

Western Carolina Counseling Newsletter

WHAT'S IN THIS MONTH'S ISSUE:

- Graduates
- Interview with Dr. Lisen
- Reminders /Upcoming Events
- Self-Care for Grad Students
- End of the Year Celebration

CONGRATS TO OUR SPRING 2022 GRADUATES

Ailsa Bennett

Cassady Dillin

Sloan Harrill

Daphne Krantz

Mary Lewe

Alexandrea VanDyke

Ashley Waters

Debra Carabantes

Ash Crompton

Laura Pierce

Paige Ray

Haley Spurlin

Katie Warren

Sunshine Windsor

(school licensure certification)

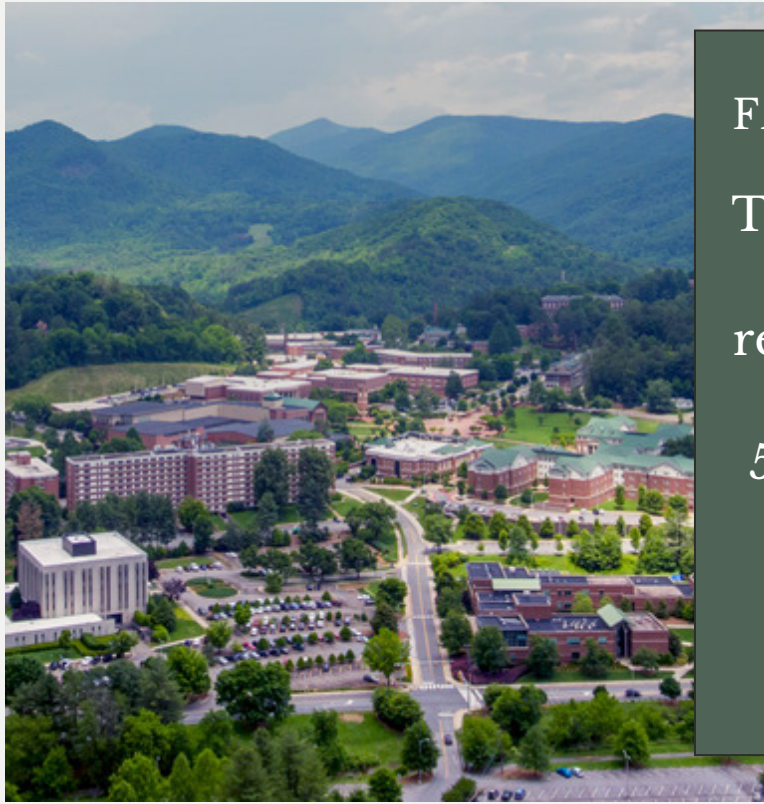


Please join us in
congratulating Dr.
Likis-Werle as she has
been awarded tenure
and promoted to
Associate Professor!



Reminders

END OF THE SEMESTER REMINDERS



FALL 2022 REGISTRATION

Those who plan to graduate in December 2022- reminder to not to forget to apply for comps (COUN 500) and graduation when you register for your last semester!

CONTINUING EARTH DAY

Official Earth Day April 22nd

Now that warm weather is upon us, getting out and connecting with our natural environment can make a positive impact on our mental health. Western North Carolina offers a variety of hiking trails and the below links can provide inspiration and tips for your summer adventures!

Best Hiking Apps:

<https://www.wellplannedjourney.com/best-hiking-apps/>

Hiking Tips & How to Stay Safe on the Trail:

<https://blog.liftopia.com/10-essential-hiking-tips-beginner-hike/>

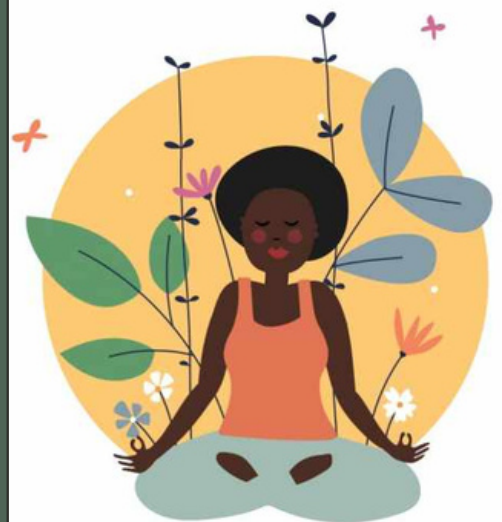


ILLUSTRATION BY JENNIFER KOSIG/GETTY IMAGES

DR. LISEN ROBERTS'S NEW ROLE IN THE PROGRAM

What will your official new title be?

"I'll be regular ole' faculty. Faculty progress through a series of titles from Assistant Professor (first 6 years) to Associate Professor (after tenure) to Professor (optional). I'll be returning to my regular Associate Professor title. I'll also be Field Placement Coordinator for School Counseling (which I began in January 2022)."

Will you be spending more time in Cullowhee or at the Biltmore Park Location?

"As Department Head (DH) of Human Services, I had offices in both Cullowhee and Biltmore Park. As regular Counseling faculty, I'll have just the BP office. So, while as DH I was primarily in Cullowhee, as Counseling faculty, I'll return to primarily BP."

What will you miss about your current position?

"During my time as DH, I have appreciated the opportunity to work closely with faculty. Basically, faculty work with students and the DH works with faculty. While I'm choosing to return to working with students, I will miss aspects of working with faculty."



What are you looking forward to the most about your new position within the department?

