



EASTERN ILLINOIS UNIVERSITY™

# DEPARTMENT OF COUNSELING AND HIGHER EDUCATION

**Buzzard Hall**  
**600 Lincoln Ave.**  
**Charleston, IL, 61920**  
**ph: 217-581-2400**

## NEWSLETTER

### *Guiding You Into A Successful Semester*

## WELCOME BACK CHE PANTHERS!



Catherine L. Polydore, Chair

Welcome back CHE Panthers! To those who are new to the department, a special welcome to you. I just closed off my first year as chair of what I am describing as the best department at EIU (Not wholly biased as other faculty have expressed similarly). It was an eventful year, with some hiccups, but way more successes. I am proud to lead such an amazing team of faculty and students whose excellence is exemplified in their remarkable achievements in research/scholarship, teaching and service. Some highlights of this successful year include Dr. Carter

securing perhaps the largest singular research grant from the Lumpkin Foundation which provides support for two graduate assistantships, and the establishment of the Gloria Leitschuh Counseling Award. Our College Student Affairs students slayed at the international conference in New Orleans, dominating the poster session. You can be assured that you will and are receiving an excellent education. Our programs are at 100% placement within 6 months of graduation with many students securing positions before the diplomas are printed. Three of the five top Graduate School academic honorees, the Hamand scholars, sat in your seats. So, you are indeed walking in the footsteps of greatness. May you find YOUR own success.

In service, Dr. Polydore

## New Counseling Award

This year marks the establishment of the Gloria Leitschuh Counseling Award. Dr. Leitschuh was a faculty in CHE for 26 years, 1994 to 2020. She taught Clinical Counseling courses including Basic skills, Diagnostics, Cross cultural counseling, and Practicum. She supervised Interns and served as the coordinator of Practicum and Internship. Dr. Leitschuh maintains a part time clinical practice as a psychologist. The Gloria Leitschuh Counseling Award will support students in the Clinical Counseling program.



Gloria Leitschuh

### PEEK INSIDE:

Stay in the  
Loop  
p. 2

Student  
resources  
p. 12



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# STAY IN THE LOOP

## PRACTICUM/INTERNSHIP: Mandatory Meetings

Clinical and School Counseling students who plan to enroll in Supervised Clinical Experience (CHE 6900 & CHE 6901) or Supervised School Experience (CHE 6920 & CHE 6921) during Summer/Fall 2023 must attend one of the following mandatory informational meetings:

### Clinical Counseling (Dr. Yoder)

- Monday, Sept. 11 at 3:30PM in 1140
- Wednesday, Sept. 13 at 11:00 AM in 2125

### School Counseling (Dr. Larson)

- Tuesday, Sept. 12 at 11:00 AM in 2125
- Tuesday, Sept. 12 at 2:30 PM in 2125

Students must attend this meeting or enrollment will not be allowed. Students who are completing 2nd semester internships at the same site as their first semester are not required to attend the meeting but do need to submit a new application and contract.

[Watch emails for Updates](#)

## PROFESSIONAL INSURANCE REQUIREMENT FOR COUNSELING STUDENTS

In order to keep up with CACREP Accreditation requirements, we require all Practicum/Internship students to obtain Individual Professional Insurance. Additional information can be found on the Student Resources Practicum/Internship page and at the link here: <https://www.eiu.edu/counseling/Professional.Liability.Coverage.starting.FALL.2020.pdf>



## NCE EXAMS

Planning on taking the NCE Spring 2024?

If you are interested in taking the NCE Exam in the Spring semester 2024, please email CHE Office Manager the following information to be placed on the Department roster, which is submitted to NBCC:

- Legal first and legal last name (no nicknames or shortened names- must match ID)
- EIU email address
- degree track (clinical or school)
- expected graduation date (month/year)

Reminders will be emailed to everyone regarding deadlines.

*\*\*Please note, the Department Roster ONLY certifies with NBCC that you are eligible to register for the NCE. You will still need to register for the exam and payment is required at the time of registration. The cost is approximately \$330.00 to take the NCE.*

## COMPREHENSIVE EXAMINATION

Passing the Comprehensive Examination is required for ALL 2nd Year Clinical AND School Counseling students.

This exam is offered during the third Thursday in September (9/21/2023 – 3:00-5:00 p.m.) and the fourth Thursday in March (3/28/2024– 3:00-5:00 p.m.). The test will take place in the ITC Lab located on the first floor in Buzzard. If you are taking the NCE in the Fall, it is suggested that you take the comprehensive examination in September in preparation for the NCE. It is required that 2nd year clinical students take the comprehensive exam in September in preparation for the NCE exam.



