



## 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*



Catherine L. Polydore, Chair

### **WELCOME CLASS OF 2024!**

It is with some humility that I take this moment, as the new chair of EIU's Department of Counseling and Higher Education, to welcome you to EIU and our CHE family. You have entrusted us with your educational needs for the next two years, and we take this honor very seriously. We recognize that these years may be mentally, physically, spiritually, and emotionally draining. Along this journey, many may question the prudence of pursuing an advanced degree; some of us (faculty) too have questioned many of the things that we have seemingly taken for granted. Yet, here we are, each ready to take on the next of life's hurdles.

Although I cannot truthfully say that this is without bias, I believe that you have made a wise decision. By selecting us, you have chosen a fine team of faculty, among the best anywhere, and I am confident that you will come to a similar conclusion. It may not be while on this journey, but as you move into your respective careers and begin to utilize the various skills that you will have acquired, you will too see your work pay off. We are glad that you chose us. While we cannot promise you a journey without challenges, nor one without some tears shed, we can assure you that we will spend the next two years committed to your full growth, as a person with all the complexities that comes with it. In CHE we believe that everyone has the right to come into our spaces fully. We believe that a safe environment which facilitates mental wellness, is required for your academic and future professional success. With this, I extend our hands to you. Let's walk this journey together.

### **Dr. Richard Roberts Joins Faculty**

After 24 years of service as chair of the the department of Counseling and Higher Education, Dr. Roberts has stepped down, at the end of July, to assume the role of full professor. "It has been my pleasure to serve the department and work with such great faculty and students over the years. My plan is to retreat back to faculty and teach for a few years. I look forward to working with students in a different capacity before retirement". This fall he teaches Educational Psychology and Career Counseling. He also supervises the teaching graduate assistant. Enjoy the new role Dr. Roberts.



Rick Roberts, Professor

# STAY IN THE LOOP

## PRACTICUM/INTERNSHIP: Mandatory Meetings

Clinical and School Counseling students who plan to enroll in Practicum (CHE 5630), Supervised Clinical Experience (CHE 6900), or Supervised School Experience (CHE 6920) during Spring 2023 must attend one of the following mandatory informational meetings:

### Clinical (Dr. Yoder)

- Monday Sept. 12 at 3:30 pm in 2125
- Wednesday Sept. 21 at 12:00 pm in 2125

### School (Dr. Larson)

- Monday, Sept 12 at 3:30 pm in 1140
- Tuesday, Sept 13 at 12:00 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

Contracts for Spring Clinical and School Counseling Practicum or Internship are due: Nov. 1, 2022

## 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 2023?*

If you are interested in taking the NCE Exam in the Spring semester 2023, 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 \$300.00 to take the NCE.**

## COMPREHENSIVE EXAMINATION

Passing the Comprehensive Examination is required for ALL Clinical AND School Counseling students. This exam is offered during the third Thursday in September (**9/15/2022 – 3:00-4:00 p.m.**) and the fourth Thursday in March (**3/23/2023 – 3:30-4:30 p.m.**). The test will take place in the Gregg Technology Center. 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 1, 2022. Applications may be obtained through the PAWS System. After signing on to PAWS, click on the Records tab to arrive at the application. Commencement will be held on December 17, 2022. Look at this website for information on how to apply, including deadlines and cap and gown information: <https://www.eiu.edu/registra/graduation.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 5	Labor Day
October 7	Fall Break, No Class
October 13	Mid-Term
November 21-25	Thanksgiving Break
December 9	Last Day of Class
December 12 - 16	Finals
December 20	Start of Winter Break

# CONFERENCES

## CLINICAL / SCHOOL COUNSELING

### 2022 ISCA Annual Conference

The Illinois School Counselor Association (ISCA) Annual Conference will be held on November 10th and 11th at the Tinley Park Convention Center, Tinley Park, IL. For more information go to: <https://ilschoolcounselor.org>

### 2022 ICA Annual Conference

The Illinois Counseling Association (ICA) 74th Annual Conference will be held on November 11th and 12th in Lisle, IL. Watch the ICA. For more information go to: [www.ilcounseling.org](http://www.ilcounseling.org)

### 2022 ACA Annual Conference

The American Counseling Association (ACA) Annual Conference will be held virtually from October 17th through October 21st. 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: <https://www.counseling.org/conference/vce-conference-2022>

# CONFERENCES CONT'D

## Play Therapy Conference at EIU

The Department of Counseling and Higher Education will be hosting a Play Therapy Conference, with guest speaker, Sophia Ansari, LPCC, RTI on Friday, November 4th from 8:30 a.m.-3:30 p.m. in the MLK Union, University Ballroom. See page 12 for more details.

