



Nu Chapter Chi Sigma Iota

COUNSELING ACADEMIC AND PROFESSIONAL HONOR SOCIETY INTERNATIONAL

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Inside this issue:

Retired?	2
Meet the New Counselor Ed FacultyFaculty	2
Upcoming Events	3
Workshop Recap	3
CSI News	4

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Nu Insights

Letter from the President . . . *Mike Cross*

After the long dark months of winter I find myself reflecting on the coming year. Aside from the shock of looking into the sky and seeing a giant yellow fireball for the first time in what seems like 6 weeks, quickly followed by the shock of seeing how much more of a shadow I cast compared to October, I am brimming with my usual sense of optimism for what new opportunities await in 2008. We are looking at an exciting election season that will see history being made. With either Sen. Clinton or Sen. Obama leading the Democratic Party into the presidential contest, we will have choices we've never had before now. Certainly we will see a record turnout for the election, and we might see that ever hoped-for huge youth turnout. While many of us are suffering from campaign fatigue, few could argue that something monumental in American politics is afoot. This is a watershed moment in American politics, and I think it says something very positive about the progress America has made in gender and race issues. On the other hand, there are ample reasons to believe that as far as we may have come, we have at least as far yet to go. Please do not construe this as a partisan endorsement for the Democrats. I am focusing on that race because it is still up in the air, and because it is history in the making. What does any of this have to do with the Counseling profession? I would say that anytime we have an opportunity to talk about gender, race, and the need for change, we should seize it with both hands. I would encourage you, gentle reader, to look at which candidates are proffering the best positions on the issues that matter to you the most, and talk about those issues with friends, family, and peers.

Leadership Changes—There have been a few changes in the makeup of this year's officers and committee chairs. Kathleen Schreier has agreed to be our new awards chair, but due to work commitments has asked to defer being an officer for a year. Mindy Chamberlin has assumed the President Elect post effective in February, and will be the next president of Nu Chapter. We are still looking for someone to step in as Events chair, the position Mindy vacated.

Nu Chapter Officers

2007-2008

President
Mike Cross

President Elect
Mindy Chamberlin

Past President
Robb Adams

Secretary
Deb Fister

Treasurer
Kathy Krebs

Nu Chapter Committee Chairpersons 2007-2008

Award of Excellence
Kathy Krebs
kkrebs@frontiernet.net

Awards
Kathleen Schreier

Community Service
Molly Wallace
Mwallace@cccsd.org

Finance
Kathy Krebs
kkrebs@frontiernet.net

Membership
Jan Atwood
jatwood@bluefrog.com

Marketing
Kate Stanford
kms1@frontiernet.net

Newsletter
Anne Hughes
ahughes@monroecc.edu

Programs
Vacant

Retired? Not for a Minute

Jean Lang

About two years after I retired from school counseling I went back to Red Jacket School to visit one of the teachers. She was teaching a small class of middle school students all of whom I knew. "Mrs. Lang," said one 8th grade boy, "I thought you RETIRED."

"I did...what do you think happens to teachers who retire?"

"I don't know", he replied seemingly quite surprised that I was still alive. Yes, since retirement I have managed to stay alive and active. After 25 years of counseling and scheduling middle and high school students, I am now in charge of my OWN schedule. It is a great feeling--inventing one's days with no early morning pressure to drive the 25 miles to Ontario County and get there by 7:45 A.M.-- snow storms, icy roads or whatever. Now, when schools are in session and it is not my day to do volunteer tutoring at School #9 in Rochester's bilingual Kindergarten class or the day of my Italian classes at Nazareth's Casa Italiana, I can simply go back to bed and complete both daily crossword puzzles in the Democrat & Chronicle before I start the day. Weather permitting I can work in my yard, walk in my neighborhood or swim in my pool. One of the downsides of school counseling is all the sitting, either talking with students or working at the computer. I used to get out into the halls when classes passed or go to the cafeteria at lunch time and interact with students to have some movement.

