



# Counseling Connections



## Hope of a Tree

*"Work without Hope draws nectar in a sieve and Hope without an object cannot live."  
~ Samuel Coleridge*

We are making the transition from Summer to Autumn, warm days mix with cool and the leaves are beginning to turn. The farmers' markets are overflowing with the fruits and vegetables of the season and this year's harvest is abundant. Spring is often referred to as the season of hope, but I love the Autumn because what we hoped for has been realized. It renews my faith and gives evidence that the hard work of tilling, planting and tending the fields has been worthwhile.

In graduate school, the work cycle is a long one. We tend perennial plants that don't really show fruit for a few seasons. We must continually nurture our growth and study in the belief that eventually the harvest will be abundant. And like the farmer who each year sows the seeds and watches the skies hoping for rain and a good crop, we must hold the hope for ourselves.

Hope is an integral part of managing stress. Stress is caused when a person's assessment of a situation rates the significance and peril as greater than their ability to cope with it. This appraisal generates various coping strategies to address the problem itself, the emotions generated by it, and the meaning one assigns to the situation. It is in ascribing meaning that hope appears and transforms the assessment of threat into something manageable. Hope has many definitions, often delineated by its function. Generally it is a state of being, one that anticipates a positive future. <sup>1</sup> It is this sense that the future will be better that makes it possible to cope with current stressors.

Hope supports the belief that our endeavors matter. Our work is purposeful and our efforts will change our future for the better. We sow seeds in the hope that they will produce a harvest. We go to graduate school in the hope of learning how to better the lives of others and in doing so, better our own. It is this hope that eventually drives us to open our textbooks and supports us during the long nights of writing papers. It is this ability to sustain our faith that will enable us hold the hope for others, when they find the odds overwhelming and cannot see that the future is theirs.

"There is hope of a tree, when it is cut down, that it will sprout again and its shoots will not fail. Though its roots grow old in the ground and its stump dies in the dry soil, at the scent of water it will flourish and put forth sprigs like a young plant." <sup>2</sup>

By R. Henry

Sources: <sup>1</sup> Folkman, S. (2010, September). Stressing, Coping, and Hope. *Psycho-Oncology*, 19(9), 901-908.

<sup>2</sup> Job 14:7-9

### INSIDE THIS ISSUE

Hope of a Tree	1
Scarcity in the Midst of Abundance	2
Announcements and Welcome	3-5
Break by the Lake	6-7





## Scarcity in the Midst of Abundance

In the midst of abundance, many in Western North Carolina find themselves in scarcity. This year WCU has formed the Poverty Project in order to increase awareness of poverty both in North Carolina and throughout the world. “What we’re hoping is that our students will not only develop a better understanding of the root causes and consequences of poverty, but what they can actually do about it,” said [John F. Whitmire Jr.](#), associate professor of philosophy and religion.

The yearlong interdisciplinary learning and service initiative was kicked off with a presentation by Hugh Evans of the Global Poverty Project on September 7. Hugh spoke to overflow crowds about the causes, consequences and eradication of extreme poverty throughout the world. In his presentation of 1.4 Billion Reasons, he outlined the inroads that have been made against extreme poverty and made many suggestions as to what each of us can do to help. If you missed it, you can learn more at [www.globalpovertyproject.com](http://www.globalpovertyproject.com) or by becoming involved with the WCU Poverty Project.

The mission of the WCU Poverty Project is to help the WCU community develop a better understanding of the root causes and consequences of poverty, as well as what we can actually do about its different manifestations, through a year's worth of engaged teaching, learning, service, and creative and scholarly opportunities centered on poverty, both in local communities and global society, as well as their interconnection. Professor Whitmire suggests “It’s a chance for everyone – students, faculty, staff, and community partners – to think together about an enormously complex problem in an interdisciplinary way, and also to place it in the more specific context of our own individual lives and vocations (or majors). This is an opportunity to clarify what our values actually are with respect to poverty and associated issues, and to practice the kind of responsible civic engagement that is consistent with those values.”

### WCU Poverty Project Outcomes

Participants in the WCU Poverty Project’s initiatives will:

- Develop a more comprehensive intellectual and emotional (empathetic) understanding of the causes and consequences of poverty-related issues, both global and local, as well as what they can do about them, from the consideration perspectives informed by their own disciplines and those of others via traditional classroom teaching and learning, participation in student clubs and organizations with poverty-focused activities, and service with community partners.
- Work collaboratively across disciplines and in local and global communities with faculty, staff, and community partners (including through advocacy) with individuals from a variety of philosophical, religious, socio-economic, and other backgrounds; some may choose to integrate projects they engage in, into their electronic briefcases for future presentation.
- Clarify the place of poverty and associated issues with respect to their own values through participation in and reflection on a variety of activities, both inside and outside the classroom.
- Contribute to potential solutions to poverty-related issues in theoretical and practical terms through participation in scholarly and creative activities (via discipline and course-specific approaches, as well as focused undergraduate and graduate research), service-learning, and student organization events.
- Take action through participation in real-world, poverty-focused projects and initiatives – including advocacy and civic engagement projects – with relevance to the content and skills of their own majors and vocational goals, as well as the lives of informed and responsible citizens.



