



Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

Mu Chi Alpha Chapter of Chi Sigma Iota

Winter 2019

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Our chapter includes current students, alumni, and faculty. We focus on promoting excellence in the profession of counseling and hope to get members more involved in professional development, community engagement, wellness, and more.

With 97 active members, Mu Chi Alpha is considered a large chapter. Our Facebook group, Mu Chi Alpha of Chi Sigma Iota, has 48 members. We'd love for you to join us on Facebook:

<https://www.facebook.com/groups/muchialpha/>

Messiah College, Grantham, Pennsylvania, Established in 2012

Our mission is to promote scholarship, research,
professionalism, leadership, advocacy,
and excellence in counseling,
and to recognize high attainment in the pursuit
of academic and clinical excellence in the profession of counseling.

- CSI Mission

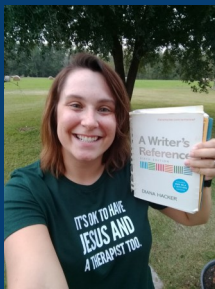
Fundraising

During the Fall 2019 semester, Mu Chi Alpha completed two successful fundraisers.

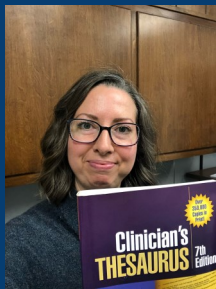
Your Professor's Favorite Books

Gently used books donated by counseling faculty members were offered for sale at a flat fee of \$15.00 to students, alumni, and field experiences site supervisors.

Thirteen out of nineteen titles sold, which after accommodating for some shipping expenses, raised the chapter over \$150.00.



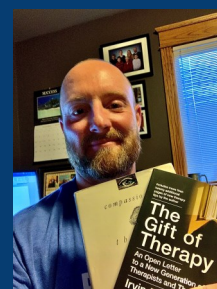
Allison Pace



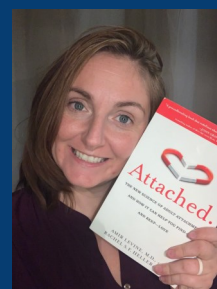
Elizabeth Yoder



Lisa Garcia



Jeremy Eastman



Sophie Simon



Iris Kish

Mu Chi Alpha T-Shirt Sale



The profits from the T-Shirt fundraiser reached \$250.00, including two additional kind donations for a total of \$70.00. During the week of intensives, you will have one final chance to purchase a T-shirt at the price of \$29.00 and support Mu Chi Alpha.

Upcoming Events



Toys for Tots

Please join Mu Chi Alpha in collecting toys and donating them to your local Toys for Tots bin this holiday season!

Be sure to send a selfie of your toy to Kayla Bowman, community engagement chair, at kb1571@messiah.edu by December 20th to be included in our next newsletter!

Bible Study

Starting in January, Mu Chi Alpha will host a bi-weekly Bible Study Group that all graduate students are welcome to attend. Please watch your email for a flyer about this upcoming group!

Business Meetings 2020

Mondays, January 20th, March 23rd, 7-8:30 PM

We'd love for you to join us!

January Intensives

Mu Chi Alpha will be hosting two events during the January intensives:

- Mu Chi Alpha student leaders and officers will be at TJ Rockwell's (896 W. Grantham Rd, Mechanicsburg) on January 5, 2020, between 6-8PM. Anyone who wants a chance to grab a bite and chat with fellow counseling students is welcome to stop by.
- Stop by Mu Chi Alpha's dessert & raffle table between 4-6PM on Thursday, January 9, 2020. Location: Boyer, third floor.

Conferences

American Counseling Association

The 2020 annual conference of the American Counseling Association (ACA) will be held in San Diego, California from April 16 to April 19. This is an amazing opportunity to learn and network. At least four students have shared their plans of attending the event, including two who have applied to the Student Volunteer Program.



Are you going? Please reach out to Susan Talbott, our Social Events Committee Chair. We would love to connect all Messiah representatives in San Diego!

