



DEPARTMENT OF COUNSELING AND HIGHER EDUCATION

NEWSLETTER

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

Guiding You Into A Successful Semester

WELCOME BACK CHE PANTHERS!

Welcome to the Fall 2024 semester, CHE Panthers! The faculty and staff of the Department of Counseling and Higher Education are thrilled to have you as part of our community, whether you are just beginning your academic journey or are continuing a path already started. We recognize that you have options, we appreciate you choosing to start or continue your journey with us.

To our new students – Congratulations on taking this step in your academic and professional career. We are excited to see where this journey will take you.

To our second-year students – congratulations on making it halfway through! Your dedication and hard work have brought you this far, and we're excited to help you continue towards the completion of your degree.

To our international students – we are so pleased you've chosen to join us, and we look forward to learning from the diverse perspectives you bring.



Catherine L. Polydore, Chair

We wish everyone a semester full of growth, learning, and success. Remember, we are here for you—never hesitate to reach out for support. Here's to a fantastic Fall 2024!

Warmly,
Dr P.

Graduate Program of Excellence

At the end of the spring semester, the M.S. in Counseling program attained the distinction of Graduate Program of Excellence which replaced the First Choice. This indicates that a graduate program has met the highest standards of achievement at Eastern Illinois University as evidenced by sustained achievements in a number of criteria. The award comes with \$7,500 from the Excellence in Graduate Education Fund to use over four years. The M.S. in Counseling program is currently one of four programs with that designation. Congratulations to the students and faculty on such a remarkable achievement!



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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 2025 must attend one of the following mandatory informational meetings:

Clinical Counseling (Dr. Yoder)

- Monday, Sept. 16 at 3:30PM in 1121
- Wednesday, Sept. 18 at 11:00 AM in 2125

School Counseling (Dr. Larson)

- Monday, Sept. 9 at 2:30PM in 2108 (P)
- Monday, Sept. 9 at 4:00PM in 2125 (I)

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 2025?

If you are interested in taking the NCE Exam in the Spring semester 2025, 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 \$335.00 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 (9/19/2024- 3:00-5:00 p.m.) and the first Thursday in April (4/3/2025- 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 5, 2024. 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 6, 2024. Commencement will be held on December 14, 2024. 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 2	Labor Day
October 9	Mid-Term
October 11	Fall Break
November 25-29	Thanksgiving Break
December 6	Last Day of Class
December 9-13	Finals
December 14	Commencement
Dec 17 -Jan 1	Winter Break

CONFERENCES

CLINICAL / SCHOOL COUNSELING

2024 ICA 76th Annual Pre-Conference

The Illinois Counseling Association (ICA) Southern Conference will be held on November 7-9, 2024 in Lisle/Naperville, IL. Watch the ICA for more information go to: www.ilcounseling.org

2024 ACA Annual Conference

The American Counseling Association (ACA) Annual Conference will be held from March 27 - 29, 2025 in Orlando, Florida. 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

2024 ISCA Convention

The Illinois School Counselor Association (ISCA) Annual Conference will be held on November 14-15, 2024 at Westin Chicago Northwestern, Itasca, 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, Eliana Gil, Ph.D., RPT-S, ATR, on Friday, November 8, 2024 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

2025 NASPA Annual Conference

The National Association of Student Personnel Administrators (NASPA) Conference will be held from March 15th - 16th, 2025 in New Orleans, LA. For more information and registration go to: <https://conference.naspa.org>

2025 ACPA Convention

American College Personnel Association (ACPA) Annual Conference will be held from February 16th – 19th, 2025 in Long Beach, CA. For more information and registration go to: <https://longbeach2025.myacpa.org/>

2024 GLACUHO Annual Conference

Great Lakes Association of College and University Housing Officers (GLACUHO) Annual Conference will be held from November 10th – 12th, 2024 in Fort Wayne, CA. For more information and registration go to: <https://www.glacuo.org/page/2024Conference#price-info>

Student Affair 101 Conference

The college student affairs conference will be held on October 18th at Western Illinois University (WIU) and is open to all programs.

SAVE THE DATE

Cultivating a Culture of Belonging

Conversations with dr. aretha marbley

September 19th, 2024

3:30-4:45 PM

Buzzard 1121 PM



See next page for funding opportunities

AWARDS AND GRANTS

CHE encourages students to present at professional conferences.

Williams Travel Grant

Williams Travel Grants were established to 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 between July 1 and June 30 of the current fiscal year. The current competition covers presentations made from July 1, 2024, to June 30, 2025. The deadline for fall semester is October 25, 2024. Additional information about this grant and other awards available may be found at:

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:

http://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 Septembert 4 at 2:30pm

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

Contact: Sloane Sivek, president, 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: Alissa Sutton, president, ajsutton@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 13 at 11am-1pm

Location: Arc/Tuscola Room

Contact: Gemin Shrestha, president, gshrestha@eiu.edu

Upcoming Events

CSI Coffee Meet-Up.....	September 7th
Fall Networking Night.....	October 23rd
Fall Internship and Job Fair.....	October 15th
Homecoming Week.....	September 30th-October 8th
CSI Center for Student Innovation.....	September 3rd

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 APT.