## EXAM DATES FOR FALL 2011 AND SPRING 2012

For those who will do the NCE and/or comps this year, please note the following dates!

Fall 2011: NCE on October 15. Comps on October 29.

Spring 2012: Comps on March 24. NCE on April 21.

Important for Fall 2011 comps takers! If you are planning to take the exam this semester, please email Heather [ehthompson@email.wcu.edu] with the following information: (a) confirmation that you would like to take the exam in October 2011, (b) your name, (c) your current postal mailing address, and (d) your 92#. Please contact her ASAP or by October 3, 2011 at the latest.



### Monthly Relaxation Exercise

To begin meditation, select a quiet time and place. Be seated on a cushion or chair, taking an erect yet relaxed posture. Let yourself sit upright with the quiet dignity of a king or a queen. Close your eyes gently and begin by bringing a full, present attention to whatever you feel within you and around you. Let your mind be spacious and your heart be kind and soft.

As you sit, feel the sensations of your body. Then notice what sounds and feelings, thoughts and expectations are present. Allow them all to come and go, to rise and fall like the waves of the ocean. Be aware of the waves and rest seated in the midst of them. Allow yourself to become more and more still.

In the center of all these waves, feel your breathing, your life-breath. Let your attention feel the in-and-out breathing wherever you notice it, as coolness or tingling in the nose or throat, as a rising and falling of your chest or abdomen. Relax and softly rest your attention on each breath, feeling the movement in a steady easy way. Let the breath breathe itself in any rhythm, long or short, soft or deep. As you feel each breath, concentrate and settle into its movement. Let all other sounds and sensations, thoughts and feelings continue to come and go like waves.

At some sittings you will be able to return to your breath easily. At times in your meditation you will mostly be aware of body sensations or of plans or thoughts. Either way is fine. No matter what you experience, be aware of it, let it come and go, and rest at ease in the midst of it all. After you have sat for twenty or thirty minutes in this way, open your eyes and look around you before you get up. Then as you move try to allow the same spirit of awareness to go with you in to the activities of your day.

# Welcome

Starting graduate school can be overwhelming. When I began last year, I often wished I had known how difficult it would be. I like to think I would have been more prepared. It's more likely that I wouldn't have gone through with it. I think that I and my cohort of fellow classmates could have benefited from some helpful hints. With this in mind I have polled the second year students who offer these words of advice, along with their best wishes.

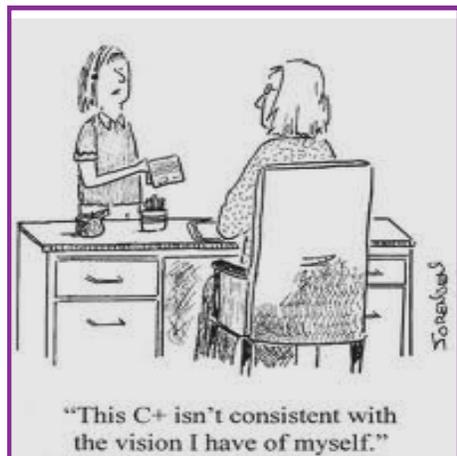
First and foremost, know that everyone else went through the same things you are going through now. Everyone was overwhelmed. Everyone was afraid, confused and wondering what they were doing. Those feelings will pass. And come back around. And pass.

Get to know your classmates. One of the best ways to do this is to get in a carpool. The carpool is the place people really talk about their classes and their experiences. Plus it saves gas.

The key to all happiness is time management. Get a calendar that you bring with you to all your classes. Write down the due dates of everything in this calendar. Also make a note a week ahead of those due dates to remind yourself to panic in time. In order to schedule your projects effectively, look over the assignment carefully and estimate how long you think it will take. Then multiply this number by 3.

Stay organized. Have a separate folder or notebook for each class. Put all the handouts in these notebooks at least once a week, for instance on Fridays. I cannot recommend the system I used first semester which was to stuff all handouts into my bag and pull out the stack every time a professor asked us to refer to the handout from last week. This is the way of stress and chaos. Chaos only adds to the feeling of overwhelm.

Be yourself. Trust what you have already accomplished. You passed the GRE. You were accepted into graduate school. You will get through it. In fact, eventually you will enjoy it. It will all be okay.



