



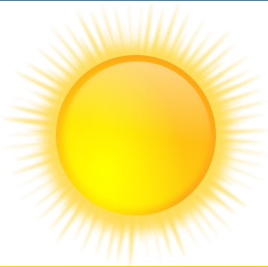
Counseling Academic &  
Professional Honor Society International  
Member, Association of College Honor Societies

## Mu Chi Alpha Chapter of Chi Sigma Iota

Summer 2020

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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 106 active members, Mu Chi Alpha is considered a large chapter. Our Facebook group, Mu Chi Alpha of Chi Sigma Iota, has 76 members. We'd love for you to join us on Facebook:

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

*Messiah University, 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

# Get Connected

## Mentoring Program

Have you heard about our mentoring program? We believe it is important to connect students with peers and professionals to maximize opportunities for growth and encouragement all around. To this end, we have a list of mentors available to meet with students one-on-one via zoom.

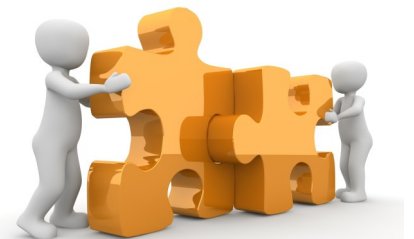


In addition, sometimes we share experiences via zoom meetings as a group of mentors/mentees. It is a great way to build your peer network, normalize the graduate school experience, and benefit from lessons learned by others!

If you would like to have a mentor, or if you are already in field experiences and would like to be a mentor, please reach out to Cheyanne Natale ([cn1224@messiah.edu](mailto:cn1224@messiah.edu)) or Kayla Bowman ([kb1571@messiah.edu](mailto:kb1571@messiah.edu)) for more information.

## Bible Study

Watch for announcements about our Mu Chi Alpha Bible Study starting up again in the fall!



**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](http://csi-net.org) to see if your membership is still current/renew your membership, or email Christina Crouse (Professional Members/Alumni Committee Chair) at [cc1426@messiah.edu](mailto:cc1426@messiah.edu) to confirm your status.

# Conferences



## Pennsylvania Counseling Association

Innovation and Creativity in the Counseling Relationship

October 2-4, 2020

This year's conference will move to a virtual platform due to COVID-19.  
Register here: <http://www.pacounseling.org/aws/PACA/pt/sp/conference>

# Scholarship

## The Sarah Kaufman 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 University 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.

Please write a two-page double-spaced essay to explain why you should be considered for the Sarah Kaufman Scholarship. Provide a compelling argument by explaining how attending the PCA annual conference (which will be held virtually on October 2-4), will support your professional development. In your essay, you may refer to the Chi Sigma Iota (CSI) mission and provide any additional information that supports your argument.

CSI Mission: 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.

Email submissions to Dr. Maya Georgieva at [mgeorgieva@messiah.edu](mailto:mgeorgieva@messiah.edu) no later than 5:00 pm on Friday, September 11, 2020. All applicants will be notified of the reviewers' decisions by September 18, 2020.

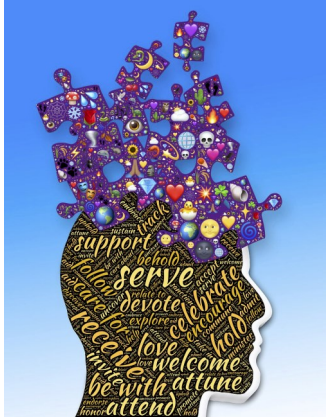
*Unfortunately, this scholarship remained unawarded last year because no one applied for it.*

*Please consider submitting your application so you can benefit from this great opportunity!*