## COUNSELOR LICENSURE

The Professional Counselor and Clinical Professional Counselor Licensing Act became effective January 1, 1993. It requires licensure to provide professional counseling services to individuals, couples, groups, families and organizations in any field of professional counseling. Application may be obtained at <https://idfpr.illinois.gov/profs/ProfCounselor.asp>

## GRADUATION

The last day to apply or reapply for graduation for the Fall is November 7, 2023. Applications may be obtained through the PAWS System. After signing on to PAWS, click on the Records tab to arrive at the application. Order cap and gown by November 8, 2023. Commencement will be held on December 16, 2023. Look at this website for information on how to apply, deadlines, and more: <https://www.eiu.edu/commence/prior.php>

## ACCOUNTABILITY

For information on Assessment Data collected about our programs please see the following pages:

COUNSELING:

<https://www.eiu.edu/counseling/about.php>

COLLEGE STUDENT AFFAIRS:

<https://www.eiu.edu/collegestudentaffairs/about.php>

## IMPORTANT DATES

September 4	Labor Day
October 11	Mid-Term
October 20	Fall Break
November 20-24	Thanksgiving Break
December 8	Last Day of Class
December 11-15	Finals
December 16	Commencement
Dec 20 -Jan 2	Winter Break

# CONFERENCES

## CLINICAL / SCHOOL COUNSELING

### 2023 ICA 75th Annual Pre-Conference

The Illinois Counseling Association (ICA) Southern Conference will be held on November 10-11, 2023 in Lisle/Naperville, IL. Watch the ICA for more information go to: [www.ilcounseling.org](http://www.ilcounseling.org)

### 2024 ACA Annual Conference

The American Counseling Association (ACA) Annual Conference will be held from April 11-14, 2024 in New Orleans, LA. This conference is dedicated to the premier professional development and networking for licensed professional counselors, students, and mental health professionals. For more information go to: [counseling.org](http://counseling.org)

### 2023 ISCA Convention

The Illinois School Counselor Association (ISCA) Annual Conference will be held on November 9-10, 2023 at the Tinley Park Convention Center, Tinley Park, IL. For more information go to: <https://ilschoolcounselor.org>

*More conferences on next page*

# CONFERENCES CONTINUED

## Play Therapy Conference at EIU

The Department of Counseling and Higher Education will be hosting a Play Therapy Conference, with guest speaker, Heather Maritano, LCSW, RPT-S, on Friday, November 3, 2023 from 8:30 a.m.-3:30 p.m. in the MLK Union, University Ballroom. See page 10 for more details.

## COLLEGE STUDENT AFFAIRS/HIGHER EDUCATION AND COMMUNITY COLLEGES

### 2024 NASPA Annual Conference

The National Association of Student Personnel Administrators (NASPA) Conference will be held from March 9-13, 2024 in Seattle, WA. For more information and registration go to: <https://conference.naspa.org>

### 2024 ACPA Convention

American College Personnel Association (ACPA) Annual Conference will be held from March 18 – 21, 2024 in Chicago, IL. For more information and registration go to: <https://chicago2024.myacpa.org/>

## OPEN TO ALL PROGRAMS

### Seventh Annual Together We RISE Diversity Conference

This year marks the seventh annual Making Excellence Inclusive Conference. This conference serves to assist faculty and staff in supporting students' academic success. Making Excellence Inclusive (MEI) has brought light to the intuition's need to meet the educational needs of diverse students. As EIU consist of a diverse population of students including minority groups, first generation, non-traditional, and students with disabilities, this conference raises awareness of challenges our students may face.

This conference has consisted of presentations addressing inclusion, diversity, equity, sense of belonging, impacts of the pandemic, being trauma informed and more.

To learn more about Making Excellence Inclusive please visit:  
<https://www.eiu.edu/mei/about.php>

Please watch out for emails regarding upcoming registration for the conference.