Travel is not limited to those school vacation days or the days before or after a holiday. I have traveled to Italy three times over the past several years, once spending a month in Italy when 9/11 occurred, and once on a hiking tour to Cinque Terra in 2004. I make my own calendar and can chose the days I will tutor, go shopping, or to an afternoon movie on the spur of the moment (which I do quite often). The freedom of retirement is the freedom of owning my own time! This year I am also volunteering to be a Literary Circle Coach for fourth graders at School #46 in addition to the Kindergarten bilingual tutoring. If something comes up, and there are least a dozen teacher retirement luncheons and conferences throughout the year, a substitute tutor can fill in for me.

Beginning this Fall I will also be returning to my old school, Red Jacket, to do some late afternoon/evening family counseling. I'm looking forward to brushing up on my counseling skills, even though my tutoring seems to include a healthy dose of counseling where needed. After over 5 years of retirement and self-publishing five books (All memoirs of my travels, childhood and middle school counseling), I have begun a new book. Just have to fit that into my schedule! (All my books, including excerpts from each one can be found on Trafford.com in the bookstore, or under D. Jean Lang, author.)

(D. Jean Lang has been a member of Nu Chapter Chi Sigma Iota since 1986)

Introducing ... New Faculty Members in the Department of Counselor Education at SUNY Brockport

Dr. Summer Reiner received her Ph.D. in Counselor Education from the University of Connecticut. Summer received her MS in Counselor Education from Canisius college and was a former School Counselor at Gates Chili High School. Summer is permanently certified as a school counselor in New York. She is also a Licensed

Mental Health Counselor and a National Certified Counselor. Her personal interests include golf, walking, dancing, crafting and spending time with family and friends.

Dr. Bob Dobmeier received his Ph.D. from The University of Buffalo in Counselor Education with a concentration in rehabilitation counseling. He

has a masters degree in Social Work and prior work experience as a mental health counselor, clinic and day treatment supervisor, and has recently been an instructor in counseling and human services at Canisius College. Dr. Dobmeier is a Licensed Mental Health Counselor. He enjoys basketball, hiking, playing guitar, and spirituality.

Upcoming Events

<u>Nu Chapter Events</u>		
April 5	9:45am Coffee Talk	
	11:00am Business Meeting	SUNY Metro Center
May 3	9:45am Coffee Talk	
	11:00am Business Meeting	SUNY Metro Center
May 17	NU Chapter Graduate Reception	Counselor Education Department Office
June 7	Awards Celebration	SUNY Metro Center
Summer 08	Annual Nu Chapter picnic	TBA on Nu website
<u>Area Events</u> (Check out websites for more information)		
April 11-13	NYMHCA Conference Albany, NY	
May 10	10am NYMHCA meeting	SUNY Metro Center
June 14	10 am NYMHCA meeting	SUNY Metro Center

Workshop Recap—The Indecisive Client: Career Counseling
Mindy Chamberlin

On November 17th Nu Chapter-Chi Sigma Iota and the Department of Counselor Education presented a program on indecisive clients and career counseling. The program was kicked off by an inspiring keynote address from Dr. Tom Hernández, Associate Professor, SUNY College at Brockport Department of Counselor Education. Tom discussed what it can mean to be undecided about collage and choosing a career. The program was then divided into two focuses: 1) school and college counseling and 2) mental health and community counseling.

There were three workshop sessions that targeted school and college counseling professionals. Anne Hughes, Career Counselor at Monroe Community College, lead a very informative session on transition issues facing students as they make the move from high school to college. She also provided information on the various services available to students at Monroe Community College.

Dr. Summer Reiner, Assistant Professor in the Department of Counselor Education at SUNY College at Brockport, delivered a very useful presentation on communicating with parents and students on career issues and concerns.

A retired school counselor from the Fairport Central School District, Charles Todd, provided a wealth of knowledge and information regarding group career counseling strategies. He distributed many useful handouts and worksheets to be used with middle and high school students to help them develop career awareness.

(continued on pg. 4)

The Grasp of Truth

If you have
 Enough breath
 To complain
 About anything,
 You have more than
 Enough reason
 To give thanks
 About something.
 Mattie Stepanek, 2001

Life Lessons

You can have it all just not all at once.

Believe in something greater than yourself.

Always write thank you notes.

