Marine and "Life is like photography. You need the negatives to develop." I remember my first semester last year being so hard. I was having a horrible time adjusting because I had been out of school for four years and my grandmother was in and out of the hospital. Not to mention I was learning all kinds of new things having to learn how to study again.

All I can say is that last year prepared me for this year! This year is much crazier and busier than last year. You run from class to class, work to class, or class to work. By work I mean your practicum and internship site! Not only are you adjusting to being busy but you are learning so many new things at your site and how to help your clients. I want to encourage you that your first year is a time of preparation for your internship. Allow yourself to get as much out of your first year as you can because it will prepare you beyond compare for your second year. However, there is SO MUCH that you will learn by the challenges you face within your practicum site with your clients.

I have learned that with all the challenges I have faced within my practicum site that I will only grow with the challenges that happen on a daily basis and the meaningful part is seeing lives changed and to know you had a small part in that. I will share that there have been some not so good experiences along the way as well. The reality is that you can only grow if you are accepting of your flaws, mistakes, and learning not to put too much pressure on yourself! Enjoy the process and be welcoming of the challenges and negatives that happen along the way because they will help shape you into the counselor you are destined to be!



## *Practicum/ Internship & Licensure By Sharon Musal & Updates by Rachel Murray*

As the fall semester is coming to a close I would like to share some important information with the first years that are looking forward to their practicum and internship experience. Here is some important information that you will need to know about practicum and internship. This is the breakdown, as explained on our Practicum and Internship Manual for Master's Degree in Counseling:

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

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

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

Here is some advice as you look for a practicum and internship site. As you are looking at sites and making contacts, don't be afraid to be A.G.G.R.E.S.S.I.V.E (in my cheerleading voice) especially when there is competition for a specific site. Be prepared when you speak to a potential supervisor that you know the site and their mission. Be prepared to sell yourself by knowing and articulating your strengths.

Completing two areas of licensure is encouraged while at Ohio University and while this is an achievable goal, organization is essential. Be prepared and organized enough to know how to get the hours you need as well as complete all requirements needed for class. Make sure you have open communication with your advisor and that you are able to complete your program of study.

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, \$385.00

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.

Some additional advice for you, during your last semester you will be required to assemble a portfolio representing your programs CACREP standards; therefore, stay organized, keep everything, and make copies of everything you turn in during your practicum and internship! By keeping everything and keeping yourself organized the project will be much easier to assemble and in your last semester—believe me easy is exactly what

When I agreed to speak at the candlelight vigil organized by the Athens County Suicide Prevention Coalition and Chi Sigma Iota, I had no idea what I was getting myself into. I was initially hesitant and uncomfortable with the idea of talking about suicide, and I wasn't sure that my limited experience in the counseling field would be of any use to someone who was seeking knowledge on suicide prevention and response. One of the first things that ran through my mind after I accepted this task was, "What in the world am I going to say to these people? I'm barely licensed and I don't have much experience responding to crises, so I'm certainly not qualified to offer my 'expertise' on suicide prevention!" During the weeks leading up to the vigil, I worried incessantly about what I might share, and I agonized over how I would deliver my message in a meaningful and helpful way. I also dreaded the seemingly inevitable moment when someone would ask a question that I couldn't answer, and I would be revealed as a "fraud."

It wasn't until I enlisted the help of my former supervisor, Dr. Sheila Williams, that I began to relax and feel more confident in my ability to talk about suicide. After consulting with her, I realized that I didn't feel comfortable playing the expert role and telling people how to do something I had never done before; I preferred honoring my truth and sharing something I had actually experienced.

As I reflected on the most poignant memory I have of someone in crisis, I was transported back in time to the Fall of 2009 and reminded of my own three-month-long struggle through grief and depression. I worked to connect with those long gone feelings of hopelessness and despair, and I remembered how abandoned and alone I felt through the most difficult time of my life. I remembered how unbearable my loss seemed that year, and I remembered all too well how badly I wanted to end my suffering – so badly that I considered jumping off a set of stadium bleachers with the intent of killing myself. After I revisited those painful memories, I knew exactly what I wanted to convey at the candlelight vigil, and I prepared myself to share publically, for the first time, some of the most private details of my life. I can't recreate everything I shared that day, but I think it's important for me to tell my story again to inspire others and make a difference in someone else's life.