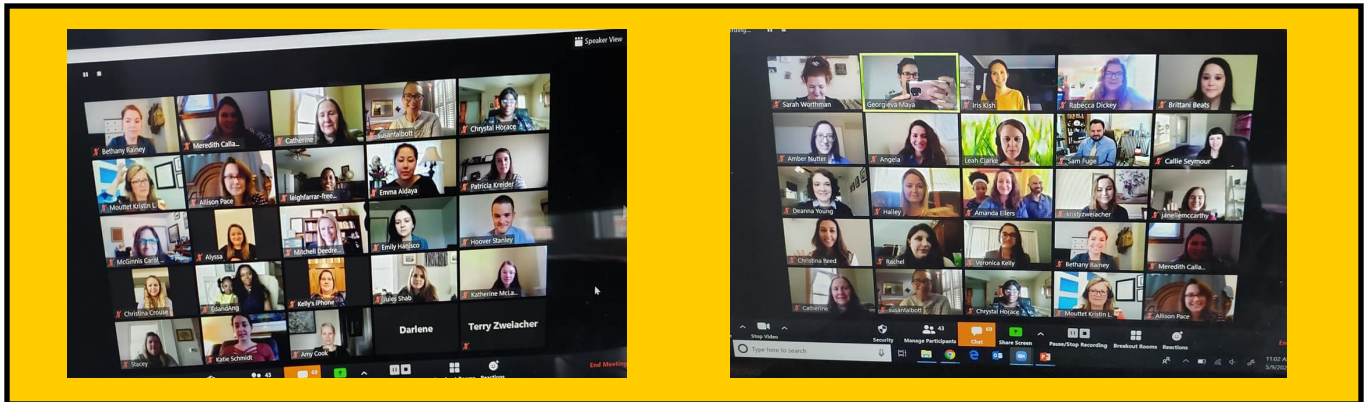


# CSI in Action

## Initiation



On May 9, 2020, we welcomed 41 new members! We had so much fun sharing this special moment with each and every one of them. Dr. Leigh Farrar Freeman served as our guest speaker this year. She shared words of wisdom and encouragement with the new initiates. Her key message was about saying “Yes” to new opportunities. The event concluded with the presentation of the new leaders and officers.



## Spreading Sweet Cheer

We had extra candy left over from our January Intensive event and wanted it to bless someone! Because the Minds Matter student leaders are not on campus this Summer, we donated the candy to Messiah Village, a retirement community in Mechanicsburg. Dr. Georgieva was able to give it to Evie Telfer, Pastor of Residential Living at Messiah Village. She used to work at Messiah College's student ministries. She was very happy to receive the donation and said she will share with some of the volunteers at the facility.

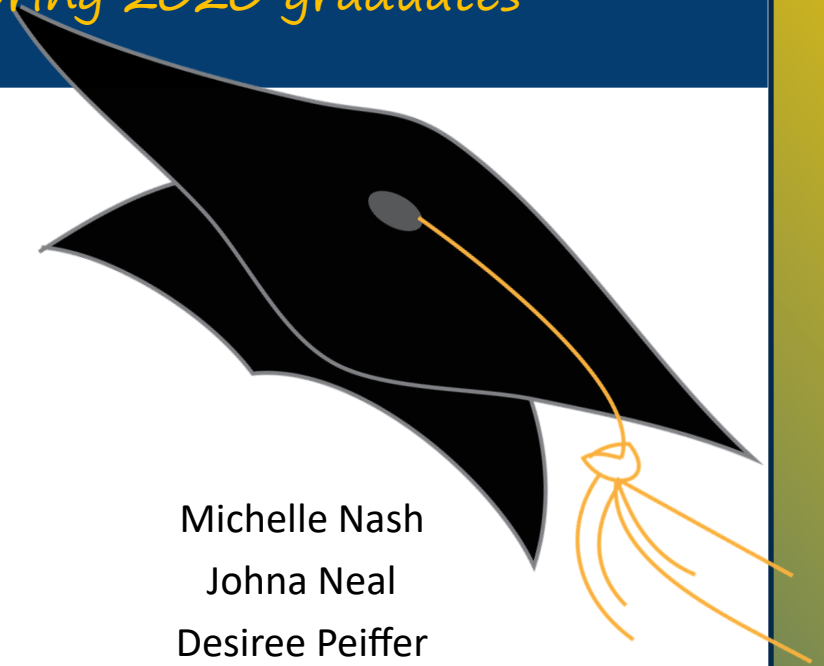


# Congratulations!

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## *Best wishes to Spring 2020 graduates*

Christina Beier  
Sandra Berry  
Brittany Block  
Yanira Briceno  
Leticia Chaparro  
Stacy Clarke  
Yesenia Costa  
Jesse Dukes  
Amy Falvo  
Jodi Fox  
Lisa Garcia  
Stefanie Goggins  
Abigail Harold  
Jason Holtgrewe  
Cami Hurst  
Ellen Imboden  
Emily Layman  
Michelle Lindquist  
Lucas Maimburg  
Michael McGuinness  
Alexandra Moore  
Amanda Murray

