



## DEPARTMENT OF COUNSELING AND HIGHER EDUCATION

### NEWSLETTER

*Guiding You Into A Successful Semester*

#### Welcome to Spring 2026!

I hope that your year is off to an amazing start! As we step into this new season of learning, growth, and collaboration, I want to take a moment to recognize the dedication, and heart each of you bring to our department. Whether you are returning or joining us for the first time, we are glad you are here.

**To our students:** You are the heart of our work. We are here to support you not only academically, but also personally and professionally as you journey toward becoming compassionate, competent counselors.

**To our faculty:** Thank you for your commitment to excellence in teaching, mentorship, and service. Your guidance and care shape not only minds but lives, and I am deeply grateful for the community we have built.

Let's continue to foster a learning environment rooted in respect, empathy, and inclusion. May this semester bring meaningful dialogue, new discoveries, and a renewed sense of purpose in the work we share.

Wishing you all a healthy, enriching, and successful semester.



Catherine L. Polydore, Chair

Warmly,  
Chair, Department of Counseling

#### A note from Brian...



I am very excited to be part of the CHE team and to help wherever possible. I have lived in Charleston for the past 17 years, so EIU is not new to me. During this time, I got married and started a family. I have three wonderful, energetic children (whom I will probably talk about often!) and a beautiful, kind, and caring wife. I earned my bachelor's degree from Eastern in 2016. I am happy to be back on campus and truly look forward to working with all of you. E-I, E-I, E-I-U!!!

Brian Douglas, Office Manager



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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 2026 must attend one of the following mandatory informational meetings:

### Clinical Counseling (Dr. Yoder)

Wednesday, Feb 18<sup>th</sup> at 11:00am in 2125.  
Monday, Feb 23<sup>rd</sup> at 1:00 in 2125.

### School Counseling (Dr. Larson)

Monday, Feb 16<sup>th</sup> at 11am in 2125.  
Monday, Feb 16<sup>th</sup> at 3:30pm 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](#)



## NCE EXAMS

Planning on taking the NCE Fall 2026? If you are interested in taking the NCE Exam

in the Fall semester 2026, 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 fourth Thursday in March (3/26/2026) and third Thursday in September (9/17/2026). Please contact Dr. Carter at dacarter3@eiu.edu if you want to take the exam in the Spring. The time and room number will be announced after your registration.

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.

# STAY IN THE LOOP

## 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>

## HOODING

Hooding will take place on **May 8, 2026**. Please be mindful of emails as the date approaches.

## GRADUATION

The last day to apply or reapply for graduation for the Spring is **March 25, 2026**.

Applications may be obtained through the PAWS System. After signing on to PAWS, under your Student tab, click on the Student Records tab to arrive at the application.

Commencement will be held on **May 9, 2026**. Click [here](#) for information on how to apply, deadlines, ordering cap and gowns, and more.



## 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>

## 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

Feb. 27	Counseling Interview Day
March 5	Mid-Term
March 16-20	Spring Break
May 1	Last Day of Class
May 4 - 8	Finals
May 8	Last Day to Return Textbooks
May 8	Hooding Ceremony
May 9	Commencement

# CONFERENCES

## CLINICAL/SCHOOL COUNSELING

### ACA Annual Conference

The American Counseling Association (ACA) Annual Conference will be held from April 9-11, 2026 in Columbus, Ohio. 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/events-education/conferences>

### Law and Ethics in Counseling Conference

This conference in New Orleans, Louisiana focuses on the latest trends in law and ethics in counseling, offering both in-person and virtual sessions. Participants can earn continuing education hours and engage with leading experts in the field. Dates: January 27-30, 2026. For more information go to: [Law and Ethics in Counseling Conference 2026 \(11th Annual\)](#)

### ACCA Annual Conference

This conference will be hosted on March 5-8, 2026, in Myrtle Beach, South Carolina, surrounding the topic of college counseling and provides a platform for professionals to share insights and strategies. For more information go to: <https://www.collegecounseling.org/Annual-Conference>

## COLLEGE STUDENT AFFAIRS/HIGHER EDUCATION AND COMMUNITY COLLEGES

### 2026 NASPA Annual Conference

The National Association of Student Personnel Administrators (NASPA) Conference will be held from March 7th - 11th, 2026 in Kansas City, MO. For more information and registration go to: <https://conference.naspa.org>

### 2026 ACPA Convention

American College Personnel Association (ACPA) Annual Conference will be held from March 30th - April 2nd, 2026 in Baltimore, Maryland. For more information and registration go to: <https://longbeach2025.myacpa.org/>



*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, 2025, to June 30, 2026. Additional information about this grant and other awards available may be found at: [https://www.eiu.edu/graduate/students\\_awards\\_competitivestudent.php](https://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](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

# WELCOME ADJUNCTS



Chrissy Carrell, Adjunct

Hello EIU students!

I am really excited to be joining CHE again as a Practicum instructor during the Spring semester this year. I graduated from EIU in the School Counseling track in 2015 and have been working as a school counselor at Crestwood School in Paris, IL for the past ten years. I absolutely love school counseling and consider it the best job in the world! I also have experience as a past adjunct and counseling in private practice. My favorite theories to use at school are solution focused and CBPT.

Outside of work, I love to grow cutting flowers, go camping, watch movies and hang out with my husband and five kids. I am excited to get to know you!



