



Silver Linings Semester

It's the middle of the semester and it seems like everyone I talk to, students and faculty alike, are feeling the burn. Personally, this has been the busiest, and most stressful semester of my life. On top of school, practicum, and life in general, I'm moving. I feel overwhelmed a lot of the time, but I'm getting through it. I'm actually impressed with how well I'm getting through it, and I can't help but give a shout out to this program and the growth that it has fostered in me.

While I have grown a lot in this program, there are two lessons in particular that have helped me through this stressful time: learning to sit with my own discomfort, and becoming more comfortable with ambiguity. I have felt uncomfortable since day

one of this semester; it's been like a marathon since the start. However, it's a marathon that I am running, as painful and uncer-



tain as it feels at times, I am running, and I will reach the finish line.

In this sometimes painful process, or growth opportunity (positive

reframe), I'm learning what I'm made of, and what matters most to me. There's a strength and focus that I didn't know was there, and it's empowering to become aware of it. I truly believe that if I can make it through this semester (and I will) with my sanity intact, I can make it through anything.

What I take away from all this as a counselor is a greater empathy and respect for my current and future clients. It opens my eyes to the warrior within us all, and the strength that is necessary to carry us through life. Discomfort opens us up to the truth about who we are, and while that truth doesn't necessarily feel good in the moment, it certainly has the potential to transform us for the better.
V. Mattei

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Important Dates

Summer/Fall Registration

Registration for summer/fall courses opened on February 27th.

Comps

Comps will be held in Killian on Saturday, March 16th.

Spring Break

Monday, March 25th through Friday, March 29th

NCE

Saturday, April 20th in Cullowhee

Coming Full Circle

Thursday, May 9th in Cullowhee

Graduation

Friday, May 10th at 7pm in Cullowhee





Upcoming Conferences

Graduate Research Symposium and Graduate Research Competition

Thursday, March 21st
9am-8:30pm
University Center at WCU
Graduate School Awards Reception starts at 5 pm

School and Community Counselors Conference

Thursday, April 25th
8 am-3:15 pm
Covenant Community Church
“Using brief evidence-based strategies to help students thrive”

Speakers:

Mary Deck
Heather Thompson
Melodie Frick
Russ Curtis

Registration

Deadline: April 15th
*Register early as there is no on-site registration

Biltmore Park Discounts

Show your Cat Card!

10% off

- Brixx
- Cold Stone Creamery
- Hickory Tavern
- Mosaic Café
- Neo Burrito
- Travinia Italian Kitchen

15% off

- Roux Restaurant
- Ya Ya's Frozen Yogurt

Free Appetizer

when you dine with a fellow student at 131 Main



Summer Classes

Core courses:

COUN 617: Addictions Counseling, Dr. Valerie Schwiebert, May 13-May 28, hybrid, MTW 5:00-9:50pm, BP

COUN 650: Career Development, Dr. Phyllis Robertson, June 3-July 3, hybrid, M for School and W for Clinical 5:00-8:50pm, BP

Elective courses:

EDPY 693: Sexuality Counseling, Dr. Melodie Frick, June 3-July 3, TR 5:00-8:50pm, BP

EDPY 693: Parenting Education, Dr. Lisen Roberts, June 17-21, MTWRF 9:00am-3:50pm, BP

EDPY 693: Play Therapy, Dr. Heather Thompson, July 5-Aug 5, MW 5:00-8:50pm, BP

EDPY 693: Positive Psychotherapy in Integrated Care, Dr. Russ Curtis, July 5-Aug 5, fully online (might be 1-2 face-to-face meetings scheduled together), BP



Study Abroad in Costa Rica!

Counseling and Education Abroad: A Cultural Immersion Experience

NC State University
Counselor Education Program

May 13 - May 22, 2013

‘The program constitutes a comprehensive cultural immersion experience that promotes self

awareness, mutual understanding and reflection beyond traditional pedagogical methods currently employed in the Counselor Education Program.’

For Master’s and PhD students in Counselor Education and related fields this experience counts as a 3 credit elective. Alumni are welcome to attend

as well and will receive 45 continuing education credits.

Application deadline: Friday, March 15th.

For more information go to ced.ncsu.edu/international-opportunities and/or contact Synthia Santos at sdsantos@ncsu.edu

WCU Enters ACA Ethics Competition!

