



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*



Catherine L. Polydore, Chair

### WELCOME BACK CHE PANTHERS!

A new semester and a new year means new opportunities for discovery, for goal setting, for reflecting, for achieving, for second chances. For all of you it is the beginning of the next leg of your graduate education journey. Congratulations on your successful completion of the last one. I hope that your semester is off to an amazing start. Do not be shaken by the small bumps in the road, jump over them, or ride them out. Some traction is needed to keep the wheels running. I take this opportunity to reaffirm our commitment to your success, we welcome your feedback

on how we can make this a more positive experience for you. Don't forget to share your successes and points of celebration. We want to celebrate with you. There are some things in the next few pages that you should pay attention to, so read on...

### CONGRATULATIONS LOU!

President Emeritus of Eastern Illinois University and twice graduate, Lou Hencken, was awarded an honorary degree of Doctor of Public Service at the last meeting of the Board of Trustees. Lou started his long employer/employee relationship (over 41 years) with EIU as a dishwasher in the 1960s, climbing through the ranks to occupy the institution's top position as president from 2001 to 2007. Lou's continuous employment with the university started as graduate assistant hall counselor. Lou epitomizes the spirit of the lifelong student affairs professional.

[Read more about it!](#)

*Congratulations*



Louis V. Hencken,  
President Emeritus



#### PEEK INSIDE:

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# Welcome Adjunct Faculty



Hello! My name is Chrissy Carrell. I am excited to teach a section of 5630 Practicum. I live in Paris, Illinois with my husband, five children, and three dogs. I work as an elementary school counselor at Crestwood School. I love working with children and cannot imagine doing anything else. I love to read, drink coffee, garden, go on walks with my family, and travel. I look forward to meeting you

Hello! My name is Talisha Brown and I am excited to be teaching a section of CHE 5630 Practicum clinical counseling. I currently live in Champaign, IL with my husband of 22 years and 2 children, Josiah (18) and Nina (15). I have been a clinical therapist, LCPC, for over 17 years, working in community, private and higher learning settings. I earned my undergrad degree at the University of Illinois and my Masters of Clinical Counseling from Eastern Illinois University. I currently work at the University of Illinois in the Counseling Center. In my free time, I enjoy cooking, traveling and salsa dancing. I look forward to meeting and working with you this semester.



Hello! My name is Becky Arway and I am so excited to be teaching CHE 5943: Foundations/Management of School Counseling Programs during the Spring 2023 semester. I am currently a K-12 school counselor at a rural school in Northwest Missouri! I work at a school of around 400 students in grades K-12! I attended Truman State University for my undergraduate degree in Psychology and attended Southern Illinois University Carbondale for my Master of Education in Educational Psychology. I have been a school counselor for 13 years. I am married and have two children ages 9 and 5. I spend my free time at the dance studio with my daughter or at a sports practice for my son. We also have two dogs- one old dog and one young dog. I love working as a school counselor and look forward to helping build the foundation of future school counselors! I am looking forward to meeting you and collaborating with you throughout this semester!

Dr. Ralphel Smith teaches CHE 5741 (Collegiate Environments) in the online HECC Program. He received his masters and doctorate degrees from the University of Georgia. He has many years of teaching higher education courses at the University of Georgia. Most recently, he was the assistant dean of outreach at the University of Connecticut.



# 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)

- Wednesday, Feb. 15 at 11:00 AM in 2125
- Wednesday, Feb. 22 at 11:00 AM in 2125

### School Counseling (Dr. Larson)

- Monday, Jan. 30 at 11:00 AM in 2125
- Tuesday, Jan. 31 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 FALL 2023?

If you are interested in taking the NCE Exam in the Fall 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 \$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 (3/23/2023– 3:00-5:00 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 Spring is March 22, 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 March 30, 2023. Commencement will be held on May 6, 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

|             |                    |
|-------------|--------------------|
| February 17 | Lincoln's Birthday |
| March 1     | Mid-Term           |
| March 13-17 | Spring Break       |
| March 26-29 | ACPA conference    |
| April 28    | Last Day of Class  |
| May 1-5     | Finals             |
| May 5       | Hoarding Ceremony  |
| May 6       | Commencement       |

# CONFERENCES

## 2023 ICA Southern Conference

The Illinois Counseling Association (ICA) Southern Conference will be held on March 24th, 2023 in Collinsville, IL. Watch the ICA for more information go to: [www.ilcounseling.org](http://www.ilcounseling.org)

## 2023 ACA Annual Conference

The American Counseling Association (ACA) Annual Conference will be held from March 30th through April 1st. 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: ACA Conference & Expo 2023 Toronto ([counseling.org](http://counseling.org))

