



WESTERN CAROLINA  
UNIVERSITY  
COUNSELING PROGRAM

# Counseling Connections

VOLUME 21, ISSUE 3

NOVEMBER / DECEMBER

## INSIDE THIS ISSUE:

Girls' Empowerment Night at Clyde Elementary	2
December Graduates	3
3MT Competition	3
NCSA Conference Presenters	3
ACA Ethics Competition	3
Silent Auction	4
Upcoming Opportunities	4

## When Endings Are Beginnings (Which Is Always)

A couple of weeks ago, Lisen told me that I only needed to create on more newsletter, not two like I had originally thought.

At first, I rejoiced. Who wouldn't? These are busy times.

And then I didn't.

I realized that as I head into internship next semester, my GA will be over. Most of my classes will be done. No more really long papers or really late nights—or at least not as many. My time as a student is coming to an end.

But man do I love being a student.

Yeah, okay, so that may not resonate a whole lot with you. But either way, things are coming to an end for all of us, whether it

be classes, practicum, shared experiences, roles we play, beliefs we hold that aren't useful anymore. Something.



Photo by Shannon Ingram Valentine

They say that winter is a time of reflection, introspection, and contemplation. And of course, Thanksgiving is a time for gratitude. So maybe now, heading into winter break (!), it will be important to turn inward, to reflect on the changes and the

endings and accept them for what they are. I know that for me, it is the growth that comes from endings for which I am most grateful, because without a doubt, endings always create a beginning.

With that said, thank you all for taking the time to read these newsletters. Even though it has been a short-lived experience, it was more than worthwhile.

So as I end, I would like to extend a warm welcome to Shawn Hudson, our next newsletter editor. I have no doubt that he will put as much energy and rigor into the newsletters that this program and the people in it deserve.

Sam

## A Message from Our New Editor, Shawn Hudson!

Friends, Romulans, Countrymen, lend me your ... attention. After submitting an article on self-care for one of the previous newsletters, I was asked by Dr. Lisen Roberts and your current editor, Samantha Evanoff, if I would consider taking over the reins of the student newsletter in the Spring. My answer was "sure, why not," and so here is a brief summary of what I hope to bring to you, per issue:

1.) a recent psychological study and a way to incorporate that into your life; 2.) a continued attention to counseling students

and the awesome things they do; and 3.) a theme that all of the pictures, articles, and tidbits inside touch on. I will also solicit professional editorials from our community that might help students make a connection in the inevitable quest for employment.

As my first order of business before January's issue, I am deciding on whether or not to use Associated Press (AP) style for the newsletter or Amish Paradise Alphabet (APA), so please send your

opinions. They will absolutely be considered. AP style does NOT employ the controversial "Oxford Comma," which is a scary thing for some.

Please decide how comfortable you feel NOT seeing one and send me an email at: [smhudson@email.wcu.edu](mailto:smhudson@email.wcu.edu)

Lastly, thank you Sam, for all of your hard work. I will strive to look half-as-composed while juggling half-as-many tasks.

Former Print Journalist,  
Shawn Hudson

# Girls' Empowerment Night

## Reflection from Jordan Atkinson and Natasha Cramer

Clyde Elementary hosted a Girls' Empowerment Night for female students who ranged from 3<sup>rd</sup>-5<sup>th</sup> grade. The event took place from 6pm-midnight on a Friday in November.

There were nine 1<sup>st</sup> and 2<sup>nd</sup> year WCU Counseling students who volunteered to develop and facilitate a bully prevention group. Being that this semester we have been immersed in group culture, we really appreciated this additional opportunity to practice our facilitation skills with a diverse population in terms of grade level, culture, race, and abilities. Together we led 4 out of the 8 back-to-back sessions. As we were sending one group off to the next station, the

other group was already walking in the door. We learned to be flexible and communicate with one another during session in order to meet the unique dynamics of each group. We believe that learning to adapt our plan based on the needs of our clients, thinking on our feet, and teamwork are skills that will serve us as we progress in our counseling careers.

Our role as group leaders was to facilitate a student-generated discussion about bullying. It was evident from their enthusiastic participation and responses that the girls could identify with this topic on a personal level. Together, we decided to create a space that allowed students to share

their individual experiences with bullying. In turn, we asked what we, as a group, could do to support them. It was moving to witness the way the group came together to support students who chose to disclose their personal experiences with bullying. Although we were seriously exhausted after completing a total of four hours of group counseling (as were all the other volunteers), we felt grateful to have had the opportunity to take part in this event. We both left feeling like we had become better facilitators and happy to have had the opportunity to work with and get to know some of the first-year students, too. Thank you to Clyde Elementary for hosting us!



## Reflection from Brittani Cochine

I thought that it was a great experience, especially as a first year to get involved. I have never facilitated any kind of group counseling session so I was a bit intimidated watching the second years rock it; but I definitely felt like it was a positive way to ease myself into group counseling and gain

some experience. We were able to work closely with the school counselor, Joy Sollie, to make sure the night was a success for all. I learned a lot through the planning process collaborating with the other girls volunteering and creating a lesson plan on bullying for elementary school girls, 3rd-

5th grade. They signed an anti-bullying pledge that was put up by the counseling office for the students to see daily as a reminder to stop bullying. The girls had a blast and learned so much throughout the night. It was very rewarding. GIRL POWER!