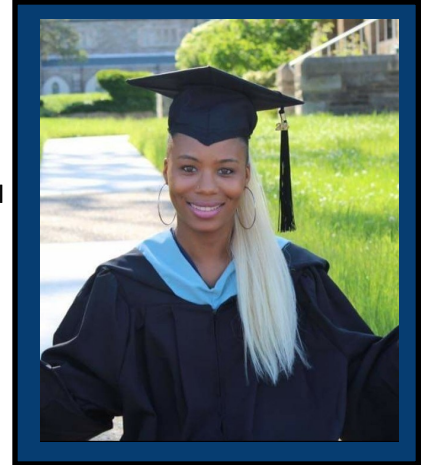


Michelle Nash  
Johna Neal  
Desiree Peiffer  
Amanda Petrucci  
Caren Sabol  
Stefanie Scarborough  
Lisa Shenk  
Pamela Shields  
Katie Snook  
Hannah Thomas  
Ronald Thorsen  
Caroline Triscik  
Amy Varmecky  
Ann Wald  
Robyn Whitaker  
Lindsey Wommer

# YOU DID IT!

# Alumni Spotlight

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 Sharia Mapp.



*Tell us a little about yourself!* My name is Sharia Mapp and I am a December 2019 graduate of Messiah College in the School Counseling track. I am currently still looking for a great counseling position, particularly in an elementary school. I live in Upper Darby, PA, with my wife, dog, and cat! One thing I love to do is sing and that is one thing I hope to take with me to the school I get hired at. I hope to be able to work with students who like music like I do.

*As a recent Messiah grad, can you reflect a little bit about the program? Share some things you wish you knew while you were in the program or things that were particularly beneficial about your experience at Messiah.* The counseling program at Messiah was very informative. I loved that even though we are completing the degree online, there is still a chance to be able to get hands on experience, which was great! One thing I wish I knew more about was the certification process, but once I asked about it, I was able to get all the information I needed. My experience at Messiah was exceptional!

*You worked very hard throughout your graduate program. What does it mean to you to be a part of a professional organization such as Mu Chi Alpha?* It means a lot to be a part of Mu Chi Alpha! It takes a lot to get the good grades to even be part of an honor society like Mu Chi Alpha. It is also great to be able to learn from such great, experienced people about the counseling field as a whole. I love that I am able to stay current on the important topics in the counseling world as well.

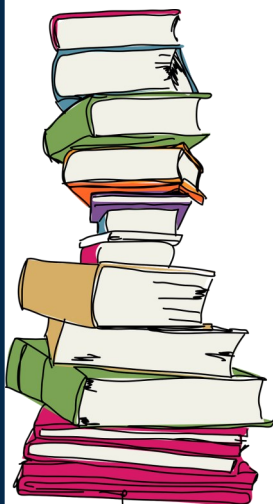
*What advice would you give our current Mu Chi Alpha members regarding the importance of staying involved; or advice for Messiah students who are striving to become part of Mu Chi Alpha in the future?* One phrase of advice I would give to current, new members is "don't give up." It can be discouraging when searching for a position, especially when you are new to the field. It is important to stay positive and the right things will come to you.

*Lastly, a huge part of the counseling profession is advocacy and continually seeking ways to be more culturally competent. Would you like to take a moment to share with your peers anything about any current social justice issues for which you are passionate?* One topic that I am most passionate about is the topic of LGBTQ. There are so many children who are part of this community and need support and resources to help them. There are many people who are against LGBTQ people and I want to be able to let these people know that they are loved and supported in every way. More specifically, I hope to help students from urban schools who are LGBTQ because they often do not have as much support as others students may. Being part of this community, I understand the struggle that comes with it and I want to be a mentor to others.



# Surviving Intensives

Mu Chi Alpha's board members offer some wellness tips to those engaging in this summer's intensives. If you are not participating in the intensives, you might find them helpful to keep in mind as you gear up for any anticipated intense week in your regular life. Be well!



- Janelle McCarthy

"1. Make sure you do the reading before Intensive Week because you will need the evenings to complete other assignments and take some time for self-care.

2. See this week for what it is:

A) one week

B) intense!

