



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

Mu Chi Alpha Chapter of Chi Sigma Iota

Spring 2020

Contents

About CSI, Mu Chi Alpha, p. 1
Upcoming Events, p. 2
Ways to Connect, p. 3
Conferences, p.4
T-Shirt sale, p. 4
CSI in Action, p. 5-6
Congratulations, p. 7
Alumni Spotlight, p. 8
Wellness Week, p. 9
Volunteer Board, p. 10



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

Eligibility requirements

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

Upcoming Events

International Counseling: Mu Chi Alpha's Web Event



April 4, 2020, 9 am – 1 pm

The Messiah College Graduate Program in Counseling and Mu Chi Alpha, Messiah College's Chi Sigma Iota chapter, are hosting a web event on international counseling. We hope that you will join us and attend one or more of these interactive sessions. Attendees will be eligible to receive NBCC hours. Register [here](#).

Event Schedule

9:00 - 9:15 Welcome

9:15-10:15 Counselors Abroad: Challenges and Opportunities, Leah Clarke, Ph. D.

10:25-11:25 Counseling Immigrant Clients and Refugees in the U.S., Marcelle Giovannetti, LPC

11:35-12:35 Cultural Immersion of Counselors-in-Training, Maya Georgieva, Ed. D.

Upon registration, attendees will receive three Zoom links to access each session.

Registration fee: \$45.00

Special registration rates: Mu Chi Alpha members, current Messiah site supervisors (since January 2019), Messiah counseling students, and Messiah graduate counseling faculty.

Messiah College-Graduate Program in counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4563. Programs that do not qualify for NBCC credit are clearly identified. Messiah College – Graduate Program in Counseling is solely responsible for all aspects of the program.

Questions about NBCC hours or ACEP status can be referred to:

Leah Clarke, Messiah College

One College Avenue, Suite 4505, Mechanicsburg, PA 17055

717-796-1800 x2109, lclarke@messiah.edu

Graduate Counseling Website For Messiah College - Counseling Graduate Program's

Complaint & Confidentiality Policies, please refer to [our website](#). Complaints will be reviewed by the certification liaison and reported to NBCC.



Get Connected

Join our Mu Chi Alpha Google Classroom!



Mu Chi Alpha is piloting a Google Classroom to be used to help mentors/mentees, students, and alumni connect. We hope that these classrooms can be utilized to support networking, finding jobs/internships, sharing regional conferences and events, and more. The classroom is broken up by region to help students connect with classmates who may be a bit more local to them, all in the name of building community at Messiah.

Join our classroom with the following classroom code: 5wr6ulp

How to Join:

You will need to use your personal Gmail account to join. Unfortunately, Messiah email accounts will not be accepted.

Steps to joining the classroom:

- Go to google.com.
- Search for Google Classroom.
- Click on the website link, and log onto your personal Gmail account.
- In the top right hand corner, you will see a + sign. Click on it and you will see the options to join a class or create a class.
- Click on "join a class" and you will be prompted to insert the class code.
- Once you enter the class code, you hit "join" and you should be directed to the home page of the classroom.

If you have difficulties joining the group or have any questions, please email pm1224@messiah.edu or ht1206@messiah.edu and our administrators can invite you to the class personally.

We hope you'll join us in piloting this new, region-centric forum to help build Messiah connections.



Mu Chi Alpha Bible Study

Feeling stressed?
Need a place to reconnect?
Join our next Bible study,
April 19th, 8:00 PM, EST
Sessions usually last 30 minutes
For more information,
contact Patricia Krieder
pm1224@messiah.edu

Mentoring Program

We are continuing to promote this program for our new graduate counseling students, so please spread the word!

Our next meeting is scheduled for April 26th at 8:00pm-9:30pm.

The zoom link is <https://messiah.zoom.us/j/743302840>

Conferences

American Counseling Association

The 2020 annual conference of the American Counseling Association (ACA) originally scheduled from April 16 to April 19 in San Diego, CA, is cancelled.

[Click here for more information.](#)

CSI Days

Originally planned as part of the ACA Conference schedule, CSI Days will be conducted online. [Click here for more information.](#)

Chi Sigma Iota Pennsylvania Statewide Conference

This conference, originally scheduled for April 25, 2020, has also been cancelled.

T-Shirt Sale



Don't miss your last chance to purchase a super soft Messiah College T-Shirt for \$29!

Still available:

"Tell me more": two L and one XL

"Blessed": one M, one L, and one XL

For more information, email Dr. G at mgeorgieva@messiah.edu.

