



# DEPARTMENT OF COUNSELING AND HIGHER EDUCATION

Buzzard Hall  
600 Lincoln Ave.  
Charleston, IL, 61920  
ph: 217-581-2400

## NEWSLETTER

*Guiding You Into A Successful Semester*



Catherine L. Polydore, Ph.D.  
Chair

### WELCOME BACK, CHE PANTHERS!

Happy 2024!

It is a new year and a new semester. This means new opportunities for growth, for self-discovery, for achieving, for becoming. For all of you it is the beginning of the next leg of your graduate education journey. Congratulations on your successful completion of the last one. I hope that your semester is off to an amazing start. Do not be shaken by the small bumps in the road, jump over them, or ride them. Some traction is needed to keep the wheels running. I take this opportunity to reaffirm our

commitment to your success, we welcome your feedback on how we can make this a more positive experience for you. Don't forget to share your successes and points of celebration. We want to celebrate with you. There are some things in the next few pages that you should pay attention to, so read on...

*Congratulations*

### CONGRATULATIONS,

### DR. YODER!

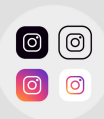
HUGE congratulations to Dr. Angela Yoder for being the 2023 recipient of the Luis Clay Mendez Distinguished Service Award. The award is presented each fall to the EIU faculty member or department chair who best exemplifies dedication and achievement in service to the university, their profession, and the community at large. Dr. Yoder is the second faculty member of CHE to receive this award. Dr. Larson was the recipient in 2017.



Angela Yoder, Professor

#### PEEK INSIDE:

Stay in the Student Loop resources p. 3



Now on Instagram. Follow us. eiu\_che



# STAY IN THE LOOP

## PRACTICUM/INTERNSHIP: Mandatory Meetings

Clinical and School Counseling students who plan to enroll in Supervised Clinical Experience (CHE 6900 & CHE 6901) or Supervised School Experience (CHE 6920 & CHE 6921) during Summer/Fall 2024 must attend one of the following mandatory informational meetings:

### Clinical Counseling (Dr. Yoder)

- Monday, Feb. 12 at 12:00 PM in 2125
- Wednesday, Feb. 21 at 11:00 AM in 2125

### School Counseling (Dr. Larson)

- Tuesday, Jan. 30 at 11:00 AM in 2125
- Tuesday, Jan. 30 2:30 PM in 2125

Students must attend this meeting or enrollment will not be allowed. Students who are completing 2nd semester internships at the same site as their first semester are not required to attend the meeting but do need to submit a new application and contract.

[Watch emails for Updates](#)

## PROFESSIONAL INSURANCE REQUIREMENT FOR COUNSELING STUDENTS

In order to keep up with CACREP Accreditation requirements, we require all Practicum/Internship students to obtain Individual Professional Insurance. Additional information can be found on the Student Resources Practicum/Internship page and at the link here: <https://www.eiu.edu/counseling/Professional.Liability.Coverage.starting.FALL.2020.pdf>



## NCE EXAMS

Planning on taking the NCE Fall 2024?

If you are interested in taking the NCE Exam in the Fall semester 2024, please email CHE Office Manager the following information to be placed on the Department roster, which is submitted to NBCC:

- Legal first and legal last name (no nicknames or shortened names- must match ID)
- EIU email address
- degree track (clinical or school)
- expected graduation date (month/year)

Reminders will be emailed to everyone regarding deadlines.

*\*\*Please note, the Department Roster ONLY certifies with NBCC that you are eligible to register for the NCE. You will still need to register for the exam and payment is required at the time of registration. The cost is approximately \$330.00 to take the NCE.*

## COMPREHENSIVE EXAMINATION

Passing the Comprehensive Examination is required for ALL 2nd Year Clinical AND School Counseling students.

This exam is offered during the fourth Thursday in March (3/28/2024- 3:00-5:00 p.m.) and the third Thursday in September (9/19/2024 - 3:00-5:00 p.m.). The test will take place in the Gregg Technology Center. If you are taking the NCE in the fall, it is suggested that you take the comprehensive examination in September in preparation for the NCE. It is required that 2nd year clinical students take the comprehensive exam in September in preparation for the NCE exam.