Life **is** beautiful.

Believe in something greater than yourself.

Sometimes it takes awhile to get it right. Never give up!

Grow Flowers!

Don't forget to pet the cats—they love you no matter what.

Pay Attention.

Always remember where you came from.

Anne Hughes

Indecisive Client Recap (continued from pg. 3)

The two part workshop on displaced workers was delivered by Patricia Goodspeed Grant, Assistant Professor in the Department of Counselor Education at SUNY College at Brockport, and Phyllis Griswold, Career Counselor at SUNY College at Brockport in the Office of Career Services Satellite Center. The session leaders provided a panel discussion on worker dislocation, job loss, and mental health counseling.

Overall, participants left with useful suggestions and insights when working with their clients as they deal with indecision and moving forward. The program provided an interesting topic and a venue for professional networking.

Mark your calendars now for the June 14th awards celebration ***Just Desserts: A Celebration of Counseling Excellence***. The event will be held at the SUNY Brockport Metro Center. More details to follow. Watch the Nu Chapter website: www.nuchapter.org.

Community Service Event at WXXI TV**Mike Cross**

On Monday, December 10 2007, a group of us represented Nu Chapter in a volunteer effort answering phones during WXXI TV's winter pledge drive. Molly Wallace coordinated this effort. We took pledges during a program featuring the wonderful music of Andre Rieu. Thanks to all who came! It was terrific fun and a real pleasure to talk to so many wonderful callers during the program.

CACREP Accreditation Update**Dr. Susan Seem**

As you are aware, the Department of Counselor Education programs in College, Community and School counseling have been accredited since 1987. Our programs were the first in the state of New York to receive such distinction and remain one of only 6 programs with CACREP accreditation in the state. This is an achievement of which we all can be quite proud.

Our third cycle of accreditation ends June 30, 2009, and, thus, the department is working on its CACREP self-study to submit to the CACREP office this spring semester. All faculty shared in writing a rough draft of the self-study this past fall. This spring I plan to finalize the draft. We will be requesting CACREP continuing accreditation for our MSEd – Counseling, school and college counseling programs and asking for first time accreditation of our MS – Mental Health Counseling program. We plan to host a CACREP Team site visit in this fall. This will allow the CACREP Board to make its decision regarding our accreditation by our deadline date.

News from Chi Sigma Iota**Robb Adams**

Chi Sigma Iota continues to be a growing force in counselor education. Through its local chapters and national activities, counseling students and professionals can find a myriad of ways to develop skills, connect with others in the field of counseling, share experiences, gain leadership experience, find help searching for jobs, keep up to date on current research in counseling, and contribute to self-growth and the common good at the same time. All of these benefits come from your membership in CSI and specifically our local, Nu Chapter. CSI's growing influence in counselor education is a result of local chapter activity. And growth within CSI over the past year has been impressive. As of February 2008, over 57,267 students and professionals have been initiated in CSI. Currently, there are 11,406 active members

including 758 life members. Eleven new chapters have been established over the past year making a total of 252 active CSI chapters. As our Executive Director, Tom Sweeney says, "CSI chapters are the heart of the CSI experience." I couldn't agree more. Through the local chapter, opportunities abound for both counseling students and professionals. If you are not currently a member of Nu Chapter/CSI, or are a member but have been out of touch for a while, please checkout these web sites to see what you've been missing and how you can get involved.

As I write this article, CSI members and leaders are meeting at the American Counseling Association's annual conference in Hawaii. Our chapter Faculty Advisor, Dr. Susan Seem, is attending and representing Nu Chapter at CSI events. The excitement of

personal and professional growth await you. I encourage you to read more about CSI and Nu Chapter and then contact us to get involved. You'll be glad you did.

<http://www.csi-net.org/index.cfm>

<http://www.nuchapter.org>

Have something to share? Read any good books lately? Want to discuss a counseling topic? Have you won an award, written an article, or know a counselor who has? Why not consider writing an article for NuInsights! NuChapter welcomes your submissions. If interested contact Anne Hughes at ahughes@monroec.edu.

The deadline for submission for the summer '08 newsletter is July 1.