CSI in Action

Advocacy Initiative

On December 17, 2019 Mu Chi Alpha members were invited to take a minute and advocate for the counseling profession by supporting the Counseling for Career Choice Act of 2019, H.R. 5092.

<https://www.votervoice.net/BroadcastLinks/Vr8FP527sqJlwBQyyBnucQ>

The deadline to show support was Friday December 20, 2019. The members who participated were entered into a raffle for a self-care journal. Katelyn Lee, Susan Talbott, and Pam Shields received these beautiful self-care journals.



Toys for Tots

Thank you to all the Mu Chi Alpha members who donated to Toys for Tots during the month of December.

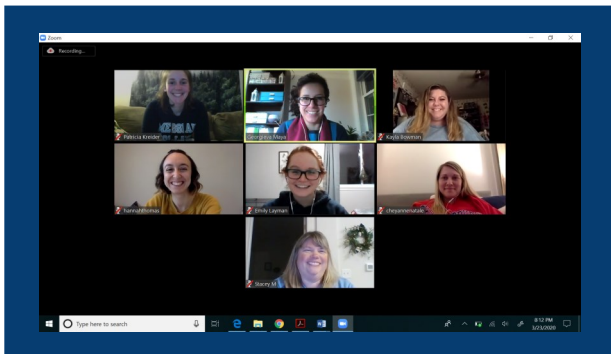


CSI in Action

Dessert Table and Book Raffle



Mu Chi Alpha organized a fun social event for the counseling students attending the January 2020 intensives on campus. Susan Talbott, Social Events Committee Chair, provided a variety of candy for everyone's taste. The dessert table also featured intentionally selected titles for a counseling book raffle and copies of the Winter 2019 newsletter. Mu Chi Alpha president, Patricia Kreider attended the event and brainstormed ideas for the new year with Chapter Faculty Advisor, Dr. Georgieva.



Mu Chi Alpha Business Meeting

Congratulations!

Page 7

Best wishes to December 2019 graduates



Jordana A. Blumenfield
Kayla Marie Bowman
Christopher Edward
Brittingham
Heather Jean Daneker
Janson Riley Eggerton
Kevia Figueroa
Amanda Kathryn Foxwell
Johanna Marie Garbrick
Christina Hiester
Emily M. Holland
Katlyn Holmes

Sharia Octavia Mapp
Cheyanne Christine Natale
Cheyanne Lynn Ort
Alexandra E. Paino
Roselyn Pirela
Debra Renee Rock
Stephanie Jan Sammons
Corryn Rebecca Vento
Dwayne C. Wright
Cyana Rose Wulfers
Elizabeth Virginia Yoder

Mu Chi Alpha Induction Ceremony

In response to the necessity for social distancing,
this year's Mu Chi Alpha induction ceremony will be
completely online.

May 9, 2020, 10:00AM-11:30AM



Alumni Spotlight

Page 8

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 Patricia Krieder.

Tell us a little about yourself!

My name is Patricia Kreider and I graduated from Messiah College in May of 2019. I am currently a substitute school counselor in the Carlisle Area School District working with high school students and then I will be transitioning to middle school in March. In addition to working, I am also the President of Mu Chi Alpha. I have been married for two years, and my husband and I live in Camp Hill, PA. I am an aunt to 3 nieces and 1 nephew who I enjoy spending time with on the weekends when we visit our family. Things that I enjoy doing in my free time are reading, camping, hiking, fishing, and playing pickleball.



What excites you about being a Messiah graduate? I am excited to be a graduate of Messiah because I had the opportunity to experience an amazing counseling program that prepared me to be an efficient and effective school counselor in the field. I was also excited to graduate from Messiah because my husband, his parents, and siblings all graduated from Messiah College, so I was excited to join the Messiah graduate crew. I am also grateful for the program because I was able to establish lasting friendships with classmates that I went through the program with.

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

Alpha Honor Society? I have enjoyed connecting with current students, as well as other alumni students through the different events that Mu Chi Alpha hosts, such as intensive week events, online bible study, and the mentor program. In addition to reaching current graduate students, we have also been able to work with Minds Matter, an undergraduate organization, that focuses on mental health awareness. I also enjoy being an alumnus because it provides me with the opportunity to give back to the program that helped me start my career as a school counselor.

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

Honor Society? It is important to stay engaged with Mu Chi Alpha because there are many opportunities for you to share your area of expertise with current graduate students, as well as undergraduate students who attend Messiah College. It is also valuable to stay connected because you can establish connections with other alumni students who are in the same field or in a different field that you are interested in learning about.