## COUNSELOR LICENSURE

The Professional Counselor and Clinical Professional Counselor Licensing Act became effective January 1, 1993. It requires licensure to provide professional counseling services to individuals, couples, groups, families and organizations in any field of professional counseling. Application may be obtained at <https://idfpr.illinois.gov/profs/ProfCounselor.asp>

## HOODING

Hooding will take place on May 3, 2024. Please be mindful of emails as the date approaches.

## GRADUATION

The last day to apply or reapply for graduation for the Spring is March 27, 2024. Applications may be obtained through the PAWS System. After signing on to PAWS, click on the Records tab to arrive at the application. Commencement will be held on May 4, 2024. Look [here](#) for information on how to apply, deadlines, ordering cap and gowns, and more.

## ACCOUNTABILITY

For information on Assessment Data collected about our programs please see the following pages:

COUNSELING:

<https://www.eiu.edu/counseling/about.php>

COLLEGE STUDENT AFFAIRS:

<https://www.eiu.edu/collegestudentaffairs/about.php>

## IMPORTANT DATES

January 15	MLK Day
February 16	Lincoln's Birthday
February 29	Mid-Term
March 18-22	Spring Break
April 26	Last Day of Class
April 29- May 3	Finals
May 3	Hooding Ceremony
May 4	Commencement

## CONFERENCES

### 2024 NASPA Annual Conference

The National Association of Student Personnel Administrators (NASPA) Conference will be held from March 9th - 13th, 2024 in Seattle, WA. For more information and registration go to: <https://conference.naspa.org>

### 2024 IL APT Annual Conference

The annual Illinois Association for Play Therapy (APT) Conference will be held on February 9th and 10th, 2024 in Oak Park, IL. For more information and registration go to: <https://ilapt.org/conferences/>

### 2024 ACPA Convention

American College Personnel Association (ACPA) Annual Conference will be held from March 18th - 21st, 2024 in Chicago, IL. For more information and registration go to: <https://myacpa.org/event/acpa24-chicago/>

### 2024 ICA Southern Conference

The Illinois Counseling Association (ICA) Southern Conference will be held on March 22nd, 2024 in Collinsville, IL. Watch the ICA for more information go to: [www.ilcounseling.org](http://www.ilcounseling.org)

### 2024 ACA Conference and Expo

The American Counseling Association (ACA) Conference and Expo will be held from April 11th through April 13th. This conference is dedicated to the premier professional development and networking for licensed professional counselors, students, and mental health professionals. For more information go [here](#).

*Find out how to fund these conferences*



# AWARDS AND GRANTS

*CHE encourages students to present at professional conferences.*

## Williams Travel Grant

Williams Travel Grants provide travel support for EIU graduate degree-seeking candidates who have papers or creative works accepted for presentation at regional, state, national or international conferences. *If the student plans to travel during both the Fall and Spring semester, they are allowed to apply for this grant twice.* The deadline for spring semester is Friday February 10th). Additional information about this grant and other awards available may be found at: [http://www.eiu.edu/graduate/students\\_awards\\_competitivestudent.php](http://www.eiu.edu/graduate/students_awards_competitivestudent.php)

Williams Travel Grant Applications may be obtained on-line at:  
<http://www.eiu.edu/graduate/machform/view.php?id=17>

## Eberly Wallace Professional Development Award

This award was created for the purpose of providing financial assistance to graduate students in the College Student Affairs program completing research, presenting projects, professional development and/or travel. Additional information about this award can be found in the Award Management System: <https://eiu.academicworks.com/>

## Competitive Awards for Graduate Students

For a listing of all scholarships and awards available to Graduate Students, please visit the following sites:

[https://www.eiu.edu/graduate/students\\_awards\\_competitivestudent.php](https://www.eiu.edu/graduate/students_awards_competitivestudent.php)

<https://eiu.academicworks.com/>

*The CHE department highly encourages students to apply for awards to receive funding for education and conferences. Below is a list of awards dedicated specifically to graduate students.*