On September 2, 2009, the night before my 20<sup>th</sup> birthday, I roamed down to the B.T. Harvey Stadium at Morehouse College, sat on the cold, hard bleachers, and thought about how I might end my life. I'm not entirely sure whether I was intent on dying that night, but I know that I was in immense pain, and I thought then that suicide was a better alternative to suffering. As I sat there contemplating my untimely demise, I was so absorbed in my hurt and sorrow that I didn't notice the group of students smoking behind me at the top of the stadium. When they finally caught my attention, I climbed the bleachers to see who they were, and, as luck would have it, I discovered that my former roommate and some of his friends had literally been watching over me without my knowledge.

After a poor attempt at explaining why I was alone at a football stadium at such an ungodly hour, I was invited to sit down and spend the rest of the night with my roommate and his friends. When they commented on my odd behavior and asked me how I was doing, I was comforted by the sincere concern in their voices, and I chose to confide in them that I was struggling. After an hour or more of simply talking about my problems, my feelings of helplessness had diminished and I was able to find at least a glimmer of hope for my future. By the time I made it back to my room, I had lived to see another day, and I entered my 20<sup>th</sup> year of life knowing that I had the support of at least one person who cared about me.

Four years later, I've chosen to share this story because I truly believe that it can save someone's life. The support and concern my friend showed me made all the difference in the world. He didn't have a license or a degree when he intervened; he didn't have any special training or unique clinical skills; he didn't follow a specific protocol. All he did was lend his ear, open his heart, and offer genuine love and support. That's where it starts. If you know of someone who is hurting, reach out. Use your intuition and pay attention to the signs. When you see someone behaving abnormally, ask what's going on. When your friend stops going to class, say something. When you notice that a member of your family has stopped eating, speak up. And if you ever feel overwhelmed or unqualified, seek support for yourself. Get a second opinion, bolster your confidence, and trust that you have all the skills you need. Don't just respond to suicide – work to prevent it before it happens.

## Spotlight on Faculty: Dr. Bhat

Dr. Christine Suniti Bhat holds a B.A. in Psychology, Economics, and English literature from Bangalore University in Bangalore, India. Dr. Baht also holds a M.A. in Organizational Psychology from Bangalore University and an M.Psych from Monash University in Australia. Dr. Bhat earned the Ph.D. in Counselor Education from Ohio University in 2003. She returned to Ohio in 2006 after working as a counselor educator at California State University, Long Beach. In addition to nine years as a counselor educator, she has extensive international experience as an educator, counselor and psychologist in diverse work environments such as the Australian military, non-profit agencies, schools, and universities. Most recently, Dr. Bhat's research has focused on cyber bullying.

Dr. Bhat is also our new program coordinator for this year. So far there have been some major changes on her watch such as a new improved program of study along with several others. We are sure to see a lot of new and exciting things under her excellent leadership. She is also our program advisor for CSI and offers a lot of support and direction to our organization that we would be lost without. Dr. Bhat is also running for office with the American Counselor Association this year. Lets all wish her luck in her new leadership roles and appreciate the hard work she is doing for us.



Dr. Christine Suniti Bhat

## Experience of A “Non-Resident Alien” By: Priscilla Selvaraj

Time seems to have flown so swiftly. It’s been more than a year now since I stepped into the United States for the first time. Carrying a bundle of assumptions, aspirations, attitudes, questions and fears, I finally made it up to my “second sweet-home,” Athens. Every moment I experienced since day one has been a milestone to mark and look back upon. Life so far at Ohio University has been for sure a life-giving experience to diverse petals of my dreams.

The most rewarding learning experience navigating me through a smooth transition is the interactions with my friends, colleagues, faculties, church members, and community members. Most of the faculty, office-staff, and administrators have completely been supportive, extremely friendly, approachable, helping, understanding and considerate to me. They are easy to approach, get appointments with, and easy talk to. Special credit goes to my cohort, my senior year cohort, and masters’ degree friends for being accommodative and genuinely caring throughout my transition process.

The warm and welcoming smile of strangers around, cool and gentle drivers on roads, and friendly and helpful vendors encounters are some of my other major early recollections. Isn’t it cool to have a “mentor”? Someone who has been where you are, know what you go through, understand and care, guide you through the process, and above all even before coming to the United States be in contact with you to welcome you when you land here?!!