What advice would you give our current student Mu Chi Alpha members? My advice would be to be engaged in the society because it is a student-run organization that relies on graduate students to make the chapter function. It truly is a great organization to volunteer for and be a participant in.

What is your favorite study snack that got you through grad school?

I did not often snack, but when I did it was mini M & M's because you could eat more at one time.

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.

Wellness Week

It's important to keep an eye on self-care, especially during such a globally uncertain time. Mu Chi Alpha board members share their self-care tips for a week of wellness!



Monday I encourage our members to start every day with a favorite routine. Mine includes yoga, reading, journaling and meditation/prayer. —Dr. G.

Tuesday My tip for wellness week would be to spend some time doing something that relieves stress/anxiety, like coloring, painting, drawing, reading magazines/books, or any other activity that distracts your mind. —Stacey Morgan

Wednesday My wellness tip is about hydration! When stressed, it can be so easy to forget to put water into our bodies. Even the simple act of taking a drink of water can become a much-needed invitation for ourselves to slow down, be present, and make our cells a bit happier. So grab yourselves a mug of tea, a water bottle, or whatever floats your boat and drink up! —Hannah Thomas



Thursday My wellness tip is to stay connected with supportive friends and family members, or try calling people you haven't talked to in a while. Pets can also be a fun distraction and comfort that can keep you active. —Emily Layman

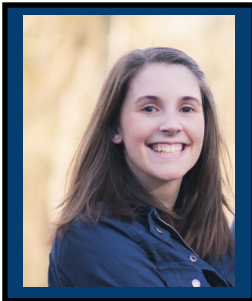
Friday Hi all, my wellness tip is to utilize technology and meditation apps such as Headspace, Breethe, and Calm. Each of these apps have great guided meditations to make you feel more at ease! —Kayla Bowman

Saturday My tip for Wellness Week is to think about or journal about "What were the blessings in my life last week and month?" and "What am I grateful for right now?" — Patricia Kreider

Sunday My tip for wellness week is to create a self-care plan. Dedicate a particular time of day to practice an activity that makes you feel good, physically, spiritually, or mentally each day to help prevent feelings of burnout.

—Cheyanne Natale

Volunteer Board



Patricia Kreider served as 2019-2020 President

THIS POSITION IS AVAILABLE FOR THE 2020-2021 YEAR

President

(Picture not available)

Jordana Blumenfield
Secretary/Treasurer



Dr. Leah Clarke
Chapter
Faculty Advisor



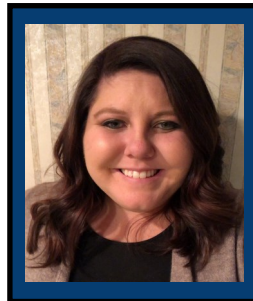
Dr. Maya Georgieva
Chapter
Faculty Advisor

THIS POSITION IS AVAILABLE FOR THE 2020-2021 YEAR

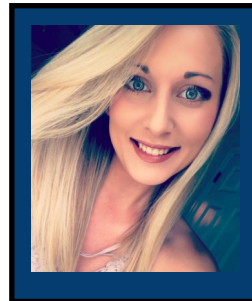
Counselor Community
Engagement
Committee Chair

THIS POSITION IS AVAILABLE FOR THE 2020-2021 YEAR

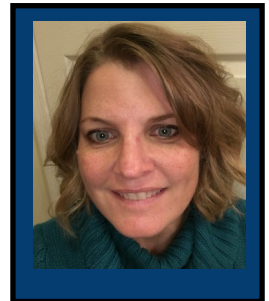
Web Presence
Committee Chair



Kayla Bowman
Mentoring
Committee Chair



Cheyenne Natale
Mentoring
Committee Chair



Jen Sheffe
Newsletter/
Publications
Committee Chair

THIS POSITION IS AVAILABLE FOR THE 2020-2021 YEAR

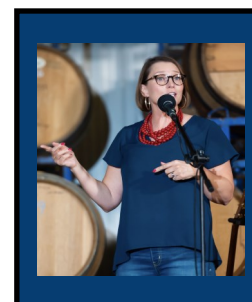
Professional
Advocacy
Committee Chair

THIS POSITION IS AVAILABLE FOR THE 2020-2021 YEAR

Professional
Development
Committee Chair

THIS POSITION IS AVAILABLE FOR THE 2020-2021 YEAR

Professional
Members/Alumni
Committee Chair



Susan Talbott
Social Events
Committee Chair

Are you willing to serve our chapter?

If you have any questions about what is entailed as a committee chair, please email Patricia Kreider at pm1224@messiah.edu.