

# Chi Sigma Iota



# the Connection

Pi Sigma Upsilon

Winter 2010

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## A Message from the President

Happy 2010 from CSI! I hope you all had a wonderful and restful winter break. It always baffles me how quickly the school year flies by. I can hardly fathom how quickly practicum and internship are sneaking up on me.

I just wanted to share with you all what a pleasure it has been serving as President for CSI. I have met some wonderful people that I would not have otherwise had the opportunity to connect with. I especially appreciate the enthusiasm of the new additions to our program - '09 cohort you are a fantastic group of individuals!

CSI is working very hard to provide you with as much academic support as we can this year. We have provided review sessions, writing workshops, guest speakers and we will be hosting the internship fair, motivational interviewing training and much more! We can't do this alone and we appreciate all of you who graciously volunteer at our events and encourage others to step forward and help out when they can. We want your experience in your program to be the best it can be, and the more support CSI and the faculty have, the more easily we can make this a reality for you. Even if

you can't volunteer, we encourage you to attend social and academic events as a way to demonstrate your involvement and support.

We would also like your feedback! If there are any specific events that you would like CSI to host or be involved with, please let us know. We can always use more creative energy ;)

Well, good luck in your winter quarter! I know how trying graduate school can be, so don't forget to breathe and practice a little self care this quarter!

## Membership Drive

The membership committee of the Pi Sigma Upsilon (Portland) chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society is welcoming new members!

Chi Sigma Iota (CSI) has initiated over 66,000 professionals and professionals-in-training worldwide, and currently has over 12,500 active members among over 258 campus based chapters in this country and abroad. As a result, you will be recognized by and affiliated with one of the largest counseling organizations in the world with its sole mission to recognize and

promote excellence in the profession of counseling.

Please visit [www.csi-net.org](http://www.csi-net.org) to (a) learn more about CSI and its many activities; (b) read past issues of the Society publication, the *Exemplar*; (c) learn about criteria for grants, awards and fellowships; (d) review CSI accomplishments and advocacy activities for professional counselors; or (e) view available graduation regalia, member clothing and jewelry, and much more! You can find out more about our Chapter online at: <http://www.pdx.edu/coun/chi-sigma-iota>. Our chapter is planning special members only events for spring term, including motivational interview training and coffee with faculty members.

Please apply online at [www.csi-net.org](http://www.csi-net.org) and pay your \$35.00 annual dues. Notify Camille Keith, Membership Chair, that you have completed the application online (cnkeith@pdx.edu) and finally, make a check payable to Chi Sigma Iota to pay your \$10.00 chapter dues. These checks can be left in the CSI mailbox on the second floor of the education building.

The CSI board wholly encourages to you join. CSI membership demonstrates commitment to both personal and professional excellence.

*"CSI makes vital contributions to the Counselor Education department. We are very fortunate to have such an active and involved organization that works on behalf of our students and department. I encourage all counseling students to become members and partake in the events that CSI sponsors."*

- Rick Johnson, PhD  
Dept Chair Counselor Education Dept.

## Internship Fair

The counseling internship fair is coming up on:

Thursday February 11, 2010  
1:30 p.m. to 4:00 p.m.  
Smith Memorial Student's Union (SMSU) 333

Many of us will be starting internship next fall and need to secure a placement before this time. The internship fair is a chance for counseling students in the Couples, Marriage & Family, Rehabilitation, and Community (Clinical Mental Health) tracks to explore possible internship opportunities and make some contacts. Over 100 sites have been invited to participate in our internship fair. We are still waiting for more sites to confirm their attendance, but so far these are the sites that will be participating:

1. Catholic Community Services
2. Children's Home Society of Washington
3. Clackamas Community College
4. De Paul Treatment Centers
5. Hazelden Springbrook Institute
6. Lifeworks
7. Oregon Commission for the Blind
8. Oregon Vocational Rehabilitation
9. Providence
10. PSU Student Health and Counseling (SHAC)
11. William Temple House
12. Yamhill County Adult Mental Health
13. Washington County: Corrections, adult program, domestic violence & women's unit
13. Washington County, Center for Victims Services
14. PSU Disability Services

Be sure to bring copies of your resume or curriculum vitae and letter of intent to distribute to the different internship sites.

I hope to see many of you there! Please contact me if you have any questions.

Danielle Nelson  
CSI Vice-President  
Portland State University  
[dnelson\\_11@hotmail.com](mailto:dnelson_11@hotmail.com)



"Friendly tip for your next interview--  
the interviewer gets the big chair."