*See next page for funding opportunities*



# AWARDS AND GRANTS

*CHE encourages students to present at professional conferences.*

## Williams Travel Grant

Williams Travel Grants provide travel support for EIU graduate degree-seeking candidates who have papers or creative works accepted for presentation at regional, state, national or international conferences. *If the student plans to travel during both the Fall and Spring semester, they are allowed to apply for this grant twice.* The deadline for spring semester is Friday February 10, 2024. Additional information about this grant and other awards available may be found at:

[http://www.eiu.edu/graduate/students\\_awards\\_competitivestudent.php](http://www.eiu.edu/graduate/students_awards_competitivestudent.php)

Williams Travel Grant Applications may be obtained on-line at:

<http://www.eiu.edu/graduate/machform/view.php?id=17>

## Eberly Wallace Professional Development Award

This award was created for the purpose of providing financial assistance to graduate students in the College Student Affairs program completing research, presenting projects, professional development and/or travel. Additional information about this award can be found in the Award Management System: <https://eiu.academicworks.com/>

## Competitive Awards for Graduate Students

For a listing of all scholarships and awards available to Graduate Students, please visit the following sites:

[https://www.eiu.edu/graduate/students\\_awards\\_competitivestudent.php](https://www.eiu.edu/graduate/students_awards_competitivestudent.php)

<https://eiu.academicworks.com/>

*The CHE department highly encourages students to apply for awards to receive funding for education and conferences. Below is a list of awards dedicated specifically to graduate students.*

*\*\*Please take note that some awards only accept nominations.*

- Augustine Distinguished Master's Thesis Award and MAGS Thesis Nomination
- Distinguished Graduate Student
- Diversifying Higher Education Faculty in Illinois (DFI) Fellowship
- EIU and MAGS Excellence in Teaching Award for Graduate Assistants
- EIU College Thesis Award of Excellence
- Graduate Alumni Board Outstanding Research/Creative Activity Award
- Graduate School Research/Creative Activity Grants
- Hamand Society Scholars
- King-Mertz Distinguished Research/Creative Activity Award
- King-Mertz Research/Creative Activity College Award of Excellence
- Williams Travel Grant



# GET INVOLVED

## Chi Sigma Iota (CSI)

CSI is the international honor society for students, professional counselors and counselor educators. CSI's mission is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

### Meetings:

First meeting on August 28 or August 29 at 3:30pm

Locations and reminders will be shared via email/groupme prior to meetings

Contact: Sloane Sivek, president, [smsivek@eiu.edu](mailto:smsivek@eiu.edu)

## COSPA

COSPA is a student organization for graduate students in College Student Affairs for professional development, volunteering, networking, and social events. COSPA holds elections every December. Members receive cords for graduation upon completing all requirements.

### Meetings:

First meeting on September 6 at 12pm in the second floor lounge area in Buzzard Hall

Contact: Amberlyn Holman, president, [ahholman@eiu.edu](mailto:ahholman@eiu.edu)

## Graduate Student Advisory Council (GSAC)

GSAC is the representative body of the graduate student population which serves to promote interaction and involvement amongst all graduate students.

### Meetings:

First meeting on September 15 at 11am

Contact: Elian Mackey, president, [emackey@eiu.edu](mailto:emackey@eiu.edu)

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## Upcoming Events

CSI Safe Zone Training.....	September 5th
Annual Bonine Suicide Prevention Conference.....	September 14th
Fall Networking Night.....	September 25th
Fall Internship and Job Fair.....	September 27th
Homecoming Week.....	October 2nd-8th
CLAS Holiday Fest.....	December 1st



# PROFESSIONAL ORGANIZATIONS

*Vital to any profession are the organizations it creates to further its standards, ethics, research, accreditation and governance. Full-time students are offered membership at half price in any professional organization. Students are encouraged to join but are not limited to the following organizations:*

## Association for Play Therapy (APT)

The Association for Play Therapy (APT) is a national professional society comprised of professionals in all mental health fields across the world. APT has developed a brief video, Play Therapy Works!, that speaks to the value of play, play therapy, credentialed play therapists, and membership in the Association for Play Therapy.