*\*\*Please take note that some awards only accept nominations.*

- Augustine Distinguished Master's Thesis Award and MAGS Thesis Nomination
- Distinguished Graduate Student
- Diversifying Higher Education Faculty in Illinois (DFI) Fellowship
- EIU and MAGS Excellence in Teaching Award for Graduate Assistants
- EIU College Thesis Award of Excellence
- Graduate Alumni Board Outstanding Research/Creative Activity Award
- Graduate School Research/Creative Activity Grants
- Hamand Society Scholars
- King-Mertz Distinguished Research/Creative Activity Award
- King-Mertz Research/Creative Activity College Award of Excellence
- Williams Travel Grant



# GET INVOLVED

## Chi Sigma Iota (CSI)

CSI is the international honor society for students, professional counselors and counselor educators. CSI's mission is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

**Meetings:**

First meeting TBD

Locations and reminders will be shared via email/groupme prior to meetings

**Contact:** Sloane Sivek, president, [smsivek@eiu.edu](mailto:smsivek@eiu.edu)

## COSPA

COSPA is a student organization for graduate students in College Student Affairs for professional development, volunteering, networking, and social events. COSPA holds elections every December. Members receive cords for graduation upon completing all requirements.

**Meetings:**

First meeting TBD

**Contact:** Alissa Sutton, president, [ajsutton@eiu.edu](mailto:ajsutton@eiu.edu)

## Graduate Student Advisory Council (GSAC)

GSAC is the representative body of the graduate student population which serves to promote interaction and involvement amongst all graduate students.

**Meetings:**

First meeting on January 19th at 11am in Arcola Tuscola room!

**Contact:** Elian Mackey, president, [emackey@eiu.edu](mailto:emackey@eiu.edu)

# Upcoming Campus Events

Williams Travel Grant .....	February 9th
The Graduate School Research/Creative Activity Grants .....	February 9th
The King-Mertz Distinguished Research/Creative Activity Award .....	February 23rd
Health Internship and Job Fair .....	January 29th
Job & Internship Fair .....	February 27th
Counseling Interview Day .....	February 23rd
CSA Days .....	February 25th and 26th
Annual Bonine Suicide Prevention Conference.....	March 27th

# Student Congrats!

Congrats to Menna and Min, second years on the school counseling track, for being the recipients of the Graduate School's Research and Creative Activity Award.



Menna  
Hendrick



Min  
Lee

# Faculty Excellence

Big congratulations Dr Yoder and Dr Timm for their receipt of the Achievement and Contribution Award (ACA) award in teaching and service, respectively.



Angela Yoder, Ph.D.  
Professor



Dianne Timm, Ph.D.  
Professor



Danessa Carter, Ph.D.  
Professor

Hip hip hooray to Dr. Carter for her receipt of the Student Impact Grant receiving \$1500.

Dr Spangler was the recipient of a 2023-2024 College of Education Developmental Grant for Faculty Research. Congratulations! Your project entitled "Self-compassion Coping Cards as Self-care Practice for Counselors-in-training." Way to go!

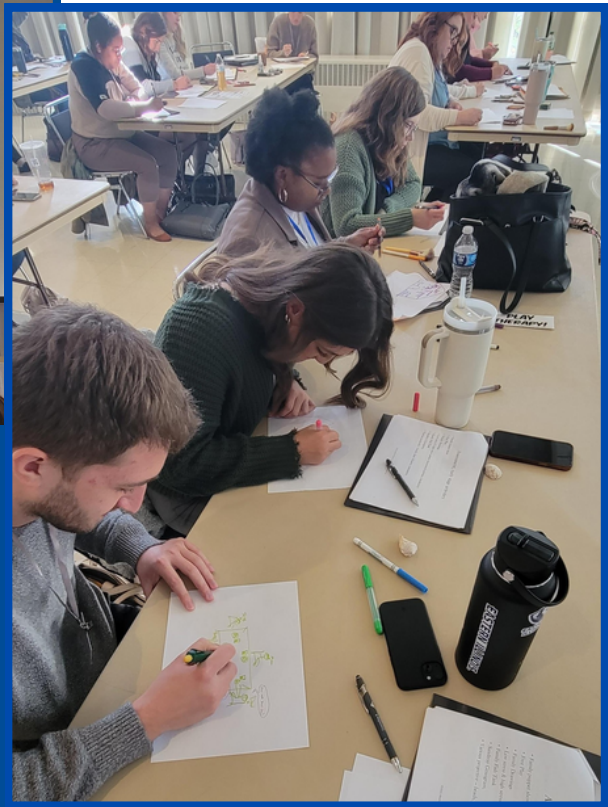


Paige Spangler, Ph. D.



