

Fall 2020

Mu Chi Alpha Fall 2020 Newsletter

Mu Chi Alpha, Counseling Program

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Sharpening Intellect | Deepening Christian Faith | Inspiring Action

Messiah University is a Christian university of the liberal and applied arts and sciences. Our mission is to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society.



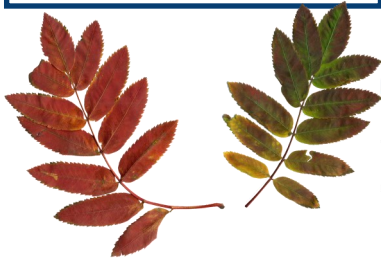
Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

Mu Chi Alpha Chapter of Chi Sigma Iota

Autumn 2020

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Our chapter includes current students, alumni, and faculty. We focus on promoting excellence in the profession of counseling and hope to get members more involved in professional development, community engagement, wellness, and more.

With 106 active members, Mu Chi Alpha is considered a large chapter. Our Facebook group, Mu Chi Alpha of Chi Sigma Iota, has 76 members. We'd love for you to join us on Facebook:

<https://www.facebook.com/groups/muchialpha/>

Messiah University, Grantham, Pennsylvania, Established in 2012

Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

- CSI Mission

Eligibility requirements

- 24 Completed credits
- Minimum of 3.5 GPA
- Good academic standing

Get Connected

Thoughtful Conversation



Join the conversation on the Black experience in the United States through a series of topical documentaries and ZOOM discussions hosted by Mu Chi Alpha chapter of Chi Sigma Iota.

RSVP for the ZOOM link and discussion guide by emailing with subject "REEL TALK" to vc1164@messiah.edu or jm1910@messiah.edu

Topics and Dates

October 24th: Beauty

Beautiful the Documentary & Braided on YouTube

November 21st: Religion and Spirituality in Black Culture

White Savior: Racism in the American Church on Amazon Prime

Trivia Fun



Saturday, October 31, 12pm
Family friendly
Halloween-themed trivia
Costumes welcome!
Top three winners receive prizes!

Register by emailing subject "HALLOWEEN TRIVIA" to
Veronica Kelly at vc1164@messiah.edu



Sunday, December 20th at 1pm
Family friendly Christmas-themed Zoom trivia.
Ugly Christmas Sweaters and/or "Christmasy" accessories welcome!
Top three winners receive prizes!

Register by emailing subject "CHRISTMAS TRIVIA" to Veronica Kelly at vc1164@messiah.edu



Look for us on social media!

Facebook: <https://www.facebook.com/groups/muchialpha/>

Conferences

Save the Date



International Counseling Webconference

Presented by Mu Chi Alpha

April 17, 8:00-1:00



PCA Virtual Conference

This conference will be open until November 3, and offers the possibility of earning up to 11 CEs virtually for only \$175! (student rate \$125)

For more information, and to register, click here: <http://www.pacounseling.org/aws/PACA/pt/sp/conference>

AAMFT National Conference

MFTS Changing the World, Virtual Conference and Exhibition

November 12-13, 2020

Free for current AAMFT members!

Click here for more information or to register: <https://networks.aamft.org/conference/home>

ACA National Conference

This conference will be virtual as well.

For more information, visit ACA's website here: <https://www.counseling.org/conference/conference-2021>



CSI in Action

Upcoming Induction

Please join us for our upcoming Zoom event to welcome our newest Mu Chi Alpha members!

December 5, 2020, 10AM EST

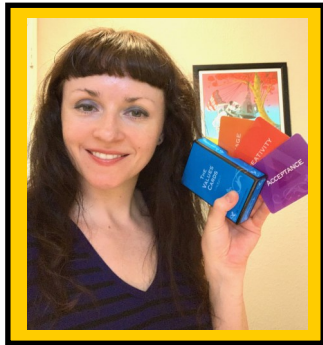
Eligible students will receive an invite.

All Mu Chi Alpha members are invited to attend.

Watch your inbox for the Zoom link as the event date approaches.



Intensives



Intensives were a little different this year as classes were held virtually rather than in-person. Typically, this week is an excellent opportunity for students to interact face-to-face with one another and faculty. It also serves as an opportunity for students to learn about Mu Chi Alpha membership and mission. In year's past, we've hosted dessert and candy bars late in the week for students in need of a quick respite and refreshment. Students also meet Mu Chi Alpha leaders and enter their names to win raffle prizes. Not wanting to leave Intensive students out this year, our Social Events Committee created four trivia quizzes for students to complete. The brief quizzes were made available each morning in Canvas and were, of course, optional as well as "open book." Monday's quiz contained questions about Mu Chi Alpha that could be answered after watching an introduction video created by our President Bethany Rainey. The next