Realistic expectations from the get-go help you to feel less burnt out during the more stressful moments. One class won't make or break your graduate experience, so try to enjoy it and remember to practice self-compassion. "



"I recommend having the right mindset; preparing for a tough week of learning and hard work. Also taking breaks to stretch. Water. And caffeine. "

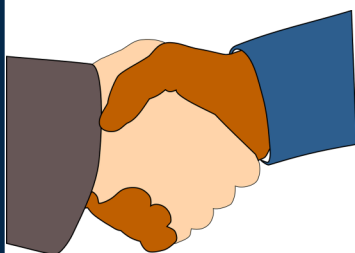
- Dr. Georgieva



**"Breathe. Have confidence in yourself. This is a learning opportunity, not a time of judgement. Mistakes happen. Just breathe."**

- Sam Fuge

"Take the time to get to know your peers during intensives. This is a perfect time to make connections with like-minded



individuals; the relationships you make during intensives will last you far beyond the end of the week!"

-Christina Crouse

## Self-care

I discovered that the first couple days are usually more challenging as such, completing assignments early then take a few minutes to speak with group members is usually helpful. Since intensives will be virtual, identifying moments during the day that they can laugh about may reduce the anxiety-related stress of recording. Most importantly, encourage members to find time to get sleep before embarking on any class activities.



-Richam Davis

"During the intensive week, set aside time each day after classes to do something for self-care. Give your mind a mental break and do something that will relieve you of stress."

- Chrystal Horace

"This is not the week to beat yourself up if you struggle to access 'balance' between school and home life. Think long-term balance, and prepare your family and close others to give you space to focus on school this week. Make a plan to focus on them once you've submitted your last assignment, and then *really* be present. Trying to do it all simultaneously could create extra stress. Let your close others step up and help you."

- Jen Sheffe

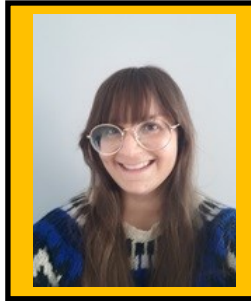
# Volunteer Board



Patricia Kreider served as 2019-2020 President



President  
Bethany Rainey



Jordana Blumenfield  
Secretary/Treasurer



Dr. Leah Clarke  
Chapter  
Faculty Advisor



Dr. Maya Georgieva  
Chapter  
Faculty Advisor



Veronica Kelly  
Counselor Community  
Engagement  
Committee Chair



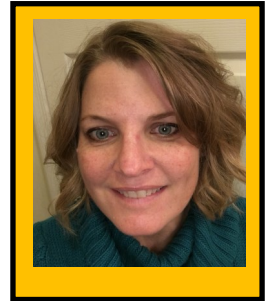
Chrystal Horace  
Web Presence  
Committee Chair



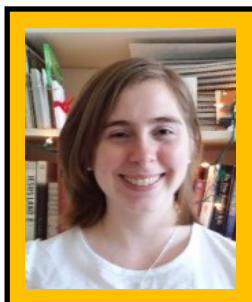
Kayla Bowman  
Mentoring  
Committee Chair



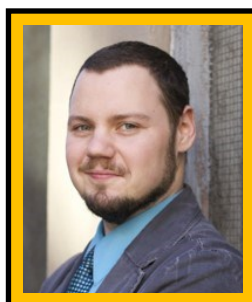
Cheyenne Natale  
Mentoring  
Committee Chair



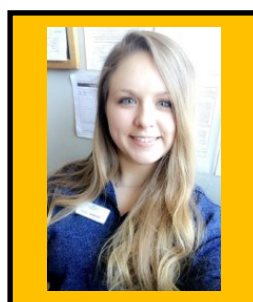
Jen Sheffe  
Newsletter/  
Publications  
Committee Chair



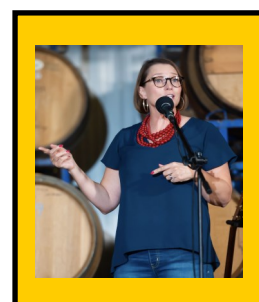
Janelle McCarthy  
Professional  
Advocacy  
Committee Chair



Same Fuge  
Professional  
Development  
Committee Chair



Christina Crouse  
Professional  
Members/Alumni  
Committee Chair



Susan Talbott  
Social Events  
Committee Chair

You'll notice some new faces in our 2020-2021 Volunteer Board! We are grateful so many Mu Chi Alpha members stepped up to make wonderful things happen this year!