# PLAY THERAPY CONFERENCE

The annual Play Therapy Conference took place on November 3, 2023. This conference had a great turn out uniting current students, alumni, and clinicians. The conference highlighted Family Play Therapy presented by Heather Maritano, LCSW, RPT-S, the founder of Inner Resources Counseling & Training. Heather was able to successfully present how to bind play therapy and family therapy within counseling.





# PROFESSIONAL ORGANIZATIONS

*Vital to any profession are the organizations it creates to further its standards, ethics, research, accreditation, and governance. Full-time students are offered membership at half price in any professional organization. Students are encouraged to join but are not limited to the following organizations:*

## Association for Play Therapy (APT)

The Association for Play Therapy (APT) is a national professional society comprised of professionals in all mental health fields across the world. APT has developed a brief video, Play Therapy Works!, that speaks to the value of play, play therapy, credentialed play therapists, and membership in the Association for Play Therapy.

For free student e-membership for Association for Play Therapy go to [https://www.a4pt.org/general/register\\_member\\_type.asp?](https://www.a4pt.org/general/register_member_type.asp?https://www.a4pt.org/)  
<https://www.a4pt.org/>

## American Counseling Association (ACA)

The American Counseling Association is the national professional association for counselors. ACA has been instrumental in setting professional and ethical standards for the counseling profession. The Association has made considerable strides in accreditation, licensure, and national certification. It also represents the interests of the profession before Congress and federal agencies. (ACA has 16 specialty divisions, which provide you with information and resources specific to your needs and interests.)

<http://www.counseling.org>

## American College Personnel Association (ACPA)

ACPA is headquartered in Washington, D.C. at the National Center for Higher Education. They are the leading comprehensive student affairs association that advances student affairs and engages students for a lifetime of learning and discovery.

<http://www.myacpa.org/>

## Illinois Counseling Association (ICA)

The Illinois Counseling Association is the state branch of the national association. The Association is an education, scientific and professional organization whose members are dedicated to the enhancement of the worth, dignity, potential, and uniqueness of each individual, and thus to the service of society. Members subscribe to the Ethical Standards of the American Counseling Association. (ICA has 8 divisions, which provide you with information and resources specific to your needs and interests.)

<http://www.ilcounseling.org>

## National Association of Student Personnel Administrators(NASPA)

NASPA's current mission is to serve student affairs administrators who work with students in higher education.

<http://www.naspa.org>



# Faculty/Department Telephone & Room Numbers

*The Department of Counseling and Higher Education is located in Room 2102, Buzzard Hall. Listed below are the faculty office numbers and emails. You should receive additional contact information directly from faculty in their respective course materials.*

CHE Office –	BH2102	581-2400	che@eiu.edu
C. Polydore (Chair)	BH2109	581-2400	cpolydore@eiu.edu
D. Carter	BH2104	581-2400	dacarter3@eiu.edu
J. Coleman	BH2121	581-2400	jkcoleman@eiu.edu
H. Larson	BH2114	581-2400	halarson@eiu.edu
R. Roberts	BH2117	581-2400	rlroberts@eiu.edu
P. Spangler	BH2115	581-2400	psspangler@eiu.edu
R. Tadlock-Marlo	BH2107	581-2400	rltadlockmarlo@eiu.edu
D. Timm	BH2105	581-5327	dtimm@eiu.edu
A. Yoder	BH2106	581-2400	amyoder@eiu.edu
W. Lane (Off. Mgr.)	BH2102	581-2400	wjlane@eiu.edu

#### Continuing Adjunct Faculty:

Bridget Roberts-Pittman	brobertspittman@eiu.edu
Lauren Christina	lechristina@eiu.edu
Rebecca Fogarty	rfogarty@eiu.edu