Chi Sigma Iota Pennsylvania Statewide Conference

10 Years of Excellence: Honor, Empower, Lead

Saturday, April 25, 2020, 8:00AM-5:00PM

Shippensburg University

1871 Old Main Drive, Shippensburg, PA, 17257

Keynote Speaker: Dr. Amanda LaGuardia

[Register here!](#)

CSI in Action

Minds Matter Anxiety Discussion Event

On September 25, 2019 Dr. Maya Georgieva, Stacey Morgan, and Patricia Kreider took the opportunity to join Minds Matter, a Messiah undergraduate mental health club, to discuss the topic of anxiety. During their time together, they were able to

talk about the different kinds of anxiety, healthy vs. unhealthy anxiety, and strategies students can use when they are feeling anxious.



Congratulations!

The Messiah College Counseling Graduate program is well-represented by faculty members serving as President-Elect of their state counseling associations.



Stephen Kuniak, Pennsylvania



Asha Dickerson, Georgia



Carol McGinnis, Maryland



Michael Jones, Arkansas



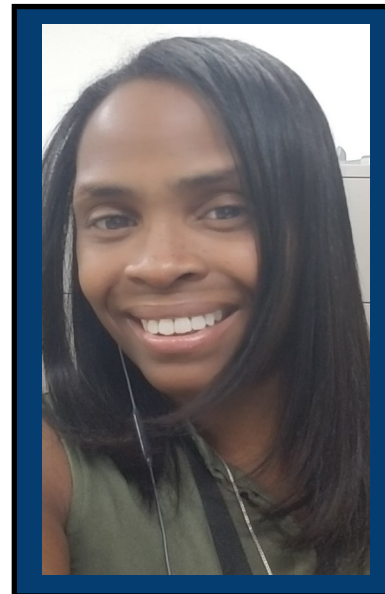
Stephanie Navratil, a student in the Clinical Mental Health Counseling track, was awarded a scholarship to attend the American Mental Wellness Association national conference in Camp Hill, PA, on November 21.

Alumni Spotlight

Page 6

In each newsletter, the Professional Members/Alumni Committee of Mu Chi Alpha will be highlighting one of our very own alumni/professional members as a way of getting to know recent Messiah grads and learning more about how to stay involved post-graduation.

This month, we're featuring Atiya Pope, Messiah Clinical Mental Health Counseling graduate from August 2019. Atiya also serves as the Mu Chi Alpha Professional Advocacy Committee Chair.



Tell us a little about yourself!

My name is Atiya and I am a wife of 22 years and mother of four. I am currently working as a Clinician at Children's Crisis Treatment Centers in Philadelphia working with children ages 3-13. I recently graduated August 2019.

What excites you about being a Messiah graduate?

The fact that I truly felt prepared to enter the mental health field and that with the right training, I am going to be able to bring mental health awareness to everyone. I feel as if this program has helped me to understand that I won't be able to enact change everywhere, but doing my part can help others pay it forward.

What do you like most about being an Alumni/Professional Member of the Mu Chi Alpha Honor Society?

This organization encompasses everything the mental health field stands for in addition to the service to the counseling field. Being inducted into this organization means that mental health counselors are recognized for their individual contributions to the field while being of service where others may not have had the chance.

Why is it important for alumni/new professionals to stay engaged in Mu Chi Alpha Honor Society?

It is important for alumni and new professionals in the mental health field to stay engaged with this Honor Society because as professionals we keep abreast of all changes but also to give assistance to those counselors who are new as well as those who are seasoned through mentorship.

What advice would you give our current student Mu Chi Alpha members?

Going through this program can be challenging (I never say difficult because challenges can be met or overcome. It's the reframing I teach my clients, adults and children) but lean on your fellow colleagues and take advantage of your resources and never stop learning. It can only enhance your abilities and it's a lesson I have learned in my short time since graduation that this field is consistently evolving and we must be prepared to help our clients.

For a little holiday joy... hot chocolate or hot apple cider?

Hot chocolate with lots and lots of marshmallows!