Few Challenging Experiences of Mine: Shopping online, managing credit/debit card, participation in class room discussion, smell of curry, eating and walking-out practices of students during lecture in class, walking and driving right side of the road, speed-limits and tickets, communicating in right tone, voice, and meaning, use of technology for EVERYTHING, no notebooks, different options in food/drinks, sexuality, and drugs. Overall, I have had a complete shift of my worldview especially on life, graduate school, friendships and relationships, success and achievement, religion and culture, and the whole concept of “*diversity*”.

Speaking on behalf of other international students: I am sure, we take considerable amount of your energy, time, and resources. I am certain we do need extra care, consideration, and effort to make us talk, read, write, and understand. However, I am most assuredly confident of the fact that the spark we have ignited in us, the reason that we thrive for, the goal we aspire for, the determination, dedication, commitment, and the purpose for us being miles away from home itself is a reason you place trust on us. For we would be sure to fly high one day and on that day, you are going be proud of WHO YOU HELPED US BECOME!!!!



## 2016 CACREP Standards By: Ahmet Can

As we know, CACREP is an independent agency recognized by the Council for Higher Education Accreditation to accredit master's degree programs in: addiction counseling, career counseling, clinical mental health counseling, marriage, couple, and family counseling, school counseling, student affairs and college counseling. CACREP also accredits doctoral programs in Counselor Education and Supervision (CACREP, 2013). Based on literature, there are many advantages to accrediting such programs in the counseling profession. For instance, accreditation is a positive force for high standards; accredited programs often attract better students and better faculty. In addition, students in accredited programs study from a common curriculum, are generally more knowledgeable about core counseling issues, and usually participate in longer and more-intensive program experience. Moreover, students in accredited programs can be successful on the national counselor exam to become national certified counselors (NCC) far earlier than students from non-accredited programs. Also these students who graduate from accredited programs, generally have better job opportunities in the profession.

CACREP Standards Revision Committee has published and posted the second draft of the 2016 CACREP standards review and has opened the revisions for public comment and feedback. One of the most important things is that the new standards will unify the profession by requiring the same number of credits for all CACREP programs. According to new CACREP standards, entry-level degree programs in Addiction Counseling, Clinical Mental Health Counseling and Marriage, Couple, and Family Counseling are comprised of approved graduate level study with a minimum of 60-semester credit hours or 90-quarter credit hours required of all students. Until July 2020, School Counseling and Career Counseling programs must be a minimum of 48-semester hours or 72-quarter credit hours (Section I, Standard J). Moreover, the 2009 revision of the CACREP standards stimulated considerable discussion over curricular changes and program requirements. CACREP also specifies that faculty hired to teach in accredited counselor education programs must adhere to the following standard "core counselor education program faculty must have earned doctoral degrees in counselor education and supervision, preferably from a CACREP-accredited program, or have been employed as full-time faculty member in a counselor education program for a minimum of one full academic year before July 1, 2013 (Section I, Standard W).

Based on the new CACREP standards, I strongly believe that the new CACREP standards will promote professional identity and unify the counseling profession.

## Fundraising By Michelle DeSilva

Most student organizations collect membership dues every year from their members. Chi Sigma Iota does not. So how do we have money to organize our events and programs? By fundraising of course! This semester we've held a few different fundraisers.

Teaming up with OU Athletics, we were able to raise quite a bit of money. We sold tickets to the OU Homecoming football game for them and we got to keep portion of the money from each ticket sold. It was a win-win situation! Also taking advantage of the crowds of Homecoming weekend, we cooked and delivered breakfast to the revelers the morning after all the partying. Who wouldn't want hot breakfast delivered right to their door?!

Part of our Diversity Days event, we had a cook-off during the Multicultural Panel featuring dishes from representing the diversity found in the counselor education program. We had dishes from Sri Lanka and India and foods common to different parts of the United States: fresh baked and homemade bread, apple pie, beans and cornbread, and fried chicken. We even had dessert, cookies courtesy of Insomnia Cookies. It was quite a feast!