Further information regarding the Department of Counseling and Higher Education may be found on the department's website at [www.eiu.edu/che](http://www.eiu.edu/che)

## CHE RESOURCES

### CHE SNACK PANTRY

The CHE snack pantry needs a little help getting restocked for the spring. The pantry is located in the conference room (back near the door) and tea and coffee station. We understand that students can have acute nourishment needs sometimes. We ask that you satisfy your immediate needs only. For more long-term needs visit the [EIU Campus Food Pantry](#). You may also contribute to the snack pantry at anytime, by simply adding snacks of your choice to the baskets. Think about us when you are at your favorite supermarket. Enjoy!



### Policy for food and drink in CHE

NO food or drinks are allowed in the counseling labs (Rooms 2118-2126) and classroom BH2125.

### COVID INFORMATION





# STUDENT RESOURCES

## Booth Library Fall Hours

Monday - Thursday	8:00 am - 12:00 am
Friday	8:00am - 5:00pm
Saturday	9:00am - 5:00pm
Sunday	12:00pm - 12:00am

<https://www.eiu.edu/booth/welcome.php>

Booth Library also provides free printing services.

## Career Services

Career Services provides a variety of resources for students including creating resumes, job searching, interview strategies and more. 1301 Human Services [217-581-2412](tel:217-581-2412)

## Student Success Center

The Student Success Center assists with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. To make an appointment, call [217-581-6696](tel:217-581-6696)

## EIU Counseling Clinic

The Counseling Clinic offers individual and group counseling, emergency services, and resources. Human Services Building, 1st floor; [217-581-3413](tel:217-581-3413); for after-hours urgent support, call [1-866-567-2400](tel:1-866-567-2400).

## Online Mental Health Screening

Online, private screening tool for depression, anxiety, eating disorders, and alcohol and substance misuse. [www.ulifeline.org](http://www.ulifeline.org)

## Health Education Resource Center (HERC)

The HERC offers health programming in the areas of alcohol, tobacco and other drug prevention and education, flu and cold prevention and education, nutritional analysis and education, and sexual health education, in addition to other health-related topics. 2201 Blair Hall; [217-581-7786](tel:217-581-7786).

## Center for Gender and Sexual Diversity (GSD)

The GSD Center provides services such as the Trans\*formation Station, a large library, year-round programming, and a comprehensive Safe Zone Training program. Stevenson Hall, lower level; [217-581-7117](tel:217-581-7117).

## EIU Campus Food Pantry

The Campus Food Pantry is a means to support students and the campus community by alleviating barriers to consistent, adequate, and healthful food. Anyone with a Panther Card can visit the pantry two times per month. 1347 McAfee

## Student Legal Service

Student Legal Service can assist with off-campus housing issues, traffic violations, misdemeanor criminal offenses, municipal ordinance violations, and expungement. MLK Jr University Union Room 2420; [217-581-6054](tel:217-581-6054)

## Financial Aid and Scholarships

The Office of Financial Aid and Scholarships provides information and guidance to secure the necessary financial resources to meet educational goals and financial obligations to the university. Student Services Building East Wing; [217-581-6405](tel:217-581-6405), Fax: [217-581-6422](tel:217-581-6422), [finaid@eiu.edu](mailto:finaid@eiu.edu).

## Gregg Technology Center

Student Technology Training (STT) at the Gregg Technology Center (GTC) offers training sessions for students in iMovie, iPhoto, GarageBand, iWeb, Final Cut Express, Photoshop, Dreamweaver, InDesign, Adobe Acrobat and MindView. For information about each session or to register, visit [www.eiu.edu/stt](http://www.eiu.edu/stt), then click on "Register" on the left navigational panel.