Alumni, is your membership current? Did you know that you can stay involved in the Messiah Mu Chi Alpha chapter as a registered Professional Member? You'll stay up to date with advocacy, continuing education, social events, and more. Log into csi-net.org to see if your membership is still current/renew your membership, or email Hannah Thomas (Professional Members/Alumni Committee Chair) at ht1206@messiah.edu to confirm your status.

Scholarship

Please consider applying for the Sarah Kaufman Scholarship next year. This year's deadline was October 13, 2019. No applications were submitted.



About the scholarship

Sarah Elizabeth Kaufman was a member of Chi Sigma Iota from 2015 until 2019. She was an excellent student in the graduate counseling program at Messiah College and faithfully served the Pennsylvania Counseling Association (PCA) as a volunteer during the course of several years. She passed away unexpectedly in April 2019, a month before she was scheduled to graduate. We hope that this scholarship will honor her legacy and inspire more counselors-in-training to pursue excellence in the profession. One student of the

Graduate Program in Counseling at Messiah

College will receive a reimbursement check in the amount of \$178 upon providing documentation for their paid PCA student membership, student member conference registration fee, and conference attendance.



Mentoring

MU CHI ALPHA CHAPTER

Mentoring Opportunity

On behalf of Mu Chi Alpha, we would like to extend you the opportunity to become a mentor in the graduate counseling program. The purpose of the Mentor Program is to enhance the online culture of Messiah's counseling program by connecting new students with current graduate students and alumni. This not only enhances the online culture of Messiah's Counseling Program but is also an opportunity to network with others and exercise leadership as a role model. We have a lot of exciting ideas for building this program, but first, we need mentors!

Who can be a mentor?

Alumni, Mu Chi Alpha members AND nonmember graduate counseling students

What are the qualifications?

Interested mentors including alumni, students who are in field experiences or have already completed a field experience are eligible to be a mentor.

When can I start mentoring?

The [application](#) deadline is January 16, 2020. Interested candidates should fill out the attached mentor application. Mentors will be contacted with next steps in mid-late January upon approval.

Where will I connect with my mentee?

Once pairs are established, you will be able to connect with your mentee via email to establish an connection prior to our zoom meeting.

How much of a commitment does this entail?

One email contact with mentee

Attendance of one group meeting with other mentee/mentors via Zoom to help acclimate them to the counseling program, answer questions, network, etc.

For additional questions or concerns, please contact Mu Chi Alpha's Mentoring Committee Chair:

Cheyenne Natale cn1224@messiah.edu

Volunteer Board

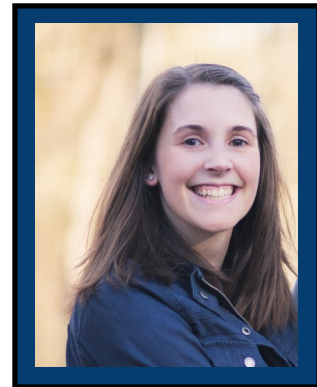
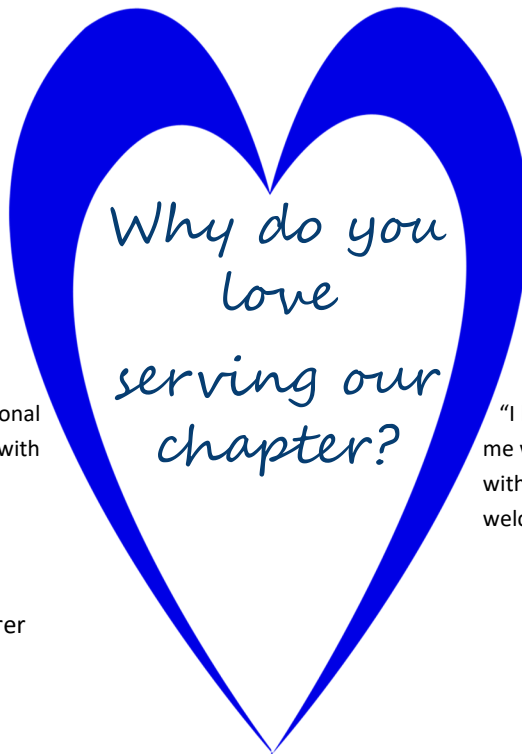
Meet our 2019-2020 Volunteer Board



Stacey Morgan, Past President

"Serving our chapter gives me a professional outlet in which to network and connect with others in my field."