## COLLEGE STUDENT AFFAIRS/HIGHER EDUCATION AND COMMUNITY COLLEGES

### STUDENT AFFAIRS 101 CONFERENCE

This is a conference for undergraduate students thinking about careers in student affairs. We work with Illinois State University, Western Illinois University, and Northern Illinois University to coordinate it each year. This year the conference will be hosted at Illinois State University – Normal, IL on Friday, October 28th, starting at 9 AM. The planning team encourage proposals from graduate students, practitioners, and faculty members in student affairs preparation programs. Registration information coming in September.

### 2023 NASPA Annual Conference

The National Association of Student Personnel Administrators (NASPA) Conference will be held from April 1st - 5th, 2023 in Baltimore, MD. For more information and registration go to: <https://conference.naspa.org>

### 2023 ACPA Convention

American College Personnel Association (ACPA) Annual Conference will be held from March 26th – 29th, 2023 in New Orleans, Louisiana. For more information and registration go to: <https://neworleans2023.myacpa.org>

## OPEN TO ALL PROGRAMS

### 6th Annual Together We RISE Conference

The annual RISE conference at EIU provides faculty and staff the strategies and tools to support students' academic success. The conference is also designed to raise awareness of the diverse challenges our students face, whether as members of underrepresented groups, as first-generation college students, as non-traditionally aged students, or as students with disabilities. The 6th annual conference will be held in hybrid format (in person and virtually) on Friday, October 7th, 2022. To learn more go to <https://www.eiu.edu/mei/conference.php>



*Need money for all those conferences? Are you presenting?*

*See next page*

# 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 fall semester is the first Friday in November (Nov. 4th) and the deadline for spring semester is the first Friday in February (Feb. 3rd). 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:

Counseling students will be contacted via email and Groupme with updates on meetings.

Contact: Natalie Roberson, president, nmroberson@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:

Biweekly on Wednesday at 10:00 am in the second floor lounge area in Buzzard Hall

Contact: Tj Estabrook, president, tjestabrook@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:

Welcome BBQ: Friday, September 9th 11:00am - 1:00pm, Location TBD

GSAC First Meeting: Friday, September 16th at 11:00 am, 7th Street Loft in the MLK Union

Join the GSAC Groupme: [https://groupme.com/join\\_group/88203593/aDaH0nkU](https://groupme.com/join_group/88203593/aDaH0nkU)

Contact: Téa Wheat, president, tewheat@eiu.edu

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## Upcoming Campus Events

Oct. 3, 2022 . . . . . Fall Job Fair

Oct. 4, 2022 . . . . . Virtual Fall Job Fair

Oct. 10-15, 2022 . . . . . EIU Homecoming Week

Oct. 28-30, 2022 . . . . . 2022 Family Weekend

Nov. 17, 2022 . . . . . Networking Night

Dec. 1-4, 2022 . . . . . Holiday Fest

# Student Congrats!

Our students are killing it at all levels!

Congratulations to Dionne Lipscomb (CSA) on being selected for a Diversifying Higher Education Faculty in Illinois Fellowship (DFI) Award from the Illinois Board of Higher Education. The DFI program annually offers competitive Fellowship Awards to over 100 Illinois minority graduate students. One of the goals is to increase the number of minority full-time tenure track faculty and staff at Illinois' two- and four-year, public and private colleges and universities.



Dionne Lipscomb (CSA),  
2022 recipient, DFI



Jen Carleton (School)  
May '22



Another remarkable achievement by Jen Carleton (May, '22) graduate. Jen was selected as the 2022 grad student of the year by the Illinois School Counselor Association (ISCA). She will be recognized at the Awards Celebration held at the ISCA Conference in November.



Congrats to Karis Lee on being the recipient of a \$1,000 grant from the Schultz Foundation to support the Believe It Or Not I Care (BIONIC) mentoring program. The Schultz Foundation facilitates positive change by ensuring that counselors and organizations are equipped to handle the emotional and social needs facing families and individuals across Illinois.