For free student e-membership for Association for Play Therapy go to  
[https://www.a4pt.org/general/register\\_member\\_type.asp?](https://www.a4pt.org/general/register_member_type.asp?https://www.a4pt.org/)  
<https://www.a4pt.org/>

## American Counseling Association (ACA)

The American Counseling Association is the national professional association for counselors. ACA has been instrumental in setting professional and ethical standards for the counseling profession. The Association has made considerable strides in accreditation, licensure, and national certification. It also represents the interests of the profession before Congress and federal agencies. (ACA has 16 specialty divisions, which provide you with information and resources specific to your needs and interests.)  
<http://www.counseling.org>

## American College Personnel Association (ACPA)

ACPA is headquartered in Washington, D.C. at the National Center for Higher Education. They are the leading comprehensive student affairs association that advances student affairs and engages students for a lifetime of learning and discovery.  
<http://www.myacpa.org/>

## Illinois Counseling Association (ICA)

The Illinois Counseling Association is the state branch of the national association. The Association is an education, scientific and professional organization whose members are dedicated to the enhancement of the worth, dignity, potential, and uniqueness of each individual, and thus to the service of society. Members subscribe to the Ethical Standards of the American Counseling Association. (ICA has 8 divisions, which provide you with information and resources specific to your needs and interests.)  
<http://www.ilcounseling.org>

## National Association of Student Personnel Administrators (NASPA)

NASPA's current mission is to serve student affairs administrators who work with students in higher education.  
<http://www.naspa.org>



# Student Congrats!

Striving not Surviving

## Hamand Scholars

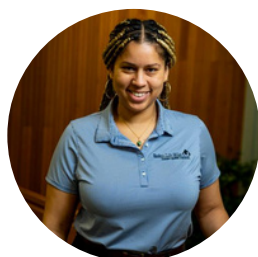
In Spring 2023, our department had the honor to have three Hamand Scholars, one from each of our programs. Hamand scholars are distinguished graduate students recognized for their scholarship, service, and large impact on the community. We are so happy to recognize our students once again!



Amina Feder  
Clinical

Jessica Meadows  
School

Jacob Mueller  
College Student  
Affairs



Attainea Toulon  
CSA

Big congratulations to Attainea Toulon for becoming the 2023-2024 Graduate Student Dean! In her new position she serves to represent EIU's graduate student campus at national graduate student organization meetings.

Congrats Lois Karimu for being the recipient of the Frances Meyer Hampton Award.



Lois Karimu  
Clinical



Tyler Davis  
Clinical

Huge congratulations to Tyler Davis, a second year Clinical Mental Health Counseling student for becoming a SAIGE Leader for the year 2023-2024. Way to go Tyler!

Hip Hip Hurray for Boatemaa Tawiah Sarpong, a second year Clinical Mental Health Counseling student, and Attainea Toulon, a second year CSA student, for being the recipient of the Distinguished International Graduate Student Award.

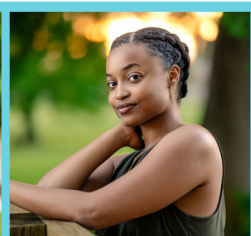


Boatemaa Tawiah-Sarpong  
Clinical



Attainea Toulon  
CSA

Luis Paniagua  
CSA



Chavionne Thomas  
Clinical



Norri Hayes  
Clinical



Lois Karimu  
Clinical

FOUR of our students are recipients of the Diversifying Higher Education Faculty in Illinois (DFI) Fellowship. The DFI serves to increase the number of minority full-time faculty and staff at universities and colleges through providing financial assistance to well deserving graduate and doctoral students. Each recipient has been awarded \$15,000. Congratulations!



# Faculty Excellence

Behind every great student is an amazing mentor....

A big congratulations to Dr. Polydore who has been awarded the 2023 Student Distinguished Faculty Award showcasing her passion and dedication to assisting EIU students in and out of the classroom.



Angela Yoder, Ph.D.  
Professor



Heidi Larson, Ph.D.  
Professor

Congratulations Dr. Yoder and Dr. Larson for each being a recipient of EIU's Student Impact Grant for Faculty Mentors, each receiving \$1,500.

Another congratulations to Dr. Larson for being awarded the Fall 2022 Graduate School Research/Creative Activity Award.

Congrats Dr. Tadlock Malow for her promotion to Full Professor



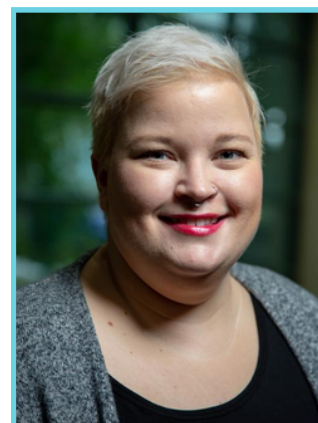
Rebecca Tadlock Marlow, Ph.D.  
Professor