# Student Activities and Accomplishments

## Congratulations Graduates!

A humongous congratulations to the December 2014 graduates of the Counseling Program! We are all super proud (and perhaps a little envious) of your accomplishment! Best wishes in all of your endeavors.

**Bethany Holland**  
**Laurie Jackson**  
**Tiffany Kinnaid**

**Camille Kingsolver**  
**Bryan Nicholls**  
**Eric Schweitzer**

### Laura Lindsey: Three Minute Thesis (3MT) Competition

Laura took part in WCU's second 3MT competition, highlighting her research from her independent study. The research explored the effectiveness of utilizing giant puppet creation and mindfulness practices in helping youth better understand and manage their stress (puppets pictured right).

She did a phenomenal job and won the People's Choice Award! Congratulations!



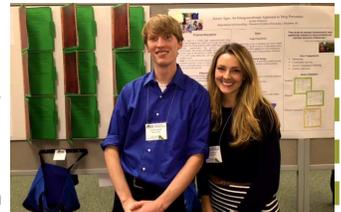
## North Carolina School Counselor Association Conference Presenters



Katrina Roth (pictured right) presented a session with Lisen Roberts titled "Activities for the Transition to College"

Jordan Atkinson (pictured in both) presented a poster titled "Across Ages: An Intergenerational Approach to Drug Prevention"

Bryan Nicholls (pictured left) presented a poster titled "Unlocking Doors to Success: Collaborating with African American Families to Narrow the Achievement Gap"



## ACA Graduate Student Ethics Competition

Four of our students are taking part in the annual ACA ethics competition. Thank you all for your hard work and dedication in representing WCU's Counseling Program! We will be cheering you on every step of the way!

Andrew Barnett  
 Laura Holst

Hayley Durham  
 Jonny Pack

## A Special Thank You:

To those of you who willingly donated your time to the photo/video extravaganza. They turned out great! (Check out a sneak peek to the right)

Mark Ackerman	Heather Ridge
Melodie Frick	Lisen Roberts
Nicole Kelley	Phyllis Robertson
Jonny Pack	Jessica Sims



## WCU Counseling Program Student and Alumni Reception and Silent Auction

- When:** Friday, December 5, 2015 from 5:30 to 7:30 p.m.
- Why you need to know:** Because you need to be there! It's a great opportunity to connect with other students and meet alumni who are working in the community.  
It looks like we still need some volunteers to bring light hors d'oeuvres. Head to <http://vols.pt/KKkDaV> to sign up.
- RSVP:** As soon as possible via the email that Denise sent you.
- Donations:** We are receiving a lot of donations this year! If you were already planning on donating an item, make sure to email Sara Hunter at [smhunter1@catamount.wcu.edu](mailto:smhunter1@catamount.wcu.edu).

## College of Education and Allied Professions Scholarships

**CEAP scholarship application deadline is December 1, 2014! This is for scholarships for the 2015-2016 academic year.**

**Login to ScholarCat ([scholarcat.wcu.edu](http://scholarcat.wcu.edu)) and fill out any appropriate applications from the College of Education and Allied Professions.**

**Seriously, it doesn't hurt to apply.**

## Social Justice Institute (An Awesome Opportunity)

**Western Carolina University's Department of Intercultural Affairs and the Office of Leadership and Student Involvement announce the third annual Social Justice Institute to be held on the WCU campus from January 6-10, 2015.**

The Social Justice Institute seeks to create social change regarding inequality at Western Carolina University and the surrounding community. Participants will engage in small group and large group dialogues, learn about leadership and social change, how inequality, oppression, and privilege work to maintain the status quo, interact with community leaders and non-profit organizations which work to promote equality, and leave the Institute with a group action plan to bring about change.

### **Benefits to Participation**

The Social Justice Institute provides strong leadership credentials for resume enhancement and sets you apart from others who say they are appreciative of diversity but don't have the experience to show it. Participation in the Institute will also provide students the opportunity to collaborate with other students in creating plans for effective social change on campus and in their surrounding community.

### **Housing/Transportation/Costs**

WCU students will be expected to pay \$10.00 to secure their spot in the Institute. This fee is due when the application is submitted and will be refunded on Friday during the Institute. Checks can be made payable to Western Carolina University. All meals (with the exception of lunch on Friday), supplies, and transportation to and from Atlanta, Georgia will be supplied. Commuter students who live 25 miles or farther from campus will be expected to reside on-campus with other resident students for the five-day Institute.

**Application Due December 3, 2014.**

**Go to [https://jfe.qualtrics.com/form/SV\\_blp1K3wsQe40R3T](https://jfe.qualtrics.com/form/SV_blp1K3wsQe40R3T) to apply!**