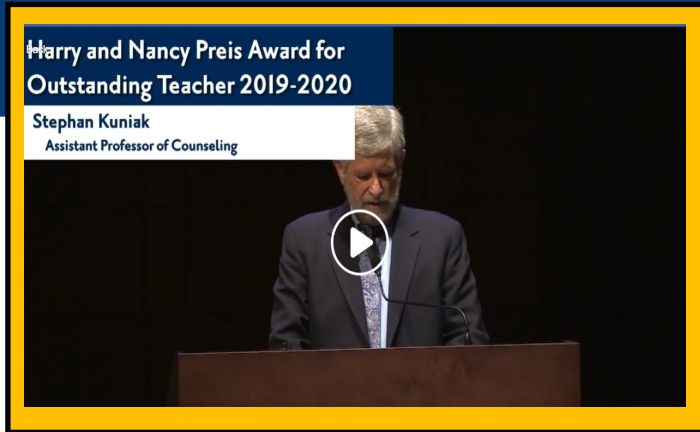
three days focused on Mental Health in Movies, Mental Health in Books, and lastly, National Counseling Exam (NCE) sample questions. Winners were announced shortly after and prizes were sent out in September. Prize winners include Callie Seymour, (pictured), Yosifa Greenberg, Sarah Turteltaub, Brendon McMahon, Rebecca Caplan, Carissa Flook, Kristen Hayden, Ashley Whitaker, Amanda Park, Cat Obermeier, and Brielle Turano.

Fundraising for a Worthy Cause

One of our Mu Chi Alpha members, Veronica Kelly, created a fundraiser for the American Foundation for Suicide Prevention. Mu Chi Alpha has donated \$50. Donations will be accepted through December 31st if you would like to contribute to this cause. Join our roster here: <https://afsp.donordrive.com/team/257531>



Congratulations!



Dr. Stephen Kuniak was awarded the Harry and Nancy Preis Award. This award aims to recognize a graduate "Teacher of the Year." Members of the Scholarship and Development Committee review votes from everyone in the graduate program, giving more weight to student comments, to determine which esteemed graduate professor will receive this award.



Amber Nutter won a free registration for the Maryland Counseling Association's first virtual conference. A huge THANKS to Dr. Carol McGinnis for extending this amazing opportunity!

Veronica Kelly is this year's winner of The Sarah Kaufman Scholarship.

"I was impressed by the applicant's level of dedication in both community and professional development. This applicant is clearly motivated to be a force for good in the counseling profession and has my vote of confidence."

—Bethany Rainey, Mu Chi Alpha President



Alumni Spotlight

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In each newsletter, the Professional Members/Alumni Committee of Mu Chi Alpha will be highlighting one of our very own alumni/professional members as a way of getting to know recent Messiah grads and learning more about how to stay involved post-graduation. This month, we're featuring Amy Falvo.

I am married, have a 2 ½ year old son, a 5 year old daughter, and a 16 year old step-daughter. In August I accepted a position as a School Counselor working at a Catholic High School. I always thought I would want to work in an elementary school, however I was pleasantly surprised at how quickly I learned that I loved working with high school students. I primarily provide social/emotional support to the sophomores and juniors while the other counselor focuses on the college and career piece for the seniors.

I have an Associate's Degree in Early Childhood Education, a Bachelor's Degree in Psychology with a concentration in child and adolescent development, and a Master's Degree in School Counseling. I love coffee, bargain shopping, the beach, the color pink, watching documentaries on Netflix, and time with my friends and family.

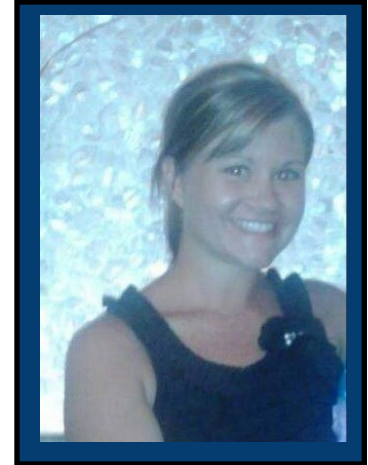
The following quote encourages my work as a school counselor: *"Every child deserves a champion—an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be."*

Starting around 7:30am with coffee in hand, a typical day involves returning emails and phone calls, meeting with students, teachers, and the school social worker, who is a great resource. Every Tuesday morning I have a meeting for our Student Support Team or Student Assistance Program. I also attend meetings with parents, with administration, and with the school counseling team. I cover a lunch duty everyday, which I don't mind because it allows me to see the students in a different environment. Our students dismiss at 2:30 and I usually leave the building around 3:00pm.

One thing that I really appreciate that Messiah's program did was having us experience the Elementary, Middle, and High School levels through the Practicum and Internships. This gives you the opportunity to find what grade level you do or do not enjoy working with and you may be surprised at where you fit best. In my experience, the Messiah Professors and advisors are extremely compassionate and do everything they can to help you be successful. They also understand that many grad students have jobs, families, and a personal life that sometimes requires more focus than the school work.

I believe the best way to communicate with students and parents is face to face. Because this isn't always possible, I either call or email parents. I will email students for brief communication, however I prefer having them come to my office. Zoom has also been helpful in communicating with students who are distance learners. I also like using the Google Forms as a way to survey parents and students and to receive feedback.