"For one thing, my time will be far more flexible. As DH, I am in the office 8am-5pm daily (plus as needed for evenings and weekend events). As faculty, I'll make my own schedule around classes and meetings and I look forward to general life flexibility that brings. But the BEST part of returning to faculty is TEACHING and MENTORING students! I am a teacher in my soul and look very forward to focusing on that."

How will your relationship with the counseling graduate students change with your new role?

"I'll be around more. I'll see all students in their first course, COUN 602: Professional and Ethical Issues in Counseling. I LOVE having all students in their first semester, as it helps me (1) know everyone; and (2) watch you all grow and evolve during your time here at WCU. I'll also be particularly connected with School Counseling students as they move through the field placement (practicum, internship) process."

Any additional notes regarding your new role?

"In Fall 2021, I kind of did two jobs -- my DH administrator role in Cullowhee AND teaching two sections of COUN 602. I hope students beginning the program in Fall 2021 found me to be present and available, and also it was hard on me to maintain both roles. Sometimes I felt split in half. I am very excited to focus again full-time on teaching beginning July 1, 2022."

Announcements & Scholarships

SCHOLARSHIP OPPORTUNITY NCSCA | NOW ACCEPTING APPLICATIONS

Visit and log in to the NCSCA website, hover over the “Awards” tab, and click on “Graduate Student Scholarships” for more information and to access the NCSCA Graduate Student Scholarship Application.

The application deadline is Monday, May 30, 2022.

Please combine and save all components of your application packet in one file.

SUMMER ELECTIVE COUN693 GRIEF AND LOSS

PROFESSOR DR. LIKIS-WERLE
IN PERSON | Biltmore Park

The COUN 693 Grief and Loss Counseling course will be offered in July and will meet 5 times in person. It is currently full and you can register to be on the waitlist.

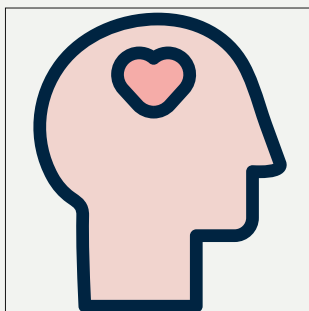
WNC RACIAL EQUITY MENTAL HEALTH GRADUATE SCHOOL FUND

Deadline July 15, 2022

BIPOC Scholarship Opportunity
<https://www.fullcirclewnc.org/grad-assistance.html>

WHO CAN APPLY?

Anyone who identifies as a racial or ethnic minority is welcome to apply. You must also have been accepted to a Western North Carolina Masters program in social work, counseling, or marriage and family therapy.



Caring for Our Own Mental Health in Grad School



Hailey Brinke

"For my self-care and personal wellness in graduate school, I spend time with my support system and engage in various activities. My family, friends, and pets which make up my support system are a shoulder to lean on no matter what I am going through. Having a support system is a crucial part of my every day self-care as a means of rejuvenation, love, fun, and sometimes necessary emotional processing. I also find activities like painting, drawing, knitting, reading, writing, and journaling to process emotions, memories, and just do something with and for myself extremely therapeutic."

Annalee Bramlette

"To take care of myself amidst grad school and general life stress, I try to put down my phone and laptop and dive into things that bring me peace of mind and joy. For me, that is spending time outside exploring WNC with my partner, tending to my plants, listening to records, and snuggling my two cats."



Kaileigh Naylor

"My self are is listening to music, writing & creating music and watching game shows"

Nick Springhetti

"Self care has not been simple or easy, but is critical to get through grad school! The most helpful tool I have found is finding "your people" in the program. They are the people that understand what you're going through, push you through the hardest times, and laugh through the painful sometimes. Other forms of self care I utilize are kitty cuddles, skin care, nail care, and turning off my phone sometimes."



End-of-Semester Celebrations

THURSDAY, JUNE 2ND

From Tiffany Owens:

"We quickly approach the end of Year 2, a few P2s and I discussed having another end-of-year celebration to honor our grads and the end of our first "real"(ish) year together. Hannah Kutteh has once again graciously offered to host and asks that everyone also bring their own chairs for outdoor seating. If you have outdoor or card games you'd like to bring to play, I'm sure that would be fine as well. Partners and pets are also welcome to join the celebration!"

Below you will find a link to a document that will serve as both an RSVP and signup sheet for those who would like to bring dishes/drinks/flatware/firewood to share. Even if you aren't bringing a dish or items, please put your name on the list along with the number of people coming with you so we have a rough estimate.

This will be a drop-in event, so come as you are, whenever you can to send this year off with another fun celebration. I look forward to seeing and celebrating with everyone who is able to attend!"

Sign Up Document:

https://catamountwcu-my.sharepoint.com/:w:/g/personal/tnowens3_catamount_wcu_edu/EQnSfXjXS7FBu_D89NPBViEBdq_C346cl-3pgYkL9IlzjQ?rttime=KC0QUtox2kg

RAFTING TRIP REMINDER

MAY 22ND | RSVP by May 16TH to Spring Woods at srwood3@catamount.wcu.edu

What: Whitewater Rafting (Class II/III)

Where: French Broad River, section 9 - Put in at Barnard Park in Marshall and float about 5 miles down to Stackhouse takeout (about halfway between Marshall and Hot Springs, NC)

We'll meet at Blue Heron Whitewater (BHW) - 35 Little Pine Rd, Marshall NC (Sign Up Sheet:

<https://docs.google.com/spreadsheets/d/1Qs8FoC3tHtJYxrsvSOaznpE0ShwXCpDfigqQliWT3D4/edit#gid=1619494654>

Have a Great (& Safe)
SUMMER!