Jon Coleman  
Professor

Lets celebrate Dr. Coleman for being promoted to Senior Professor

The Lumpkin Family Foundation has provided a \$223,280 grant to EIU's Department of Counseling and Higher Education to serve as community ambassadors bringing mental wellness and support toolkits, workshops, and resources to schools, businesses, and communities throughout Coles County. Specifically, Dr. Danessa Carter and two graduate assistants (Madeline Hemrich and Payton Turk) will be completing workshops for k-12 schools, places of work, higher educational institutions, and various community centers (such as houses of worship) on how to identify early signs of mental illness and how to get the support needed. The purpose of this program is to teach communities of individuals how to recognize their own need for mental wellness support and the self-advocacy tools needed to have their needs met, provide mental health and wellness toolkits for the region modified for varying audiences, and conduct a need-assessment of the region in tandem with program delivery to determine what additional future support might be needed by different segments of the population. This grant has begun Summer of 2023 and will last through Summer 2025.



# PLAY THERAPY CONFERENCE

The Play Therapy Conference is coming back for its third time! The Play Therapy Conference has been well attended over the years, helping counseling students and practitioners explore the power of play. This conference will take place on **Friday, November 3, 2023.**

Heather Maritano, LCSW, RPT-S, is the founder of Inner Resources Counseling & Training, has been supporting the growth and healing of clients, colleagues, and community for over 25 years through therapy, education, mentoring, and advocacy. She creates soothing spaces, relationships, and experiences that invite exploration and discernment. Heather has clinical specialties in play, sandtray, & expressive arts therapies. Heather is the presenter for the 2023 Play Conference where she will display her belief in the healing powers of play. For more information on Inner Resources Training Institute please visit: <https://innerresourcestraining.org>

Do not miss out on this bargain opportunity! This conference is a beginning level course and is appropriate for licensed and pre-licensed mental health professionals, including psychologists, social workers, marriage and family therapists, and professional counselors. Plan to see alumni, professors, and old friends as you earn CE hours and gather helpful interventions to increase your effectiveness with clients of all ages.

For more information about the Play Therapy Conference and to register please go to <https://www.eiu.edu/counseling/events.php>

## Special Accommodations:

For questions about accessibility or to request an accommodation, please contact Eastern Illinois University program coordinator, Wendy Lane at [wjlane@eiu.edu](mailto:wjlane@eiu.edu)



Follow us for more:



# Faculty/Department Telephone & Room Numbers

*The Department of Counseling and Higher Education is located in Room 2102, Buzzard Hall. Listed below are the faculty office numbers and emails. You should receive additional contact information directly from faculty in their respective course materials.*

CHE Office –	BH2102	581-2400	che@eiu.edu
C. Polydore (Chair)	BH2109	581-2400	cpolydore@eiu.edu
D. Carter	BH2104	581-2400	dacarter3@eiu.edu
J. Coleman	BH2121	581-2400	jkcoleman@eiu.edu
H. Larson	BH2114	581-2400	halarson@eiu.edu
R. Roberts	BH2117	581-2400	rlroberts@eiu.edu
P. Spangler	BH2115	581-2400	psspangler@eiu.edu
R. Tadlock-Marlo	BH2107	581-2400	rltadlockmarlo@eiu.edu
D. Timm	BH2105	581-5327	dtimm@eiu.edu
A. Yoder	BH2106	581-2400	amyoder@eiu.edu
W. Lane (Off. Mgr.)	BH2102	581-2400	wjlane@eiu.edu

## Adjunct Faculty:

Bridget Roberts-Pittman	brobertspittman@eiu.edu
Lauren Christina	lechristina@eiu.edu
Jessica Ward	jward@eiu.edu

Further information regarding the Department of Counseling and Higher Education may be found on the department's website at [www.eiu.edu/che](http://www.eiu.edu/che)

## CHE RESOURCES

### CHE SNACK PANTRY

The CHE snack pantry is restocked! The pantry is located in the conference room (back near the door) and tea and coffee station. We understand that students can have acute nourishment needs sometimes. We ask that you satisfy your immediate needs only. For more long-term needs visit the [EIU Campus Food Pantry](#). You may also contribute to the snack pantry at anytime, by simply adding snacks of your choice to the baskets. Think about us when you are at your favorite supermarket. Enjoy!



### Policy for food and drink in CHE

NO food or drinks are allowed in the counseling labs (Rooms 2118-2126) and classroom BH2125.