We've done pretty well this semester! We've been able to pay for our events and have made a little extra money too. We have plans for more fundraising efforts during Spring Semester. The more money we raise the

## *CORE/CACREP Merger: What Does it all Mean???*

*By Rob Stevens*

A move towards unification of counselor professional identity was made on July 31, 2013. CORE (Council on Rehabilitation Education) and CACREP (Council for Accreditation for Counseling & Related Programs) made a historic agreement where CORE will become a corporate affiliate of CACREP. This means that the two accreditation bodies are finally working together to bring together the counseling profession. Negotiations have been in the works for quite some time for this partnership to come to fruition. This is great news for programs such as Ohio University Counselor Education department due to the fact that we already have a program that is unified with the counseling specialties of Clinical Mental Health Counseling, Rehabilitation Counseling, and School Counseling. This merger will protect counselors that are cross trained in both clinical mental health counseling and rehabilitation counseling.

The CORE/CACREP agreement will result in a new Clinical Rehabilitation Counseling, which will require 60 hours of course, work that will allow students to sit for both the Certified Rehabilitation Counseling (CRC) national exam and the state licensure exam to become a Licensed Professional Counselor (LPC). Standards will be put in place for rehabilitation counseling programs across the nation to be able to modify their rehabilitation counseling programs to meet the new CORE/CACREP standards to become a "Clinical Rehabilitation Counseling" program. Ohio University's Counselor Education program will have little changes due to the fact that our faculty and program structure was already advocating for our students to complete cross training as a clinical mental health/rehabilitation counseling focus.

This merger is great news for the field of counseling. It helps us to strengthen our professional identity so we can be a stronger presence with new insurance reimbursement programs and being recognized on the same level as clinical social workers and clinical psychologists. As counselors it is important for us to advocate for our profession. It is my hope that this is just the first step in the counseling field of unification of counselors everywhere.

For more information visit CACREP website:  
<http://www.cacrep.org/template/index.cfm> and/or CORE website:  
<http://www.core-rehab.org>

*"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*

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.



# *Recipies –Double Streusel Coffee Cake By: Kendra Jackson*

## **Coffee Cake**

- 2/3 cup Original Bisquick® mix
- 2/3 cup packed brown sugar
- 1teaspoon ground cinnamon
- 3 tablespoons cold butter or margarine
- 2 cups Original Bisquick® mix
- ½ cup milk or water
- 2 tablespoons granulated sugar
- 1½ teaspoons vanilla
- 1 egg

## **Directions**

- 1 Heat oven to 375°F. Spray bottom and side of 9-inch round cake pan with cooking spray. In small bowl, mix 2/3 cup Bisquick mix, the brown sugar and cinnamon. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly, set aside.
- 2 In medium bowl, stir coffee cake ingredients until blended. Spread about 1 cup of the batter in pan. Sprinkle with about 3/4 cup of the streusel. Drop remaining batter over top of streusel; spread carefully over streusel. Sprinkle remaining streusel over top.
- 3 Bake 20 to 24 minutes or until golden brown. Let stand 30 minutes before serving. Serve warm or cool.

## **Tips**

- A drizzle of almond glaze adds a nice finishing touch. Stir together 3/4 cup powdered sugar, 1-tablespoon milk and 1/2 teaspoon almond extract until thin enough to drizzle. Drizzle glaze over warm coffee cake.
  - Cold butter is needed to create a "just right" streusel texture and a crust that's easy to handle.
- ❖ Favorite recipes from Betty Crocker that it is delightful in taste!

# Recipies – Homemade Bread Rolls By: Lydia Hale

### Ingredients:

¾ c hot water	1pkg. yeast	3 eggs	¾ c. sugar
1tsp. sugar	½ c. butter	1 c. milk	5 c. flour

### Directions:

1. Mix together yeast, 1tsp sugar, and hot water. Stir until dissolved and set aside to rise. Will rise into a large poof so make sure your bowl is deep enough.
2. Place milk and butter in microwave until completely melted together.
3. In very large bowl mix eggs and sugar. Pour butter mix into bowl until sugar dissolves. Then add yeast mixture and combine all wet ingredients.
4. Gradually add flour one cup at a time. It is best that you have a deep bowl and a wooden spoon; you don't want to snap off the handle of a plastic one. You can add more or less if necessary. At this stage dough should be sticky and firm.
5. Flour your table and hands well to avoid sticking. Pour dough onto floured table and begin to knead using your hands. Your bread will be done when it feels firm like your thigh or stomach but yet still soft.
6. If you want to or have the time you can let your bread rise twice to make it fluffier. Separate dough into 2 equal parts. Place in a bowl that has been lightly oiled such as an old cool whip or butter bowl and let rise for about an hour. Then re-knead slightly to coat with flour.
7. Coat rolling pin and surface with flour. Take one of the halves and pour onto table. Begin to roll into a round circular shape about 12-15 inches in diameter like you would be making a pizza. Take a pizza cutter and cut into 12 triangle slices. If you want smaller or more rolls cut into smaller triangles. Repeat for other half of dough.
8. Roll the triangle from big end to smaller end. Place on cookie sheet that has parchment paper on it for easy release after baking. Let raise overnight or several hours covered with towels to keep warm and aid in rising.
9. Bake at 350 degrees for 20 minuets and immediately butter tops with stick of butter. Let cool then serve.