Four students from Fall 2012 COUN 602: Professional and Ethical Issues class represented WCU Counseling programs in the 2012 American Counseling Association Graduate Student Ethics Competition. This is the first year that WCU has entered the national competition. Betsy Corry, Maggie Lee, Jim Taylor, and Alex Whitfield served as the WCU team and worked for weeks to respond to the ACA-provided ethical dilemma. Just as finals week began, they



Pictured above: Betsy, Alex, Maggie, & Jim

submitted their 15-page paper outlining the dilemma, the action they proposed taking, justification for the action, and a description of the ethical decision-making model they used to arrive at their conclusions. Thank you Betsy, Maggie, Jim, and Alex for participating in this national counseling ethics competition on behalf of WCU!

-L. Roberts

*No matter
how long the
winter,
spring is sure
to follow.*

~Proverb



Student Reflections from the Competition

Betsy Corry

One of my favorite parts of our program is getting to know the others in our cohort. I really appreciate all of the partner work in class and group counseling with a major highlight of last semester. Working in a small group for the ACA Ethics Competition was another opportunity to get to know my peers on deeper level. It was challenging to find extra time in our hectic schedules but it was a pleasure working together and proudly representing the Western Carolina Counseling program.

Maggie Lee

This was a great and challenging opportunity which allowed me to apply some of the skills and knowledge I have learned in class. I also enjoyed working alongside a few of my peers and getting to know them a little better.

Jim Taylor

Working with my peers in tackling a national competition was a very rewarding task. It allowed me to connect with people I might not have otherwise gotten to know. The experience was chal-

lenging, as it required a large amount of research and reflection, however, as a team, we were able to complete what I believe to be a very educated response.

Alex Whitfield

Even though writing a paper with three other people is a difficult task, I really enjoyed the overall experience. It was stressful at times, but I never regretted taking on the challenge. I was given the opportunity to get to know my classmates while also representing our program on a national level.

2013 Conference Presentations

On Friday February 22, one student and one recent alumna, along with two faculty, presented at the [2013 North Carolina Counseling Association conference](#) in Greensboro...

Lisen Roberts and Tiffany Franzo, *Requiring personal therapy for counselors-in-training: Application of an ethical decision making model.*

Russ Curtis and Meghan McNeil, *Internship in integrated health practices: Opportunities for counselors.*



On Wednesday March 6th, one student and one faculty presented at the [12th Annual Gender Research Conference](#) at WCU.

Tiffany Franzo and Valerie Schwiebert, *Voluntary use of Rohypnol and club drugs by female undergraduates: Prevalence, frequency, motivations, consequences, and cultural implications.*

Proust Questionnaire with Russ Curtis

What is your idea of perfect happiness?

Mexican dinner on Friday nights with my family.

What is your greatest fear?

Not having lived to my fullest potential.

Which historical figure do you most identify with?

I really like how John F. Kennedy inspired folks.

Which living person do you most admire?

My son, probably, Jackson. That and all the counselors out in the field doing the grind every day.

What is your greatest extravagance?

Right now it's surfing and I'm constantly looking to buy new boards. Used boards at really reasonable prices.

What is your favorite journey?

Parenthood.

Which words or phrases do you most overuse?

You've got to be able to handle ambiguity.

If you could change one thing about yourself, what would it be?

I'm kind of moody, and I'd like to be less moody. Be a little more Phyllis Robertson stable.

What do you consider your greatest achievement?

Nothing yet.

If you were to die and come back as something, what would it be?

A dolphin.

What is your favorite occupation?

What I'm doing.

Who are your heroes?

The counselors in the trenches every day, and also the K through 12 teachers. Those people that are in the trenches trying to help people every day.

How would you like to die?

I guess just quietly in my sleep.

What's your motto?

Lighten up.

Which talent would you most like to have?

Sing.

What is your current state of mind?

Scattered. Very unfocused.

Where would you like to live?

Live here, but I need to have a place with a view. And then I would love to spend the entire summer down at the Outer Banks.

What do you most value in your friends?

Humor.

Who are your favorite writers?

George Saunders, Alice Munro.

*Questions from the Vanity Fair Proust Questionnaire

