

# Chi Sigma Iota

Member, Association of College  
Honor Societies

Counseling Academic & Professional Honor Society International



## the CONNECTION

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October 2006

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## A Welcome from the President

A hearty welcome to the new '06 Cohort, a big bear hug to my returning '05 Cohort, and a salute to the '03 and '04 Cohorts and all the Cohorts that came before. I can't believe that my first year of graduate school is already behind me and we are plowing ahead into the new school year. I'm amazed at the sheer amount of information, bonding, victories, and a few bumps in the road we've pushed through in the past year here in the Counselor Education Program.

For me the high point of this program has got to be my experience this summer in Practicum. For those of you yet to start seeing clients let me tell you the education you get here and support from students and faculty is fantastic. We are very privileged to be so trusted with the life experiences and helping

another person and to encounter them in a very vulnerable time and place that is the counseling session. Honoring the person and meeting them with Carl Roger's "unconditional positive regard" is so important and validating. For me it has been a sense of feeling this is where I belong and this is what I should be doing.

Second only to Practicum is the honor I received of being elected President of the Pi Sigma Upsilon chapter of Chi Sigma Iota. Chi Sigma Iota is an international association of counseling students, professionals, and educators. We have thousands of members worldwide and are active in professional seminars, conferences, and a wide array of counseling-related areas and politics.

Chi Sigma Iota's mission is: To promote scholarship, research, professionalism, and excellence

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## Research Instruction

A fantastic opportunity! Come to the advanced research class with our librarian, Sarah Beasley. This class is the best way to become an expert researcher!

**The class will begin at 3:00 p.m. on October 9, 2006, in the Millar Library Classroom 170!**

50 minutes — **yes, you will get out in time for Dr. Miars's class!** — with Sarah will give you tools and skills you didn't even know you needed, but will be glad to have!

in counseling, and to recognize high attainment in the pursuit of academic, and clinical excellence in the profession of counseling and counselor education.

Some things to look forward to this year are lectures from professionals in the mental health field, student-run discussion panels, student mentoring, sending a representative to the ACA conference, and one of my personal favorites several chances to meet/greet/and blow off some steam at social events. To join Chi Sigma Iota you must be a member of an accredited counseling program, you must have completed two semesters of graduate school, and have and maintain at least a 3.5 GPA. Chi Sigma Iota is only \$45 dollars to join and \$25 a year for returning members. However **everyone** in the counseling program **is invited to all our events!** We are hoping to keep most of our events on a donation-only basis as graduate school can be quite tight on ones budget.

I encourage everyone to **attend a library tour and Sarah Beasley's research seminar**, so that you avoid pulling out your hair either not getting results or being inundated with 265,000 results when you're looking for books and articles for your papers. The library staff here is amazingly helpful and knowledgeable in finding the information you need. I would also be extremely grateful if the '05, '04, and '03 Cohort members stop by the pizza party we will be holding the third week of school (**October 9 from 6-7 p.m. in EDU 414**) to say welcome to the '06 Cohort.

Good luck to everyone this semester, and thank you all for making the PSU counseling program such a great place to be.

Sincerely,  
Michael Flynn  
President, Chi Sigma Iota

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## Do I Have to be a CSI Member to get Involved?

While Chi Sigma Iota is an honor society with certain academic requirements for membership, **there is no membership requirement for students wishing to take an active role in helping to plan and organize events.** On the contrary, we want you, we need you! One of the functions of CSI is to provide supplemental educational opportunities for all students in the Counselor Education program and develop relationships between the school and local communities.

President Mike's welcome letter is a wonderful testimony to just how lucky we all are to be attending such a comprehensive Counselor Education Program. But no matter how outstanding a curriculum and facilities may be, all programs face challenges with budgets and time.

This is where CSI can bridge the gap by organizing workshops and lectures or panels on key subjects and important issues, as chosen by the students. We are limited by wo/manpower. Your participation

can really make a difference in the quality and quantity of additional educational opportunities that we can provide.

Many students will only be here for two years; by the time they become official CSI members a whole year will have passed. Some students will face challenges that will prohibit them from becoming official members. Regardless of your membership status, we encourage you to participate in events and take advantage of opportunities for leadership. We want to encourage you to participate in any way you can—large or small—your help is important.

Finally—we want your ideas and your expertise. What are you having trouble with? What kind of information would make things clearer? What areas are you excited about, but aren't currently offered as classes? What workshop or discussion group would you be willing to lead or attend? What are you dying to talk about? Let us know! Help us out! We will all be better-educated counselors if you do.

**To volunteer—email or speak with any of the CSI officers listed in the newsletter heading.**

Deborah Orandon  
Vice President, Chi Sigma Iota

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## Join a Professional Organization!

As a student, you are eligible for a discounted student membership in a professional counseling organization. The benefits of joining are many -- not the least of which is connecting with a national network of counseling professionals. In addition, you will have access to newsletters, journal subscriptions, scholarships, professional liability insurance (required by the time you start Practicum), and discounts on conferences, workshops, and books.

I joined ACA during my first year in the Counselor Education program. Membership has provided an important link for me to the greater counseling community, and made me a better-informed student. As a member, I found it especially easy to obtain my professional liability insurance.

Joining online takes only a few minutes. The insurance you obtain through the professional organization is inexpensive and provides the coverage required for you to enter Practicum.

Visit the following websites for more information on each association.

American Counseling

Association (**ACA**)  
[www.counseling.org](http://www.counseling.org)

American Association for Marriage and Family Therapy (**AAMFT**) [www.aamft.org](http://www.aamft.org)

American School Counselor Association (**ASCA**)  
[www.schoolcounselor.org](http://www.schoolcounselor.org)

American Rehabilitation Counseling Association (**ARCA**)  
[www.arcaweb.org](http://www.arcaweb.org)

American Mental Health Counselors Association (**AMHCA**) [www.amhca.org](http://www.amhca.org)

Matthew Morscheck  
Treasurer, Chi Sigma Iota

## What Did We Do This Summer?

Why, we had lunch! Or was it dinner?

Introducing Ken, Matthew, Jewls, and Mike:



Also in attendance: Elaine, Ann, Michaela, Darcy, Deb, David (and others that I remember being there—honest—but can't remember names!).

This get-together included a passing of the baton from last

year's CSI board to the new board. The previous board gave us a high standard to live up to!

There will be more CSI-related social events this year - a great opportunity for you to relax and enjoy yourselves and get to know the wonderful people in the Counselor Education program!

Darcy Kramer, Newsletter & Webpage, Chi Sigma Iota

## Chi Sigma Iota on the Web:

Our web page is currently under construction, but will soon have a schedule of all of the counseling-related events!

[http://www.pdx.edu/sped-coun/csi\\_psu.html](http://www.pdx.edu/sped-coun/csi_psu.html)

Bookmark this page now - the information and links that show up in a few weeks will be useful and interesting.

## Library Instruction

Need to learn the basics not covered in Sarah Beasley's class?

Every Sunday, starting at Room 384, you can get a tour and an intro to the services offered by the library.

Email [darcy.kramer@gmail.com](mailto:darcy.kramer@gmail.com) for times, or to arrange a tour on a different day.