# ACA and ASCA...

## IT'S TIME TO JOIN THE ACA

The American Counseling Association is the professional association for counselors.

Membership benefits include insurance, ethics consultations, career services (including job postings), interesting journals and continuing education.

They offer a very reasonable student rate.



**It's also time to sign up for practicum and internship if you haven't already. The forms are due October 1.**

**You can find the forms under Counseling on the Western Carolina University website, under Resources.**

**The graduate office has notebooks with past placement reviews for your edification.**

This newsletter is a resource of the WCU counseling program and is edited by me, Rachel Henry, a graduate student in Clinical Mental Health Counseling . If you have any questions, suggestions, wishes or needs, please contact me (Rachel) at raherny2@catamount.wcu.edu. I am happy to answer any and all questions and help in any way I can.

The American School Counselor Association offers great benefits to school counselors, including free insurance, counseling journals and scholarships. Student membership is discounted.

Check it out at [www.schoolcounselor.org](http://www.schoolcounselor.org)

## In the Counseling World...

### Resources

Licensed Professional Counselors  
Association of North Carolina  
[www.lpcanc.org](http://www.lpcanc.org)

American Counseling Association  
[www.counseling.org](http://www.counseling.org)

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

[http://www.counseling.org/  
Counselors/PractitionersGuide.aspx](http://www.counseling.org/Counselors/PractitionersGuide.aspx)

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Board for Certified  
Counselors  
[www.nbcc.org/Newsletter](http://www.nbcc.org/Newsletter)

Buncombe County  
[www.buncombecounty.org](http://www.buncombecounty.org)

**The secret of getting ahead is getting started. The secret of getting started is breaking your overwhelming tasks into small manageable tasks and then starting on the first one. — Mark Twain**

**Break by the Lake 2011**  
**Friday, September 23**

**Agenda**



**Educating, Connecting and Serving**  
**Annual Conference for Student Service Personnel**

Early Registration begins  
August 10 and ends on September 16, 2011  
Go to <http://www.wcu.edu/6888.asp>  
Or [breakbythelake.wcu.edu](http://breakbythelake.wcu.edu) for more information

NBCC CEU Credit: 5 Credits  
NBCC CEU Ethics Credits: 3 Credits

8:15 – 8:45 AM	Registration – Celebration Hall
8:55 AM	Door Prizes
9 – 9:15 AM	Welcome – Paul Battenfeld in Celebration Hall
9:15 – 10:15 AM	<b>Michael Reno Harrell</b> - Using tales of both close and extended family members, Michael offers the listener glimpses into the culture, speech patterns and musical history of the western North Carolina mountains. Expect a good dose of humor along with a sprinkling of nostalgia. One could compare Michael's performances to his granddaddy's pocket knife: well worn and familiar feeling, but razor sharp and with a point.
10:15 – 10:30 AM	Break
10:30 – 11:45 AM	<b>Morning Sessions</b> White Counselors/Diverse Students: Reaching Everyone Presenter: Kathryn Liss and Lewis Isaac (Hemlock) Keys for Using T'ai Chi Philosophy and Practice for Effective Counseling Presenters: Trey Crispin (Lower Pavilion) Schools Out! Lessons from the School of Hard Knocks Presenters: Cyndi Felosa and Dawn Van Gelder (Lodge) Kids at Work! Empowering At-Risk Youth through the Culinary Arts Presenters: Corey Costanzo (Cafeteria) Ethical Issues: Dual Relationships (Celebration Hall) Presenter: Dan Yearick
11:45 AM – 1:15 PM	Lunch and Professional Dialogue
1:15 – 2:30 PM	<b>Afternoon Sessions</b> Promoting Healthy Savings Habits Presenter: Stacie Hicks (Celebration Hall) Child-Witnesses Speak Up About Intimate Partner Violence Presenter: Heather Thompson (Hemlock) Ethical Issues: Counseling LGBTQ Youth Presenter: Linda Wilson and Phyllis Robertson (Lodge) Using Classroom Guidance to Connect with Students Presenter: Steve Sandman (Cafeteria) Discovering Lake Logan's Secrets- Guided Nature Walk Presenter: Glenn Barnett
2:30 – 2:40 PM	Break
2:40 – 3 PM	Closing/Door Prizes (must be present to win)
3:10-4:00 PM	Post Session on Ethical Issues: Case Scenarios Presenters: Valerie Schwiebert and Russ Curtis

**2011 Break by the Lake Planning Committee:**

Paul Battenfeld, Asheville City Schools  
Heather Bullock, Jackson County Schools  
Michelle Butler, Madison County Schools  
Mary Deck, WCU Counseling Programs-Retired  
Carl Firley, Buncombe County Schools  
Annette Husson, Haywood County Schools  
Jane Pruden, Haywood County Schools -Retired