# Looking Forward to New Doors Opening

## Notes to the Second Years

~Your CHE Faculty

Welcome to your Senior Year! I am so proud of all of you. You have grown so much since Fall 2022. I am so excited to be able to spend time with you in the Addictions class. You are all brilliant, critical thinkers and I am looking forward to having lots of amazing discussions. Remember that you are in the last few miles of this marathon. Take care of yourselves. Cherish the moments, even when they are stretching you. You are going to do amazing work this semester and I can't wait to watch it!!! **-Dr. Carter**

You did it! You are here, at this moment, the final leg of a dream once imagined, now almost fulfilled. And you did it with style. Be proud of yourself, pause for a moment and take in the impending reality. You have chosen a career of service, the noblest. I am so proud of you. Go forth and make ripples. **-Dr. Polydore**

“Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal.”  
From Kerry Washington “Your life is your story and the adventure ahead of you is the journey to fulfill your own purpose and potential.” **-Wendy Lane**

You are one semester away from trading your textbooks for a cap, gown, and hood!! You've survived late-night study sessions, summer internship, the NCE, and now it's about to pay off in the best way! Your passion, dedication, and relationships have brought you to this point. Now, your superpowers are about to be unleashed on the world. Remember that's what you have, superpowers. You've built relationships, learned from your wise mentors, and have developed that sixth sense for when someone just needs a listening ear. Take a deep breath, enjoy the ride, and appreciate the difference you're making - not only in the lives of your clients, but in the lives of each other and ours. I am so proud of ya'll! Congrats on being one step closer to turning all those dreams into a reality. The counseling profession is about to get a whole lot brighter! **- Our Lauren Christina**

Embrace each moment in this final semester - enjoy the time with your classmates, faculty, friends, and family. Time passes quickly so make the most of it!

**-Dr. Timm**

Hello second years, look how far you have come! All of you have faced different challenges on your path and it is often the most meaningful work that comes with obstacles. Make sure to acknowledge what you have accomplished thus far. You have continued to push through towards your goals. I have been so impressed by your energy, determination, spiritedness, and commitment to create positive change in the lives of others and the world. I cannot wait to see your smiling faces when you graduate! I will be smiling back likely through tears of joy. Keep up your hard work on your studies and your hard work on your self-care. We are rooting for you! **- Dr. Spangler**

“I am very excited to have all of you in class this semester! Remember to enjoy this experience as it will go fast, make meaningful connections and challenge yourself to do hard things! You got this!!” All the best,  
**-Dr Larson**

From "The secret life of Walter Mitty": “To see the world, things dangerous to come to, to see behind walls, draw closer, to find each other, and to feel. That is the purpose of life.” **-Dr. Roberts**

# Looking Forward to New Doors Opening

## Notes to the Second Years

~Your CHE Faculty

Dear seniors (AKA 2nd years),

Remember your interview day nearly 2 years ago? Can you recall the feelings you had? The hope you had to get accepted into the program and to begin your dream of becoming a counselor? The desire to do this incredible work we call counseling was so strong! Remember the feeling you had when you got "the call?" It was a time of such possibility and excitement! Isn't it funny how our minds forget these moments as we turn our focus to the stressors of the work we do? We begin to focus on the challenges and barriers and often forget why we wanted to do this in the first place! I'd like to invite you to re-visit that moment in time with me and soak in the feelings of hope and possibility within you. Your "why" was a powerful motivator for the journey you were beginning to embark upon. And here you are at the end of your program. You are a different person now than you were back then. You are no longer the same, having gone through a process of transformation over the past year and a half. You have experienced both challenges and triumphs, joy and pain, love and loss, comfort and discomfort. You've had to take a look at your past, your present, and your future. This has not been an easy task, but things worth having are rarely easy. The meaning we attach to our work is one of the main mediators of the stress we experience. It doesn't remove the stress, but it does help us perceive the challenges as being worth it giving us the stamina to withstand the pressure. I want to invite you to reacquaint yourselves with your purpose in life, your "why"... the reason you are here. The work you do each day has a meaningful impact on the world, and each of you, whether school or clinical track, brings your own special gifts and expertise to a world that desperately needs them. Once you are plugged into your mission in life, you will find the inevitable challenges of both life and graduate school easier to manage, with the added benefit of warding off a potential case of "senioritis." 😊 Please know that your faculty and departmental staff "see" you. We see you sharing your talents and knowledge each day with others and we are so proud of you and the good work you do in the field. Now, go forth and continue the good work you have started and finish strong!

Blessings,

**-Dr. Yoder**