



DEPARTMENT OF COUNSELING AND HIGHER EDUCATION

NEWSLETTER

Guiding You Into A Successful Semester

CHE Panthers – Welcome to Fall 2025!

Dear CHE Community,

As we begin this new semester, I want to extend a heartfelt welcome on behalf of the Department of Counseling and Higher Education. Whether you're stepping into your first course or preparing to complete your degree, we are truly glad you're here.

Each new academic year offers the chance to reset, refocus, and grow. We know the journey through graduate school isn't just about learning content—it's about becoming: more aware, more skilled, and more connected to the work and people that matter.

You are part of a department that values curiosity, service, and transformation—and we're honored to walk this path with you.

- To those just joining us – Welcome! We're excited for the insights and energy you bring. You've taken an important step, and we're here to support you as you begin.
- To our returning students – You've already shown resilience and commitment. Keep building on that strong foundation—you're closer to your goals than you think.
- To our international students – Your presence enriches our learning and broadens our perspectives. We're grateful for your voice in our community.

As the semester unfolds, I encourage you to engage fully, ask for what you need, and remember that your well-being matters just as much as your academic progress. Our faculty and staff are committed to supporting your success in every way we can.

Let's make this a semester of meaningful connection, personal growth, and steady progress.



Catherine L. Polydore, Chair

Warmly,

Dr. Catherine L. Polydore

Chair, Department of Counseling and Higher Education



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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. 22 at 12:00PM in 2125
- Tuesday, Sept. 25 at 12:00 AM in 2125

School Counseling (Dr. TM & Dr Larson)

- Monday, Sept. 8 at 3:00PM in 2108 (P)
- Tuesday, Sept. 9 at 2:30PM 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 (9/18/2025- 3:00-5:00 p.m.) and the first Thursday in April (4/2/2026- 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 4, 2025. 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 Sunday, November 16, 2025 at 10:59 p.m. Commencement will be held on December 20, 2025. Look at this website for information on how to apply, deadlines, and more: https://www.eiu.edu/graduate/students_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>

IMPORTANT DATES

COLLEGE STUDENT AFFAIRS:

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

September 1	Labor Day
October 15	Mid-Term
October 17	Fall Break
November 24-28	Thanksgiving Break
December 12	Last Day of Class
December 15-19	Finals
December 20	Commencement

CONFERENCES

CLINICAL/SCHOOLCOUNSELING

ICA Annual Conference

The Illinois Counseling Association(ICA) Southern Conference will be held on November 7-8, 2025 in Renaissance Chicago North Shore Hotel 933 Skokie Boulevard Northbrook, IL. Watch the ICA for more information go to: www.ilcounseling.org

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>

ISCA Convention

The Illinois School Counselor Association(ISCA) Annual Conference will be held on November 13- 14, 2025 at Westin Chicago Northwestern, Itasca, IL. For more information go to: <https://ilschoolcounselor.org/ISCA-Conference-2025>

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, Dr. April Duncan (DSW, LCSW, RPT-S™) on Friday, November 14, 2025 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

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/>

2025 GLACUHO Annual Conference

Great Lakes Association of College and University Housing Officers (GLACUHO) Annual Conference will be held from November 9th - 11th, 2025 in Dayton, Ohio. For more information and registration go to: <https://www.glacuho.org/page/2025Conference>

Student Affairs 101 Conference

The Student Affairs 101 conference will be held on Friday, October 24, 2025, at Northern Illinois University (NIU) in DeKalb, IL, focusing on Empowering the Future of student affairs. Registration is currently open for this one-day event, which provides professional development, networking, a keynote, and insights into the profession and the graduate school application process for undergraduate and graduate students, faculty, and professionals.



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

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

WELCOME ADJUNCTS



Hello everyone! My name is Aaron Chun and I will be teaching CHE 5920: Career Counseling for Counseling program this Fall. I am an alumnus of this program, and I am excited to come back as an instructor. I am currently the College and Career school counselor at Centennial High School, located in Champaign, IL, and have been in my position for the last ten years. I am passionate about increasing access to post-secondary resources for all students, and addressing specific cultural needs in regard to their college and career plans. When

I am not working, I love to spend time with my family, learn about cooking and food science, go on deep dives on Youtube, or play ultimate frisbee (I am still a college student at heart).