## Research Corner

### Tina Anctil

*PhD, University of Wisconsin-Madison*

"I engage in scholarship that bridges the world of research with the experiences of vulnerable populations of adolescents as they transition from high school to adulthood. In particular, I am focused on developing an intervention that reduces health-risk behaviors, while also improving career engagement in young adults with foster care backgrounds. My most recent study is based on Possible Selves Theory and explores the relationship between the future goals and goal-oriented behaviors of young adults who have recently aged-out of foster care."

*Tina is our newest full time faculty member in the Counselor Education Department. She is currently a certified rehabilitation counselor and licensed professional counselor*



## Inspiration

### **-Finding the Strength to Move Forward**

*This was originally published Spring 2008. It was such a great article we decided it needed republishing! We hope you'll find as useful as we did.*

As many of you can probably relate, working a full-time job, being a part time/full time student, taking care of family and managing to have a social life is a very refined and delicate juggling act. I look back to the three years of balancing moves as I manoeuvred between priorities and emergencies. I can honestly say that I am not sure how I survived. Holding it all together has been nothing less challenging than tiptoeing on a thin wire hanging two hundred feet up in the air and six miles across.

At times I snapped...Remembering my first year in the program after being out of the academic arena for over a decade, it was a period of ongoing adjustments and uncertainties (Do I still have "it" to stay competitive with my peers?). A period of getting used to meeting four deadlines at once, of learning not to feel disgusted about missing happy hour, books/TV shows. It was also about being excited by the mental stimulation of learning, feeling adult about meeting accomplished professionals within a field that I have a high respect for, appreciating how different brains process valuable insights and wide ranges of perspectives, taking pride in producing 12 - page research paper with proper APA citing.

My second year as a somewhat adjusted and officially admitted full time student was a period of ongoing acceptance, a period of convincing myself that it was a good decision to have taken on three years of major stress. I had to come to terms with reality that the education we receive may not always meet up to our expectations.

Toward Spring term of my second year, I began to feel that I was running low on fuel to remain positive. I became too exhausted to put on a cheery face as I struggled from one class to the next. I felt bitter about missing out on the fun life that I once had. I had trouble moving forward in my commitment to my education; yet felt that it was too late to let go of it. CSI's Academic Hooding ceremony was a day of rejuvenation; a day when it felt possible to replenish the hope that got washed away as a result of ongoing stress. From laughter of my peers in loose-fitting silly black gowns, I smiled for their success and was proud of their accomplishments. I was able to envision their hopes for the future. Most importantly I was able to focus my energy on the reasons I chose to be a graduate student two years earlier. I was able to gather my efforts so I could continue to leap forward. Witnessing the hooding ceremony gave me a taste of what it's like to accomplish a milestone towards a better future.

Throughout my third and final year in the program, whenever I feel that I am ready to snap, I would like back to the changes within me

that took place that day. I continue to allow that glimpse of hope push me forward.

*~Selma Snoddy  
Former CSI Treasurer  
[article edited to fit this issue]*

## Articles from Members

We would like to hear from you! Please submit a topic, a story, a commentary, or even a joke.

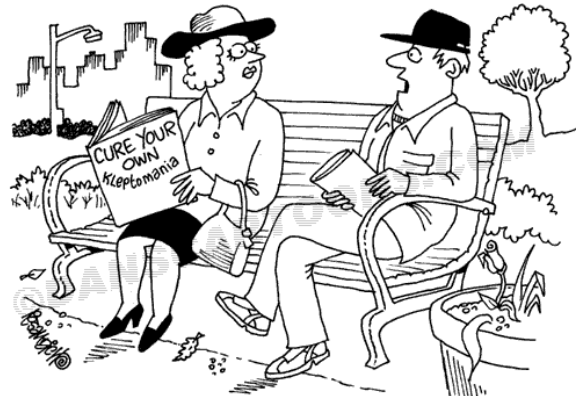
This newsletter will be produced at the beginning of each semester. All submissions are due one week prior to the end of Fall, Spring and Summer terms. Next submission due date: *March 24<sup>th</sup>, 2010*. But submit early and often

## Website

Please be sure to check out our website at :  
<http://www.pdx.edu/coun/chi-sigma-iota>

## Upcoming Events and Workshops

- **Review Session Couns**  
**566/567:** January 31<sup>st</sup> Branford P. Millar Library (meet in the lobby)
- **Internship Fair:**  
February 11<sup>th</sup> 1:30-4pm. SMSU 333
- **NCE Study Group:** ongoing.  
Contact Lorraine at [rlstrm@pdx.edu](mailto:rlstrm@pdx.edu)
- **Motivational Interviewing with Lisa Aasheim:**  
Spring Quarter: Date and Time TBA
- **CSI Induction Ceremony:**  
April 11<sup>th</sup>. Formal invites will be sent out.



**"I hate to ask, but where did you get the book?"**