### COVID INFORMATION

Masks remain optional across campus, except for the medical clinic where they are required. To stay up to date on all things COVID related, please visit the following EIU COVID HUB page: <https://www.eiu.edu/covid/index.php>



Follow us for more:



# STUDENT RESOURCES

## Booth Library Fall Hours

Monday - Thursday	8:00 am - 12:00 am
Friday	8:00am - 5:00pm
Saturday	9:00am - 5:00pm
Sunday	12:00pm - 12:00am

<https://www.eiu.edu/booth/welcome.php>

Booth Library also provides free printing services.

## Career Services

Career Services provides a variety of resources for students including creating resumes, job searching, interview strategies and more. 1301 Human Services 217-581-2412

## Student Success Center

The Student Success Center assists with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. To make an appointment, call 217-581-6696

## EIU Counseling Clinic

The Counseling Clinic offers individual and group counseling, emergency services, and resources. Human Services Building, 1st floor; 217-581-3413; for after-hours urgent support, call 1-866-567-2400.

## Online Mental Health Screening

Online, private screening tool for depression, anxiety, eating disorders, and alcohol and substance misuse. [www.ulifeline.org](http://www.ulifeline.org)

## Health Education Resource Center (HERC)

The HERC offers health programming in the areas of alcohol, tobacco and other drug prevention and education, flu and cold prevention and education, nutritional analysis and education, and sexual health education, in addition to other health-related topics. 2201 Blair Hall; 217-581-7786.

## Center for Gender and Sexual Diversity (GSD)

The GSD Center provides services such as the Trans\*formation Station, a large library, year-round programming, and a comprehensive Safe Zone Training program. Stevenson Hall, lower level; 217-581-7117.

## EIU Campus Food Pantry

The Campus Food Pantry is a means to support students and the campus community by alleviating barriers to consistent, adequate, and healthful food. Anyone with a Panther Card can visit the pantry two times per month. 1347 McAfee

## Student Legal Service

Student Legal Service can assist with off-campus housing issues, traffic violations, misdemeanor criminal offenses, municipal ordinance violations, and expungement. MLK Jr University Union Room 2420; 217-581-6054

## Financial Aid and Scholarships

The Office of Financial Aid and Scholarships provides information and guidance to secure the necessary financial resources to meet educational goals and financial obligations to the university. Student Services Building East Wing; 217-581-6405, Fax: 217-581-6422, [finaid@eiu.edu](mailto:finaid@eiu.edu).

## Gregg Technology Center

Student Technology Training (STT) at the Gregg Technology Center (GTC) offers training sessions for students in iMovie, iPhoto, GarageBand, iWeb, Final Cut Express, Photoshop, Dreamweaver, InDesign, Adobe Acrobat and MindView. For information about each session or to register, visit [www.eiu.edu/stt](http://www.eiu.edu/stt), then click on "Register" on the left navigational panel.



# Preparing for SUCCESS in the CHE department

## According to the second years

There will be times you will feel like you have no clue what you're doing - That's okay!... You are here to learn and no one expects perfection from you.

**-Camryn McKee**

Remember you were hand selected to be in this program.

**-Chavionne Thomas**

You learn more about yourself than you can ever imagine and that is where your professional growth comes from!

**-Abby Frohning**

Say yes to every opportunity. When one door closes another one will open!

**-Sloane Sivek**

Never give up! Remain relentless in the pursuit of your goals here at EIU! You can do it!

**-Attainea Toulon**

Don't procrastinate on your assignments. Many of them are meant to extend over multiple days!

You're only in graduate school once! Don't forget to take care of yourself, have fun, and lean on one another through the program!

**-Gabe King**

Remember that there are different ways to do things. They may not always be advertised.

**-Lois Karimu**

Lean on other cohort members for support, studying, & projects. Going through this together is so much better and feels so validating in moments of doubt.

You can do this!

**-Renee Cozzolino**

Breath

**-Matthew Tansy**

Give yourself grace! You can do hard things.

**-Tyler Davis**

Lean on the other people in your cohort for support. This is your first chance to make professional connections, and nobody understands what you are going through better than those who are going through it with you!

**-Taylor Comer**

Remind yourself you are here for a reason- especially on the hard days! And allow yourself to change and grow for the better throughout the program

:)

**-Rebekah Magee**

Don't be afraid to be yourself because authenticity will always win.

**-Norri Hayes**

Take care of yourself! You can't light someone else's candle if yours is burned out!

**-Sara King**

My advice is to build time in your schedule to do something purely for yourself. Not to help out your friends or family but just to give you joy.

**-Delani Wright**