Ashlynn Pinney, Adjunct

Hello,

My name is Ashlynn Pinney and I'll be teaching 5930: Foundations of Clinical Counseling this spring. I am so excited to return to EIU - I graduated from this program (clinical mental health counseling track) in 2021 and I am looking forward to getting back into the classroom. I am a clinical director and supervisor at a group private practice in the St. Louis metro east area. While I work with a variety of clients, I work primarily with children and adolescents with trauma histories. I'm currently in the process of working toward a registered play therapist credential. I enjoy mentoring newer clinicians and look forward to meeting the cohorts! When I'm not working, I enjoy traveling, spending time with family, and doing anything and everything creative although my main outlet right now has been knitting. I'm excited to see what this new year has in store and am grateful that I get to be a part of your EIU journey.

# WELCOME ADJUNCTS



Emily Icenogle, Adjunct

Hello!

My name is Emily Icenogle. I am currently an elementary school counselor and proud graduate of the EIU school counseling program (Class of 2021!). I'm excited to return in a new role as an instructor for the counseling practicum course (CHE 5630) and I look forward to supporting future counselors as they gain hands-on experience and grow as professionals.

Outside of work, I love to travel, spend time with my family and friends and read. I'm also a dog mom to a goofy 3-year-old Cavapoo who keeps life fun.

I'm truly looking forward to getting to know each of you and helping you make the most of your practicum experience.



Kathleen Peters, Adjunct

Hello,

I am Kathleen Peters and I am going to be teaching Practicum for clinical counseling. I myself graduated from EIU in 2020. In my personal life, I enjoy baking and working to perfect my own sourdough bagel recipe. I primarily work as a therapist at a child welfare agency in Champaign, IL. I have continued to work at the same agency at which I completed my internship because I enjoy working with a variety of demographics and difficulty of cases. I love being able to see the progress my clients make, especially when I have seen them work through incredible hardship.



Jamie Meagher, Adjunct

Hello!

My name is Jamie Meagher. I will be teaching a section of the School Counseling Practicum (CHE 5630) class this semester. I graduated from EIU in 2018 with a Masters in Counseling. Since that time I have held school counseling positions at North Ridge Middle School in Danville, IL (2018-2021) and at Centennial High School in Champaign, IL (2021-present). I am married, have a four year old son, and a dog. Most of my free time is spent hanging out with them and doing toddler related activities! However, I also enjoy all things Bravo, knitting, and reading "chick lit".

# 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.

Locations and reminders will be shared via email/groupme prior to meetings  
Contact: Grace Hightshoe, president, [glhightshoe@eiu.edu](mailto:glhightshoe@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.

Follow GSAC on [Facebook](#) or [Instagram](#) for meeting and event information!

First meeting on September 19 at 11am-1pm

Location: TBD, Contact representative for location information

Contact: Kenneth Grimaudo, President, [kagrimaudo@eiu.edu](mailto:kagrimaudo@eiu.edu)



# 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. The APT conference will be held on February 6-7. 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, which will be in Springfield on Thursday, March 26. 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/>

# FACULTY & STUDENT ACHIEVEMENT



Dr. Angela Yoder

## Achievement and Contribution Award in the category Teaching

Congratulations Dr. Yoder!

This award recognizes her outstanding contribution to the University in the area of teaching during the 2024-2025 academic year.

## Illinois Mental Health Counseling Association Outstanding Counseling Graduate Student Award

School Counseling student Serena Voss was awarded the Illinois Mental Health Counseling Association Outstanding Counseling Graduate Student Award following a nomination from Dr. Larson.



Serena Voss

## Student Presentation at the Northern ICA Conference in Chicago

Presentation title: Bolstering Continuity in Care: The Relationship between Cognitive Fatigue and College Students with Invisible Illnesses

With the guidance of Dr. Tadlock-Marlo as a faculty research advisor, 2<sup>nd</sup> year clinical graduate students Kirsten Paape and Grayce Quick shared valuable insights with fellow counseling professionals about what it's like for clients living with chronic fatigue caused by invisible illnesses. They explored how cognitive fatigue affects these clients and highlighted why the topic is so important.



Kirsten Paape (left),  
Grayce Quick (middle),  
Dr. Rebecca Tadlock-Marlo (right)

To make the discussion more interactive, participants took part in a hands-on activity: each person was assigned a different invisible illness and asked to design a mask. On one side, they illustrated how the illness feels from the inside, and on the other, how others might perceive them from the outside.

# 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		581-2400	che@eiu.edu
Polydore C.(Chair)	BH2109	581-2400	cpolydore@eiu.edu
Douglas, B	BH2102	581-2400	bjdouglas2@eiu.edu
Carter, D	BH2104	581-2400	dacarter3@eiu.edu
Coleman H.	BH2121	581-2400	jkcoleman@eiu.edu
Larson H.	BH2114	581-2400	halarson@eiu.edu
Tadlock-Marlo R.	BH2107	581-2400	rltadlockmarlo@eiu.edu
Yoder A.	BH2106	581-2400	amyoder@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 SNACK PANTRY

**Take as you need; give as you are able.**

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.

# STUDENT RESOURCES

## Booth Library Spring 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, Services Building East Wing; 217-581-6405, 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

## 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.