



Chi Sigma Iota

Member, Association of College Honor Societies
Pi Sigma Upsilon Chapter

Counseling Academic & Professional Honor Society International

President Tammy Schamuhn	Vice President Danielle Nelson	Secretary Kim Hattig	Treasurer Victoria Larson	Membership/ Mentorship Camille Keith	Social Chair Haley Weiner
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Internship Fair 2009

There was a great turn out on behalf of both internship sites and students at this year's internship fair on February 11th. Seventeen internship sites attended the fair this year; an increase in sites from last year's attendance. Internship site representatives were able to come early to enjoy a lunch and supervision training from our very own Dr. Lisa Aasheim.

Students had the opportunity to meet with representatives from a variety of different internship sites and receive a great deal of information on internship opportunities in Portland and the surrounding areas. Through this fair a number of students were successful in securing an internship placement for the coming year. This particular fair is a very important tool for students who are preparing to embark on internship and due to all of the volunteers, the faculty, and the CSI board we were able to make this year's internship fair a success! Thank you to everyone who helped out and participated in the internship fair this year.

Danielle Nelson
CSI Vice-President

CSI Auction a Huge Success!

The online auction for CSI was an enormous success thanks to all the students and faculty. CSI raised over \$1200.00. All proceeds from the auction went to help fund the attendance of our president, Tammy Schamuhn, to attend the annual ACA Conference this past March. CSI wants to formally thank the following individuals for their contributions of services and/or goods that helped make our auction such a triumphant fundraising event:

- Rick Johnson
- Lisa Aasheim
- Tina Anctil
- Will Meek
- Susan Halverson-Westerberg
- Russ Miars
- Hanoch Livneh
- Don Mihaloew
- Jennifer Samson
- Maleia Yakymi
- Sarah Pattee
- Penelope Pattee
- Audra Gilpatrick
- Catherine Griffith
- Anne Walsleben
- Lori Severson
- Sara Goldman

ACA Conference

Due to the overwhelming support of my fellow students and faculty, I was fortunate enough to attend the American Counseling Association's Annual Conference. The conference was held in Pittsburgh, PA from March 18-22 and had an awe-inspiring attendance of over 3500 professional counselors and students. During my stay in Pittsburgh I was afforded the opportunity to listen to several key note speakers, attend professional workshops and education sessions, and participate in Pre-conference Learning Institutes, ancillaries and special events. There were numerous opportunities to network with other professionals in the field, interview for jobs, and explore masters and doctoral programs throughout the country. As a recipient of the ACAF Scholarship, I also had the opportunity to meet with the current president of ACA, Lynn Linde— which was the most exciting part of my experience at the conference.

The conference was everything I had imagined— only better. There were many invigorating talks, numerous chances to meet with many colleagues who gave guidance in planning the next phase of my career, and undoubtedly countless people excited about the future of counseling as a profession. Every day of the conference held its own possibilities of networking, learning and growing as a counselor. I would strongly encourage anyone who is interested, to attend the conference next year. It is being held in New Orleans, LA, March 23-27th. There are scholarships available to attend if you are an ACA member. Please check out the website for more information: <http://www.counseling.org/Convention/>

Tammy Schamuhn
CSI President

Graduation & the Elusive Job Hunt



Given the current state of the economy many people are starting to wonder where their next job will come from. Current practicum and internship students are most likely hearing about how hard it is to find a job from their clients (I know I have!). Those of us preparing to graduate are also starting to wonder about our own job prospects.

As we learned in career class, I started by checking the Occupational Outlook Handbook about job projections for counselors: “Job opportunities should be favorable because job openings are expected to exceed the number of graduates from counseling programs, particularly in rural areas. Substance abuse counselors should enjoy particularly good job prospects”

<http://www.bls.gov/oco/ocos067.htm#outlook>

So, there is hope that there are some jobs out there, but how to find them? Networking is considered a powerful job search tool, since many jobs are not advertised. Not sure how to network? Remember that you are already part of many networks, and many of the skills you are learning as a counselor are also effective networking skills (building rapport, listening, etc.) Also remember that networking is a reciprocal relationship – as you share information and referrals with members of your network, they will be more likely to share information with you. For more information on

how to make the most of your network, check out the Job Links section of the CSI website.

Speaking of networking, I asked my network for job hunting advice. A few suggestions from recent Counselor Education grads:

Remember that the first person to read your resume and cover letter may be a human resources specialist, not a counselor. Not only should you make sure to proofread your cover letter and resume for typos, but ask someone in the field and someone outside of the field to take a look at them for you.

Also don't be surprised if an interviewer is unfamiliar with your degree and training. As students we learn what classes we need to take and the difference between "practicum" and "internship" but most people won't have a PSU Counselor Ed handbook to explain these things to them.

After an interview, remember to ask the interviewers for business cards so you can follow-up. After the interview, send an e-mail or note thanking them for their time. This can help remind interviewers who you are, and allow you to clarify any statements that you made during the interview (who hasn't gotten home and remember something they wished they'd said?)