Karis Lee ( School)



Jessica Meadows (School)

Biggest congratulations to Jessica Meadows on becoming the Graduate School Student Dean. The Student Dean serves as a liaison to the Student Senate, the Graduate School Dean, and undergraduate academic college student deans to promote outreach and communication across campus. She is responsible for representing EIU's graduate student campus at national graduate student organization meetings.

Multiple CHE students were recipients of the Graduate School's Williams Travel Award. In addition, 2 of the 6 Hamand Scholar awards, the grad school's highest distinction, went to spring 2022 graduates, Austin Eichhorn (Clinical) and Brooke Gibson (CSA). See [HERE](#) for more information about the Grad School's Spring awards.



# Alumni Excellence

A tradition of excellence....

William Smith, Ph.D., recognized nationally for his research on racial battle fatigue, has been appointed Chief Executive Administrator for Justice, Equity, Diversity, and Inclusion (JEDI) at Huntsman Mental Health Institute (HMHI) at the University of Utah. Dr. Smith graduated with a Master's in Guidance Counseling in 1988.



# Faculty Excellence

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



Multiple congrats to Dr Yoder for being named 2022 Rodney S. Ranes Outstanding Graduate Faculty Mentor by the Graduate School and Student Distinguished Professor by the Student Government. Also in the bag is a College of Education Research and Creative Activity Grant. You make us proud, Dr. Yoder.

Congratulations to Dr. Polydore for being awarded a 2022 Redden Grant for hosting the Making Excellence Inclusive 6th Annual Inclusive Excellence Conference: Together We Rise (Reaching Inclusivity for Student Excellence) [\$3,000] ; and the 2022 College of Education Person on the Year, by the Daily Eastern News.



Cheers to Dr. Larson and her work with Jessica Meadows (student) for being recipients of the Robert J. Nejedlo Social Emphasis Grant [\$15,000] from The Schultz Foundation for Advancing Counseling for Eastern Illinois University's Freshman Connection program.

# The team efforts.....

Teamwork makes the dream work!



Kudos goes to the first-years for their 100% response to an online survey!!! What a way to start. And, we have four lucky winners of a \$5.00 Starbucks gift-card. In order of drawing : Tory Ceader, Rebekah Magee, Amberlyn Holman and Attainea Toulon Come to the office and pick-up your card.

Perhaps the biggest congrats of all goes to the entire counseling team for securing CACREP accreditation until October, 2030!!!!!!!



# 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/>

## 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>

# 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:  
Lauren Christina lechristina@eiu.edu

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

## NEW IN CHE

### CHE SNACK PANTRY

CHE is happy to announce the opening of its snack pantry, 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. If this becomes unsustainable, it will be discontinued. 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>

# 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.

# PLAY THERAPY CONFERENCE

## STORIES IN THE SAND:

EXPLORING THE THERAPEUTIC POWER OF SANDTRAY PLAY THERAPY

Friday, November 4, 2022, 8:30 am - 3:30 pm

### BACK BY POPULAR DEMAND!!!

If you attended last year's play therapy conference, you know what a talented and dynamic presenter Sophia Ansari is and why participants asked for her to come back! This year, Sophia will present on Sandtray which is appropriate for a variety of populations including children, adolescents, and adults! Come on out and join us Friday Nov. 4, 2022 for a day of reconnection, learning, restoration, and fun!

Sophia Ansari, LPCC, RPT, is a Licensed Professional Clinical Counselor, Registered Play Therapist, author, educator, and owner of Let's Play Therapy Institute. She provides workshops on play therapy to mental health professionals and is a passionate research trainer who has bridged her knowledge of neuroscience and creative therapies to provide in-depth and highly experiential trainings all over the world. Sophia co-hosts Hero Nation, a podcast on the Geek Therapy Network, which celebrates diversity in the media and explores how to use geek culture in therapy.

Sophia earned her Bachelor of Science degree in Biology from Wright State University and her Master of Arts in Mental Health Counseling from the University of Cincinnati. For more information on Let's Play Therapy Institute visit, <https://letsplaytherapy.org/>

Don't miss this opportunity for phenomenal training at a bargain price. See alums, professors, and old friends as you earn CE hours and gather helpful interventions to increase your effectiveness with clients of all ages. We can't wait to see you there!!!

For more information on this event and to register 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)



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