I'm Lauren, and I'll be teaching Cross-Cultural Counseling this fall in EIU's Clinical Mental Health Counseling program. By day, I'm a therapist specializing in complex trauma, identity work, and helping people unlearn the survival patterns that no longer serve them. I've spent 15 years in community mental health, am licensed in Illinois and Indiana, EMDR certified, and trained in trauma-sensitive yoga. My clinical work is rooted in anti-oppressive, LGBTQ+ affirming practice. I show up to this work with honesty, humor, and a deep belief in people's capacity to heal.

Outside the therapy room, you'll find me walking my two dogs (Sadie and Daisy), reading something nerdy about the nervous system, blasting music while taking a convertible ride, or pretending I understand astrology better than I do. I love dark humor, messy conversations, and real connection—and I can't wait to bring all of that into the classroom with you.

Looking forward to a great semester together!



I'm Donna Turner Hudson and I'm super glad to be back teaching CHE 5400: Special Issues in Clinical Counseling (Crisis, Trauma, and Disaster/Clinical Supervision) this fall. I'm from St. Louis, my M.Ed. is from the University of Missouri, and my kids were born in North Dakota, but I've lived in Charleston for 24 years so EIU definitely feels like home. I have a background in conflict resolution and mediation and ten years experience working with sexual assault/trauma survivors and I'm now in my own private practice. I love traveling, especially to visit my sons and their spouses, and I love learning amazing things from my students!

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

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 19 at 11am-1pm

Location: TBD, Contact representative for location information

Contact: Kenneth Grimaudo, President, kagrimaudo@eiu.edu

EIU HOMECOMING

Boogie with Billy at homecoming 2025!

Oct. 6 - 11, 2025



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/>

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 2025, CHE was honored to have two (3) Hamand Scholars, two from the counseling and the other from the CSA program. Hamand scholars are distinguished graduate students recognized for their scholarship, service, and large impact on the community. Hamand



Josh Noe,
Counseling,
SP25



Krofaa Otuo -
Srebour, CSA
SP25



Payton Turk,
Counseling,
SP25

Scholars are selected among program Distinguished students awardees. We are so happy to recognize our students once again!

King-Mertz Distinguished Research/Creative Activity Award



Payton was also the recipient of the King-Mertz Distinguished Research/Creative Activity Award for her project entitled: Reducing Stigma and Increasing Access to Mental Health Care in Rural Illinois. She worked under the supervision of Dr Danessa Carter.

Tiffany Walker, became the recipient of the Gloria Leitschuh Counseling Award. This award supports clinical counseling students.



Well done to Agnes Yigah for being recipient of the Lella Cox Schaaf College Student Affairs Fund Award for dedication in the areas of volunteerism and community engagement. Agnes is an international student from Ghana.



Agnes Yigah



PLAY THERAPY CONFERENCE



The 5th annual Play Therapy Conference will take place on Friday, Nov. 14, 2025 from 8:30-3:30pm at the university ballroom at the MLK Union at EIU! The Play Therapy Conference has been well attended over the years, helping counseling students and practitioners explore the power of play.

Dr. April Duncan (DSW, LCSW, RPT-S™) is a racial trauma expert and the founder of BMH Connect, an organization with a focus on cultural inclusivity in play therapy, especially Black youth and families. Her expertise has been translated into print, as an author of several publications, including

“Black Students Matter: Play Therapy Techniques to Address Racial Trauma in Black Students”. She also is an adjunct instructor in the online MSW program at Tulane University and a former advisory board member for the World Association of Sand Therapy Professionals. Her workshop, Black Kids Matter: Play therapy to empower black children across the lifespan, is one you won't want to miss!

At only \$80 for professionals and \$40 for students, this is a bargain to see an incredible speaker! Earn CEU's for NBCC and the Association for Play therapy for your Registered Play Therapist (RPT) credential. This conference 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 questions about accessibility or to request an accommodation, please contact Eastern Illinois University graduate assistant, Kirsten Paape at kmpaape@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-		581-2400	che@eiu.edu
Polydore C.(Chair)	BH2109	581-2400	cpolydore@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	riltadlockmarlo@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

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 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, Services Building East Wing; 217-581-6405, 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

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.