### To make cinnamon rolls:

1. Follow steps 1-5. You can let it rise twice still but do not separate into 2 separate balls.
2. Place onto floured surface and begin to roll into large rectangular shape that is about 15 inches long and 12 inches wide.
3. Once you have the dough rolled out use a spatula to spread butter all over dough making sure to coat edges and starting at the middle and spreading outward rather than inward to avoid shrinking your dough.
4. Sprinkle desired amount of brown sugar and cinnamon onto buttered dough. Pat the sugar and cinnamon down to avoid it accidentally flinging when you begin to roll.
5. Starting at the end farthest from you (may require two people depending on how long your rectangle is) begin rolling the dough towards you to make a giant log. Make sure that you are rolling tightly to avoid spilling.
6. Once you have a log cut into 1½-inch rolls and place in greased cake pan. Add extra brown sugar and cinnamon on top if desired. Let rise over night or several hours covered in a towel.
7. Bake 20-30 minuets until golden brown and making sure they are baked on the bottom and middles. Let cool and serve.



Our panelists talking about their experiences in grad school and offering tips to new students while at orientation.



Some new faces and old faces, participating in orientation and getting excited for a new school year!!!

**Everyone came ready to participate and get to know each other!  
New year started off with enthusiasm and a kick!**



CSI Photos- Diversity Week

OUR INTERNATIONAL STUDENT PANEL TALKING ABOUT THEIR EXPERIENCES AND CULTURE SHOCKS WHEN THEY CAME TO OU AND HOW THEY HAVE HANDLED IT AND ADAPTED TO IT.



Our wonderful Doctoral students Amberlee (left) and Ceara (right) who coordinated and hosted Diversity Week and did an amazing job at it! Photo Below: Our LGBTQ panel discussing sexual issues and diversity.







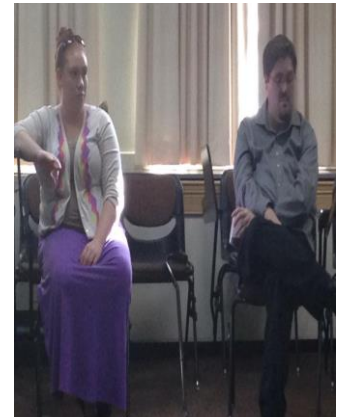
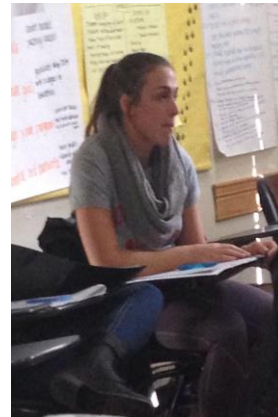
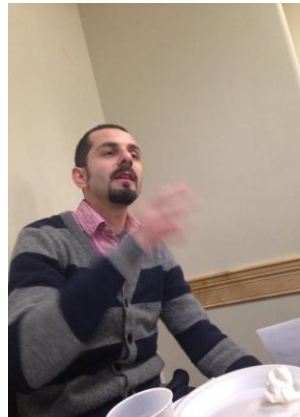
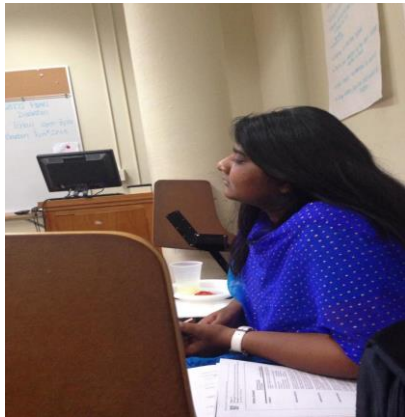
Photo Left: Our wonderful spread of foods prepared by students for our International Cook off. Some recipes are featured on page 13.

