



Chi Sigma Iota Monthly Newsletter

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President Message

Kelli Carlson, Chapter Xi President

Hello!

As we end the semester, I want to reflect on the past school year. Although we may have adjusted and adapted from COVID, the after-effects are still coming to light. Starting practicum, and working with clients who have been greatly impacted by the pandemic, shows us that mental health professionals are needed now more than ever. As students who are coming into the profession during the pandemic, we have been pushed in ways that have caused us to question our purpose, our strength, and our ability to help others. We may feel guilt for not spending more time with family and friends, and we may feel anger with how our mental healthcare system works. All of these feelings are valid, and sometimes we need to just acknowledge how that puts pressure on us. Sometimes we can get caught up in meeting course requirements, counting hours, and doing paperwork without taking a step back and realizing the importance of our profession.

In my last session with my personal counselor, she had to remind me that the work we do is important. The work we do goes beyond just the client – our position affects the community as a whole. Our purpose asks us to think outside of ourselves and our own issues to help others heal, therefore healing our community, and ultimately, our society. Sometimes we can get caught up in the feelings of not being enough and not being capable to do everything we *want* to do or *should* do in our personal lives because of our schooling/work. You are enough. You are capable. You have time to do what you want to do. This is a reminder to CELEBRATE small achievements, be proud of how you got here, and give yourself some slack for doing the best you can.

I'm incredibly proud of everyone for making it through this year, and I can't wait to see what the next school year brings!

HAGS,
Kelli

Graduating Members

Lindsay Chandler:

Lindsay has been in the program since 2016 and is graduating this May! Lindsay says, "While in the program I learned so much about myself as a person and as an educator. Now I'm moving to Peoria with my husband to begin my career as a school counselor. I will miss everyone from the program and am so grateful for the connections I have made at VMU's CNEP program" Lindsay will be working next year at the Illinois Valley Central district as a Kindergarten-8th Grade counselor.

Vicki Hall:

Vicki is looking forward to spending time on weekends with my family and being free of homework. She states, "I am

considering finishing my second master's degree at Wartburg Theological Seminary which I deferred so that I could take on this counseling program. I am looking forward to what the future holds and am open to the many possibilities! I have enjoyed all of my classes, even the classes that I was sure I would not like or be good at! Some of my favorite memories of my time here at WIU were the study/homework sessions that a group of us held regularly at Starbucks

Aundrea Watkins

Aundrea plans to go on vacation with her significant other after graduation. Professionally, she will continue working at her full-time job, American Industrial Door Company as the Project Manager Lead & HR Representative. She is considering taking additional classes so that she can not only be a School Counselor, but also a School-Based Therapist. She says, "I am very thankful and blessed to be walking in May with my amazing cohorts. Each classmate and professor has helped shape me into being the professional counselor I'm continuously striving to be. I regret nothing and am thankful for everything. Cheers everyone and I'll see you out in the field!"

Montana Mahaffey

Montana is moving back home to Champaign Urbana with her dog Minnie. She will work as a High School Counselor at Rantoul Township High School. However, she will still be coming to the Quad Cities to finish out her coaching contract as Davenport West High School's Color Guard Coach.

Other graduating members:

Heather Hutcherson

Taija Robinson

Bailee Shepherd

Gena Soedt

Congratulations to all graduating members of CSI! The best of luck to you on your journeys!

Election

Congratulations to our newly elected executive board for the 2022-2023 year! We are excited to see what ideas they have for bettering our chapter!

President-Elect: Keyaira Belha

Secretary: Brittany Pernel

Treasurer-Elect: Barb Gentry

Committees

ACA - Counseling Awareness Month

The American Counseling Association (ACA) designates April of each year as Counseling Awareness Month

What's Been Happening?

Initiation Ceremony: Welcome to all of our new CSI members who were inducted on March 31st! We look forward to your new ideas and participation over the next school year!

Upcoming CSI Meetings & Community Events

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Month of April	Counselor Awareness Month	The ACA designates April as a time for advocacy and celebration of the counseling field. #BurnBrightNotOut
April 15- May 28	NCE Testing Window	Students registered for the NCE will complete their test during this window of time. Good luck!
May 2 - May 6	Manage Your Stress Week Scavenger Hunt	CSI and Counseling Association (CA) are planning a scavenger hunt! Find 10 QR codes and get entered into a drawing for up to \$25 in gift cards!
May 15	Graduation/ After-graduation banquet	Join CNED in celebrating our graduates in the Riverfront Atrium from 3-5pm after the graduation ceremony! Food and drinks will be provided.