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

Illinois Counseling Association (ICA)

The ICA is the state branch of the national association. It 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>

Illinois School Counseling Association (ISCA)

As a member of the ISCA, you will benefit from professional connections, evidence-based practices, professional development and advocacy opportunities on the state and national level. Membership is free for graduate students. <https://ilschoolcounselor.org/>

Student Excellence

Hamand Scholars

In Spring 2024, CHE was honored to have two (2) Hamand Scholars, one from the clinical track and the other from the school track. 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!



Tyler Davis
Clinical, SP 24

Rebekah Magee
School, SP24



Jacob Mueller
CSA, SP 24

Big congratulations to Jacob Muller for being the recipient of the **EIU College of Education Master's Thesis of Excellence Award**.



Sloane Sivek
Clinical

Congrats to Sloane Sivek, a second year on the clinical counseling track, for being the recipients of the **Graduate Student Advisory Council (GSAC) Scholarship**.



Payton Turk Madeline Hemrich

Payton and Madeline, clinical students became the first recipients of the **Gloria Leitschuh Counseling Award**. This award supports clinical counseling students

Well done to Alex and Alissa for being recipients of the **Lella Cox Schaaf College Student Affairs Fund Award** for dedication in the areas of volunteerism and community engagement.



Alex Warrick

Alissa Sutton



Congratulations to Jake for the excellent work done in securing the **Toni R. Tollerud School Counseling grant**.

FOUR CHE 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 an amount between \$16,000 - \$17,500 for the academic year. Congratulations to all the recipients.



Luis Paniagua
CSA



Brianna Townsend
Clinical



Josiah Moodie
Clinical



Samaria Rosenthal
Clinical

93%
ORIENTATION SURVEY
COMPLETION



Applause for our 19 students who were recipients of the **Williams Travel Grant**

Faculty Excellence

Behind every great student is an amazing mentor...

A big congratulations to Dr. Larson on her successful professional advancement increase (PAI). Dr Larson's remarkable work in both the BIONIC program and the Freshman Connection, brings significant visibility to the department, having rippling effect on the EIU community and beyond.



Heidi Larson, Ph.D.
Professor



Catherine L. Polydore
Chair

Congratulations Dr. Polydore on securing the Redden grant in the amount of \$2500 for the Self-Care and Mental Health, Wellness and Wellbeing - A Model Towards Belonging project.

PLAY THERAPY CONFERENCE

The Play Therapy Conference is coming back for its fourth 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 8, 2024.**

Eliana Gil, Ph.D., RPT-S, ATR is a Registered Play Therapist-Supervisor, Registered Art Therapist and Licensed Marriage and Family Therapist best known for her groundbreaking clinical work and research with children, teens and families impacted by trauma and abuse. As founder and senior clinical consultant of the Gil Institute for Trauma Recovery and Education in Fairfax, Virginia, she continues a lifelong commitment to therapy, training, consultation and education in the areas of play therapy, post-traumatic play, family therapy and relational treatments including Circle of Security, Theraplay and Bruce Perry's Neurosequential Model. Eliana is the presenter for the 2024 Play Conference where she will display her belief in the healing powers of play.

For more information on Gil Institute for Trauma Recovery and Education please visit: <https://www.gilinstitute.com/>

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

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
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

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

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.

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, then click on "Register" on the left navigational panel.

**Nuggets of Wisdom & Encouragement for
1st Years
-ACCORDING TO 2ND YEARS**

Don't be afraid to ask for help. Whether it's the professors, your cohort members, or the 2nd years, everyone here wants to help you grow and be successful.

-Joshua Noe, School

Ask for help when you need it. There's no shame in asking for help. If you can't find the answer on google, don't hesitate to ask your professors or friends.

-Krofaa Otuo-Srebour, CSA

Build meaningful relationships. get close with your cohort and make friends outside your graduate assistantship site..

-Dyjerlynn (DD) Peter, CSA

There might be times this year where you might doubt yourself, your skills, and if you're really in the right place. Just remember that you are here for a reason! It's normal to make mistakes and have some hiccups along the way. Don't forget that there are so many people here for you if you are struggling in any capacity!

-Payton Turk, Clinical

Remember to have fun, don't lose focus on your studies yeah. But make sure to make memories of your time here and with your cohort and us! Make your experience a time to look back on.

-Luis F Paniagua, CSA

Be kind to yourself!
Everyone will make progress at different rates and that's okay!

-Maddi Hemrich, Clinical

On the days when you feel challenged, take care of yourself, give yourself grace and keep going!

-Christine John, Clinical

Plan out your semester using a planner/calendar. Focus on one assignment at a time or you will feel overwhelmed. Lean on each other for support and seek guidance from your professors. Advocate for yourself and ask questions, if they say "no", you have not lost anything, but if they say "yes" you have gained a lot. You got this!

-Jake Denney-Carlisle, School