Photo Right: Alex very carefully picking out his cookie that was graciously donated by Insomnia Cookies. He looks very pensive.



Photo Below: A group of people who attended the LGBTQA panel discussion.

CSI Photos- Resume Workshop



Photos Left to right: (A) Priscilla listening intently. (B) Ahmet asking a question of our guest speaker. (C) Jordan engaged in the speaker. (D) Our professional development chairs who organized the event listening to the speaker.

Students of Counseling and  
Higher Ed Welcome!

# Professional Resume/Vita Writing

Hosted by: The Alpha Chapter of Chi  
Sigma Iota National Counseling Honor  
Society

**Pizza and Pop Provided**

The Workstation is a facility located in The Plains that is focused around career development. We will have a guest speaker come and teach how to write a professional resume/vita.

**November 14<sup>th</sup> 2-3pm**  
Room 106

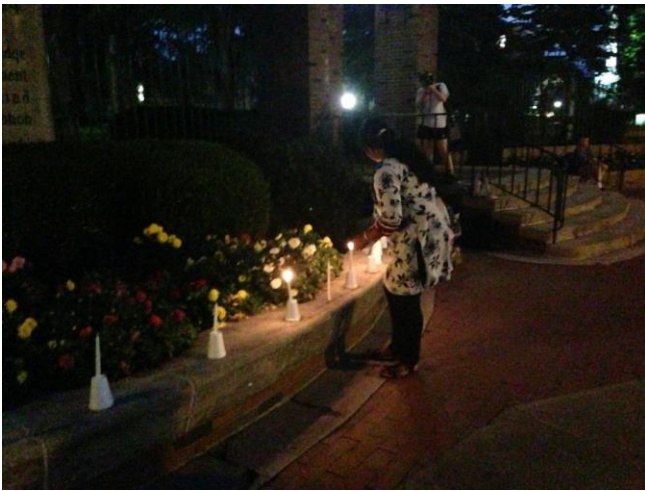
Patton College of Education  
Ohio University

Robert Stevens  
rs190809@ohio.edu

This fall we had a guest speaker from The Workstation in The Plains, Nancy Stotts. She came to speak at Pizza and Proposals to give a workshop. She presented professional resumes and curriculum vitas. This was a very helpful presentation to all students who attended who will be writing resumes and vitas in the near future. For those who were unable to attend The Workstation is free and available to all. Call for your appointment today.

70 S North Plains Rd, The Plains,  
OH  
(740) 797-1405





For Suicide Awareness Week CSI hosted a candlelight vigil for all students and community members to participate in. Above (photo top left) Gerard Grigsby is giving his powerful speech about his own experience with suicide. He wrote an article to accompany his speech found on page 6. We see students and others coming together in these photos to bond over a very serious topic that as counselor education students we should advocate to reduce, especially here on Ohio University's campus. Know the signs and speak up.









## ALPHA CHAPTER of CSI

Faculty Advisor: Dr. Chris Bhat

President: Jessica S. Henry

Vice-President: Priscilla Selvaraj

Treasurer: Michelle DeSilva

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>.

If you would like to contribute to next semester's newsletter contact Rachel Murray or Lydia Hale the Co-chairs of the Newsletter committee. Thank you to all who submitted articles and made another successful publication.

Lydia Hale lh320106@ohio.edu

Rachel Murray rm324705@ohio.edu // rmurray\_01@yahoo.com

Have a great Holiday Break Everyone! See you next semester!



**SAVE THE DATE**

*The Chi Sigma Iota Counseling Academic & Professional Honor Society International  
Graduate Education Association Presents:*

**"Cultivating Leaders through Research: Enhancing Professional Development through Practice"**

**Research Conference**

*Graduate students who attend will have an opportunity to show how they have exhibited leadership through their current research.*

**Traditional (50 min sessions) and Poster Presentations** will be accepted. The conference is open to Chi Sigma Iota members and affiliates, faculty and staff, graduate students and alumni of the College of Education.

**When: April 12th 2014**  
**Where: McCracken Hall**

Hosted by: CSI Alpha Chapter & Graduate Education Association