

F A L L 2 0 1 4

the CNSA Outreach

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Greetings Alumni, Colleagues, and Friends of the CNSA Program,

During this time of year, I find myself reminiscing over the past 4 1/2 years I have been working here within the CNSA Program. I often get asked what I love about my job. The answer is the relationships I have developed with you and meeting the alumni of the program!!! You are what makes the CNSA Program what it is today! I want to continue to rekindle, build and stay connected with our alumni and friends of our program. One of these ways is through a semi-annual newsletter to keep you up-to-date about what is happening within the program. I know Dr. Erwin, one of the CNSA program coordinators, published CNSA newsletters on a regular basis so the CNSA Newsletter is being resurrected! I believe the last newsletter was published in December of 2008. The history of this program is rich with roots starting in 1965!!! Next year will mark 50 YEARS of the Counseling & Student Affairs Program being an official program here at MSUM! Look for more details to come for a celebration during Homecoming next Fall! I look forward to hearing from our alumni and friends of the program to see what you are up to and I hope you find this newsletter a way to stay connected with us! Lisa

Save the Date!

Graduation
12/18/14

Congratulations to our
3 winter graduates!

Classes Begin
01/12/15

We are excited to
welcome 14 new
students to the
program!

Alumni Social
03/27/15

Annual celebration
with CNSA friends and
alum!
Location TBD



Alumni & Friends Social

March 28, 2014

Alumni Achievement Award

Julie Dokken (top left) was the first ever recipient of our Alumni Achievement Award. She has been adjunct professor in our program, is a featured panelist at our CNSA Career Showcase this year, and currently works as a eating disorder specialist at Sanford Health. Current student Katie Diiro, nominated her for the award. Congrats and thank you Julie!

Distinction in Engagement

The *Distinction in Engagement* Scholarship is awarded at the Social each year to students who have contributed to the program, field, and community. The 2014 recipients were Jenna Phillips (far left), Christen Bergeron (far right), and Anna Kaiser (not pictured). Amanda LeGare (middle left) and Robb Dent (middle right), the 2013 recipients, were on hand to award the new awardees. Congratulations!



CNSA Career Showcase

November 19th, 2014

The 3rd Annual Counseling and Student Affairs Career Showcase was a fun night filled with socializing and networking! The event featured professionals from all three emphasis areas: clinical mental health counseling, school counseling, and student affairs. Students were able to engage in direct conversation with panelists and professionals through roundtable speed-networking. MSUM's own President Anne Blackhurst, who shares a background in counseling and student affairs, was a notable panelist at this year's event.

Top right: Roundtable Speed-networking at its finest.
Bottom right: President Anne Blackhurst discusses her career in student affairs with students.





Community Outreach Center

In 2014 the COC has engaged in the following activities;

- 89 new clients had intakes
- 567 total sessions (including intakes)
- Served multiple ages of community residents and college students on a variety of concerns.
- Updated posters and brochures were printed and distributed

The summer intern and practicum cohort proposed revised the intake forms to be piloted during the fall semester.

The Counselor-in-Training manual was updated.

The Community Outreach Center participated in Project Community Connect in October. This event is intended to provide services to those experiencing homelessness.

Faculty Fun Facts... with Dr. Karch and Dr. Paul



What do you do for self-care?

Karch: Playing with my kids, lake time and getting back into my running/workout routine!

Paul: I like working out in the mornings before coming to campus. Since finishing my dissertation I have been reading and writing poetry.

What most influenced your decision to become a counselor?

Karch: My high school counselor, Bruce Wing from BBE High School!

Paul: My dad encouraged me to volunteer instead of getting a job while I was an undergraduate. I was able to volunteer my time at a crisis hotline and the rest is history!

Crunchy or creamy peanut butter?

Dr. Lisa Karch: I would give creamy a 6 and crunchy a 1!

Dr. David Paul: On a Likert scale of 1-6, I give crunchy a 6 (highest) and creamy a 1.

Counseling & Student Affairs Org Chi Sigma Iota

CSAO has been very busy this semester taking part in campus, community, and professional development activities.

Chi Sigma has put on two workshops so far this semester: a Thesis/Plan B workshop by Dr. Paul and a Drug and Alcohol Addictions workshop by Taryn Brenna.



Pictures

Top Right: President Blackhurst and CNSA students **Top Left:** CSAO 1920s Murder Mystery Halloween party **Bottom Right:** Chi Sigma Initiation Nov. 19, 2014 **Bottom Left:** Dr. Paul & CNSA students presenting at Tri-College ResLife Conf.



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