## 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>

*Are you thinking about presenting?*

## FOCUS ON RESEARCH

### What is it like to present at a conference?

This past Fall, Amina Feder presented at an International Conference in St. Louis known as the International Association for Play Therapy. Amina is a second year Clinical Mental Health Counseling student. Read what Amina had to say about their experience:



"I was thankful for the privilege to attend and co-present a poster at the International Association for Play Therapy conference in St. Louis this fall with Dr. Yoder and Danielle Pincente. Meeting and connecting with alumni of our program and other professionals within the Play Therapy field was a great opportunity that cannot be replicated in other settings! It was neat to share my experience as a participant in the self-care workshop pilot

study and fresh endeavors in researching the dynamic arenas of play intersecting with counseling. The beauty of a poster session allowed me to hear from those listening to our research on how play is incorporated, and sometimes desperately needed, in their professional experiences to help prevent burnout as counselors. One of the takeaways I will treasure is the energy felt at the APT conference and seeing how fun and passionate play therapists and other mental health professionals are. Preparing and sharing our research helped solidify the continuous need for play in my professional and personal life, as well as starting the practice early to ensure I am taking care of myself and providing an ethical and enhanced therapeutic relationship with my clients and their networks. I felt as though I was at the shore of the sea of the field and was surprised at the vast opportunities for play therapy and its impact on clinicians, their clients, and broader communities. I was excited to apply what I have learned in the Play Therapy class in our program to our presentation and when engaging in the breakout sessions at the conference. I am still riding on the conference's energy and am excited to grow in this area as a new counselor! "

### Mark your calendars!

Student Research and Creative Activity Conference –

March 31, 2023

[www.eiu.edu/studentresearch](http://www.eiu.edu/studentresearch)

*Find some ways to cover your conferences expenses on the 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 spring semester is Friday February 10th). 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:

Weekly on Friday at 11:00am

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

# Upcoming Campus Events

|                                                               |                               |
|---------------------------------------------------------------|-------------------------------|
| Williams Travel Grant .....                                   | February 10th                 |
| The Graduate School Research/Creative Activity Grants .....   | February 10th                 |
| Job & Internship Fair .....                                   | February 22nd                 |
| Counseling Interview Day .....                                | February 24th                 |
| Health Internship and Job Fair .....                          | February 27th                 |
| CSA Days .....                                                | February 27th &<br>March 20th |
| The King-Mertz Distinguished Research/Creative Activity Award | March 3rd                     |

# Alumni Excellence

A tradition of excellence....



Sean Sheptoski, graduate of the CSA program is the Assistant Director for Curriculum and Assessment in Housing and Residence Life at Ball State University; where he is leading the efforts in designing and implementing a division of student affairs residential curriculum. He is the advisor of the group who won the bid to host the National Association of College and University Residence Halls (NACURH) Annual Conference at Ball State in May 2023. Currently, Sean is the GLACUHO Indiana State Delegate and serving on the EIU CSA Alumni board.



Sean Sheptoski  
CSA, 2016



Catie Witt-Danner was the recipient of the Outstanding Entry Level Professional Award for the state of Illinois at GLACUHO. Catie stated that she was "very honored." She was nominated for this award by her longtime mentor, Jeremy Alexander. Catie is a graduate of the CSA program.



Catie Witt-Danner

# Student Congrats!

Our students are killing it at all levels!



A big congratulations to Kendra Bierman for her receipt of a Fall 2022 Graduate School Research/Creative Activity Award.



Kendra Bierman  
School Counseling 2023

# Faculty Excellence

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



Angela Yoder, Ph.D.  
Professor

Congrats to Dr Yoder and Dr Larson on their receipt of \$1,500 each, Student Impact Grant for Faculty Mentors. Double congratulations to Dr Larson for securing a Fall 2022 Graduate School Research/Creative Activity Award



Heidi Larson, Ph.D.  
Professor

# PLAY THERAPY CONFERENCE

The Play Therapy Conference had an amazing turnout which took place on November 4th, 2022. The conference was presented by Sophia Ansari, LPCC, RPT, is a Licensed Professional Clinical Counselor, Registered Play Therapist, author, educator, and owner of Let's Play Therapy Institute. During the conference Sophia demonstrated various interventions to increase effectiveness with clients of all ages such as bubble tennis and sandtray therapy.



# 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>

# 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         |

## Continuing Adjunct Faculty:

|                         |                         |
|-------------------------|-------------------------|
| Bridget Roberts-Pittman | brobertspittman@eiu.edu |
| Lauren Christina        | lechristina@eiu.edu     |
| Rebecca Fogarty         | rfogarty@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.