Phyllis Robertson, WCU Counseling Programs  
James Rumbaugh, Buncombe County Schools  
Steve Sandman, Buncombe County Schools  
Buck Tanner, Henderson County Schools  
Phil Waalkes, Jackson County Schools  
Valerie Ward, Haywood County Schools  
Jerri Wommack, Buncombe County Schools

**Check out the "reduced" early registration rate!!**

# Registration Information

This agenda and a printable registration form is available at <http://www.wcu.edu/6888.asp>  
or [breakbythelake.wcu.edu](http://breakbythelake.wcu.edu)

**Make checks out to Haywood County Schools Foundation** Mail payments to:  
*Non-refundable registration fee includes lunch & NBCC CEU Credits*

*Break by the Lake  
WCU Counseling Programs  
Department of Human Services  
91 Killian Building Lane, Rm 233  
Cullowhee, NC 29723*

Cost: Early registration - **\$35.00** until September 16th  
Student and Retiree - \$25.00  
On site Registration - \$45.00 (Please bring exact amount as change will not be available.)

NBCC and CEU credits: 5 hours

Ethics option: NBCC and CEU Ethics Credits: 3 hours

Upon receipt of your registration form and payment, a confirmation will be sent via e-mail. Checks are made out to Haywood County Schools Foundation. You will receive a receipt in your registration packet at the conference. If you have any questions about your payment you may contact Phyllis Robertson at [probertson@email.wcu.edu](mailto:probertson@email.wcu.edu) or Denise Royer at 227-7310. If your Central Office is responsible for submitting your registration fee – please verify that the registration fee has been paid and that you are pre-registered so we have you in our lunch count.

**New this year!** Consider bringing your favorite classroom lesson plan or group activity in electronic form to share. We will be combining all contributions into a resource file to be accessed on our webpage. The equipment for downloading your files will be in Celebration Hall. Also, the grounds are available all day long. If you want to look at the facilities check out the Lake Logan website at [www.lakelogan.org](http://www.lakelogan.org).

Water, Water, everywhere but ....

Again, this year we will not be supplying individual bottled water but rather ice water from a dispenser. Please help our effort to support the environment by bringing your own water bottles to fill!



*We're looking forward to seeing you!*

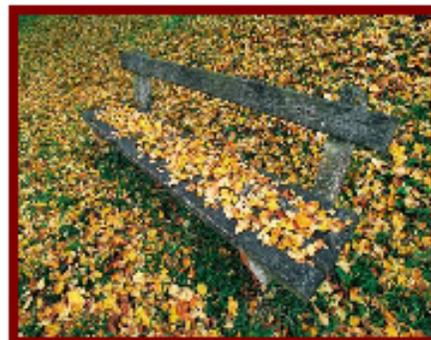
**Directions to Lake Logan: Don't trust your GPS for directions.**

FROM THE EAST (I-40 West/ASHEVILLE)

- Exit #37 (East Canton), left at bottom of ramp
- Right on Hwy 19/23 all the way into Canton
- Just before bridge, turn left on Hwy 110 South (Sorrells St.)
- Go 6 miles on Hwy 110, cross over Hwy 276, going straight, where the road becomes Hwy 215 (Love Joy Road).
- After approx. 2.5 miles, the road ends at a stop sign.
- Turn left onto Lake Logan Road. Go approx. 3.6 miles to our entrance
- LLEC office is on the left 6 miles from Hwy 276

FROM THE WEST (HWY 23/74-KNOXVILLE, ATLANTA)

- Exit #98 (West Waynesville), right at bottom of ramp
- Left on Hwy. Business 23 and travel 2.0 miles into Waynesville.
- Right on Hwy. 276 South for 6 miles
- At Bethel Grocery, turn right on Lake Logan Road
- LLEC office is on the left 6 miles from Hwy 276



## DESIDERATA

Go placidly amid the noise and haste,  
and remember what peace there may be in silence.  
As far as possible without surrender  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even the dull and the ignorant;  
they too have their story.

Avoid loud and aggressive persons,  
they are vexations to the spirit.  
If you compare yourself with others,  
you may become vain and bitter;  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs;  
for the world is full of trickery.  
But let this not blind you to what virtue there is;  
many persons strive for high ideals;  
and everywhere life is full of heroism.

Be yourself.  
Especially, do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and disenchantment  
it is as perennial as the grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline,  
be gentle with yourself.

You are a child of the universe,  
no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.

Therefore be at peace with God,  
whatever you conceive Him to be,  
and whatever your labors and aspirations,  
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,  
it is still a beautiful world.  
Be cheerful.  
Strive to be happy.

– Max Ehrmann