Most of you are probably familiar with the main job search engines out there, so I won't bother listing them all. Another local resource I have found useful is <http://cnrg-portland.org/> You can subscribe to receive free daily e-mails listing non-profit jobs as well as volunteer and networking opportunities.

Good luck with your internship and job searches!

Camille Keith
CSI Membership/Mentorship Officer

Year One of Graduate School is Complete: What did I learn?

Posted on May 4, 2010

<http://my.counseling.org/>

Before I began my graduate program, I had several friends tell me that it will be challenging and stressful, but the growth it produces in you is invaluable. I completely agree with their sentiments. While it is hard to verbalize personal growth, here's my attempt at sharing with you what I have learned this past year.

Lesson #1: Remember all of your life roles. I am more than a counselor-in-training and graduate student. I am a wife, daughter, sister, and friend. I am also a ballerina, Christian, book worm, amateur photographer, and arts advocate. The "counselor-in-training and graduate student" roles are important, but not so important that they cause me to neglect other fulfilling life roles.

Lesson #2: Take the initiative to own your education. No one holds your hand in graduate school. Yes, there are people to guide you and provide a sounding board for you, such as my wonderful advisor; however, you must make the final decisions and put forth the required effort – just like our clients must do.

Lesson #3: Know your limits. I am extremely Type A, which means that I usually think I can do it all and become disappointed in myself when I have to say no. For example, I originally intended to take 12 hours (four classes) this past semester and work 20 hours a week at MSU's Career Center. After the first week of classes I quickly learned that would not be possible (unless my husband never saw me again) and dropped a class that I could take another semester. Although I initially felt like a failure, I realized that living within your limits produces a much healthier and satisfied life.

Lesson #4: Become involved with professional organizations. I am a member of the Mississippi

Counseling Association, the American Counseling Association, and the Association for Creativity in Counseling. All of these organizations provide me with valuable information, current research trends, and opportunities for professional growth. Becoming a counselor is more than just obtaining a degree from a CACREP-accredited institution and completing the required hours for licensure – it is also treating yourself to the wealth of knowledge and networks that professional organizations provide.

Lesson #5: Dare to explore. Whether that exploration occurs through experiencing personal therapy or completing practicum at a psychiatric hospital, choose paths that stretch you and challenge your worldview. Those paths may even appear in a group project. For example, my group in career counseling presented a lecture on career counseling for gay, lesbian, bisexual and transgender clients. One group member focused her research on the transgender population because she felt uncomfortable working with that clientele. She dared to explore a personal bias and, as a result, better equipped herself as a counselor.

My hope is that I will carry these invaluable lessons into my professional career and always be eager to add to the list.

Courtney Veazey is a graduate student at Mississippi State University pursuing a Master of Science in clinical mental health counseling and working as a graduate assistant at MSU's Career Center

2010-2011 CSI Board Members

We have a newly elected board for the 2010-2011 academic year! Congratulations to the newly appointed board members, we know you'll do CSI proud in the upcoming year 😊

President:	Dan Jones
Vice-President:	Kim Hattig
Past-President:	Tammy Schamuhn
Secretary:	Carissa Gusman
Treasurer:	Michael Cady Russell
Social Chair:	Destiny Bankhead
Membership:	Meghan Greider
Mentorship:	Denise Cox

If you are interested in being a part of CSI next year, there will be opportunities to join subcommittees in the fall. Stay posted, as an announcement will be formally made in the fall of 2010 when opportunities arise.

CSI Inductions Ceremony



On April 11, 2010, Chi Sigma Iota hosted an Induction ceremony and reception that welcomed all new members into our counseling honors society. The event took place in beautiful Hoffman Hall, amid fresh flower centerpieces from the farmer's market, many large windows with lots of early Sunday light, and a beautiful brunch buffet of fruit, bagels and pastries. There were over 80 people in attendance, excluding faculty, and it was a wonderful opportunity to connect in a casual setting and meet people's families and friends.

After attendees had a chance to eat and mingle, counseling faculty Dr. Rick Johnson, Dr. Lisa Aasheim, and CSI President Tammy Schamunn addressed the group, each offering their own insight into the benefits of joining CSI and its important role in coordinating events for our

program and beyond. For the actual ceremony, all new student members were called to the front of the room, and held lit candles as we pledged to uphold the high standards of our profession. Finally, each student was presented with a certificate and pin displaying membership in the honor society, in commemoration of our swearing in and ongoing affiliation with CSI.

Haley Weiner
CSI Social Chair



Newly inducted members Cathy Symes, Katy Durocher, and Kimberly Haak



CSI member Joe Schutte being inducted by CSI Faculty Advisor Lisa Aasheim

Upcoming Events and Workshops

☞ **Motivation Interview Training with Dr. Lisa Aasheim**

May 13, 2010

2:00-3:30pm SMSU 229

CSI Members only (RSVP was required for attendance)

- **Graduation Celebration:**
Join CSI and faculty members for appetizers, drinks and good company as we celebrate the graduation of the 2007 cohort☺
Room number TBA
June 11th from 6:00-9:00pm