Jordana Blumenfield, Treasurer
(not pictured)

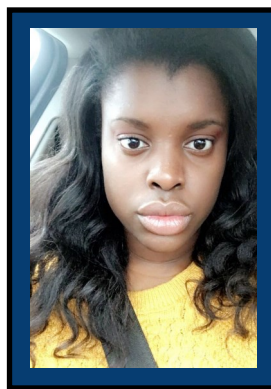


Patricia Kreider, President

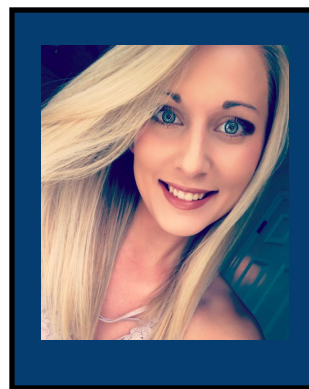
"I love serving Mu Chi Alpha because it provides me with the opportunity to create connections with other Messiah graduate students and help welcome new students into the program."



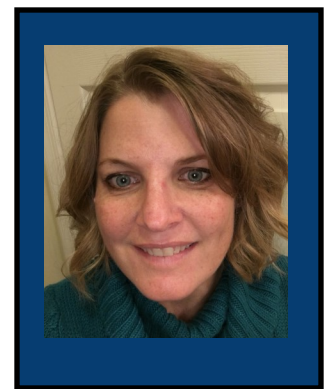
Kayla Bowman
Counselor Community
Engagement Committee
Chair



Djola McGowan
Web Presence
Committee Chair

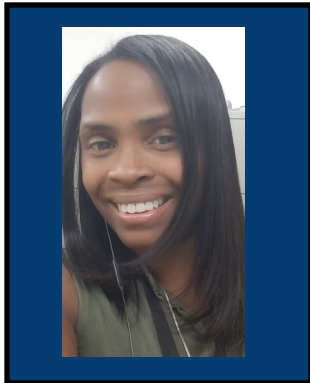


Cheyenne Natale
Mentoring
Committee Chair



Jen Sheffe
Newsletter/Publications
Committee Chair

Volunteer Board



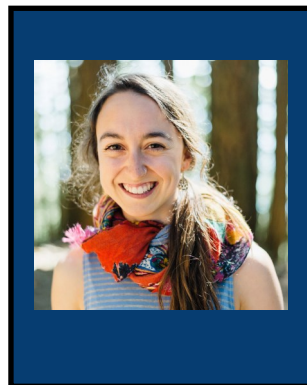
Atiya Pope
Professional Advocacy
Committee Chair

"Serving this chapter had made me realize the importance of advocacy and how it is important for us as counselors and for our clients."



Emily Layman
Professional Development
Committee Chair

"Serving our chapter provides an opportunity for further connection and continued growth as a counselor-in-training."



Hannah Thomas
Professional Members/Alumni
Committee Chair

"Serving our chapter brings me a greater sense of connection to the Messiah community and helps me feel like I am doing my small part to support the whole!"



Susan Talbott
Social Events
Committee Chair



Dr. Leah Clarke
Chapter Faculty Advisor



Dr. Maya Georgieva
Chapter Faculty Advisor

"Students and advisees become peers and colleagues."



Eligibility requirements

- 24 Completed credits
- Minimum of 3.5 GPA
- Good academic standing

Mu Chi Alpha will be looking for new volunteer committee chair and president to lead the organization starting in April 2020. If you have any questions about what is entailed as a committee chair, please email Patricia Kreider at pm1224@messiah.edu.