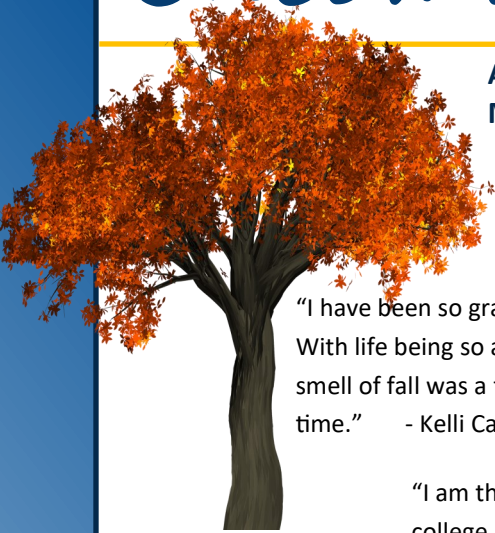
I think using technology, such as email or surveys to check in with students is really important, as it can help us reach a large number of students quickly. This helps create a connection and opens the door for communication. When I can, I prefer sending a personalized (versus a mass email) email, as it shows the student that you are specifically thinking of them and care enough to reach out individually.



Alumni, is your membership current? Did you know that you can stay involved in the Messiah Mu Chi Alpha chapter as a registered Professional Member? You'll stay up to date with advocacy, continuing education, social events, and more. Log into csi-net.org to see if your membership is still current/renew your membership, or email Christina Crouse (Professional Members/Alumni Committee Chair) at cc1426@messiah.edu to confirm your status.

Uncommon Gratitude

As we enter a season focused on thankfulness, Mu Chi Alpha members share some out-of-the ordinary sources of gratitude.



"I have been so grateful for the smell and feel of fall. With life being so abnormal the past 6+ months, the smell of fall was a familiar comfort in a very uncertain time." - Kelli Carter

"I am thankful for education. After recently graduating from Messiah college, now, University, realized how truly blessed and thankful that I was to have such great mentors and educators to teach me about the world of mental health. I am also thankful for Messiah helping my dreams come true." - Amanda Arnold

"My unusual gratitude is my kindle unlimited subscription. Reading is my self-care and I get a great selection through this service."

- Katelyn Lee



"Funny because we have two dachshunds that we walk through the neighborhood on a daily basis and the neighbors ask if we have fed them enough-hee hee" - Dr. Barto

"My "unusual" gratitude is for children's stories. The familiarity of the words and the earnestness of the characters are cozy and nurturing and sometimes feel like a soft cushion after a hard day. Fan favorites are Harry Potter, Roald Dahl stories, Ramona Quimby, and Narnia."

-Janelle McCarthy

"I am grateful for the neighborhood dogs that have invisible fencing and rush out of nowhere to spook people as they walk by. Sometimes I am so in-my-head when I am taking a walk and these dogs, at various houses, do this all the time and it brings me right into the present moment. It makes me laugh every time! I am so grateful for them helping me to remain mindful." - Iris Kish



"It just made me smile in the pumpkin patch so I knew he needed to come home with me" - Dr. Barto

"Seeing clients via telehealth means I do not have to be mindful of scents potentially bothering them. This candle smells heavenly and adds some extra joy to my daily routine." --Jen Sheffe



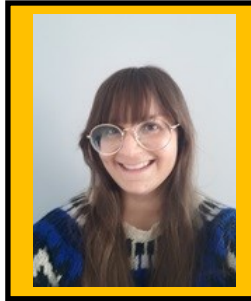
Volunteer Board



Patricia Kreider served
as 2019-2020 President



President
Bethany Rainey



Jordana Blumenfield
Secretary/Treasurer



Dr. Leah Clarke
Chapter
Faculty Advisor



Dr. Maya Georgieva
Chapter
Faculty Advisor



Veronica Kelly
Counselor Community
Engagement
Committee Chair



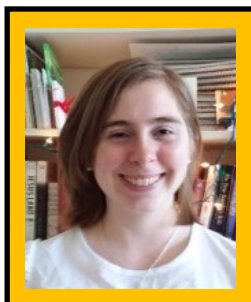
Chrystal Horace
Web Presence
Committee Chair



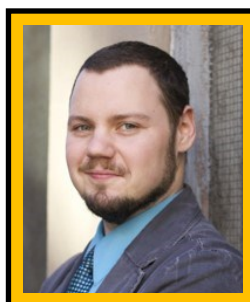
Amber Nutter
Mentoring
Committee Chair



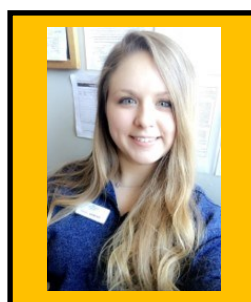
Jen Sheffe
Newsletter/Publications
Committee Chair



Janelle McCarthy
Professional
Advocacy
Committee Chair



Sam Fuge
Professional
Development
Committee Chair



Christina Crouse
Professional
Members/Alumni
Committee Chair



Susan Talbott
Social Events
Committee Chair



Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

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of Chi Sigma Iota