

F A L L 2 0 1 5

# The CNSA Outreach

Volume 1, Issue 3



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

What an AMAZING fall semester we have had here at MSUM! Our CNSA Program was first established in 1965 here at MSUM and we celebrated our 50th Anniversary during Homecoming! Thank you to all of you who came to our Community Outreach Open House and our Alumni and Friends Celebration! Over the past 50 years, we have been fortunate to be a part of a community of educating and preparing counseling & student affairs professionals! Thank you to all of you for choosing us to advance your career. You are what makes the CNSA Program what it is today! Thank you for sharing your gifts and talents with us during your time here and continuing to transform lives in the world. Please continue sharing what you are up to, we want to hear from you!

Hope all of you have a wonderful holiday season! Best wishes to you in 2016!

Lisa

## Save the Date!

**CNSA Potluck**  
**01/11/16**

Join your fellow CNSA classmates for a welcome back potluck! The potluck will be held at 6pm in LO 004.

**Student Academic Conference**  
**04/12/16**

Come hear the graduating seniors present their Thesis/Plan B projects.

**Graduation**  
**05/13/16**

Help us in congratulating the CNSA class of 2016!



# CNSA 50 Year Celebration

October 16th, 2015

## Alumni Achievement Award

Karen Mehnert-Meland was named the third recipient of our annual Alumni Achievement Award. The Alumni Achievement Award recognizes an alumnus/alumna who has aided in our program's success and/or has made outstanding contributions to their field. Karen is the Interim Public Safety Director at MSUM. Current members of our CSAO organization nominated her for the award. Congrats on your achievement Karen!

## Distinction in Engagement Scholarship

The *Distinction in Engagement* Scholarship is awarded each year to CNSA students who have contributed to the program, field, and community. The fall 2015 recipient was Mara Wessel. Mara is currently the President of CSAO and Vice President of Chi Sigma Iota International Honor Society. Congratulations on your contribution to the program Mara!



## Chi Sigma Alpha Initiation

November 18<sup>th</sup>, 2015

Twenty-four CNSA students were initiated into MSUM's Chi Sigma Alpha chapter of Chi Sigma Iota on November 18<sup>th</sup>, 2015. Chi Sigma Iota is a Counseling Academic and Professional Honor Society International. It consists of graduate students, alumni, faculty members, and student affairs professionals committed to excellence in academics, research, and service to the profession. Second year students who have maintained a GPA of 3.5+ are eligible for Chi Sigma Alpha membership. This years Chi Sigma Alpha members worked hard academically and professionally to attain this accomplishment. Congratulations to all new members!







## Community Outreach Center

During the 2015 fall semester:

- 4 practicum & 6 internship students obtained their hours in the COC
- 61 clients had intakes
- 394 sessions (including intakes) occurred
- The COC served multiple ages of community residents and college students on a variety of concerns

## Welcome New CNSA Students!

The CNSA program at MSUM continues to gain interest from students around the area and is growing each year by leaps and bounds. For the Spring Semester of 2016 we are happy to have accepted 18 new students into our program. Most are interested in clinical mental health, but there are a few future school counselors and student affairs professionals mixed into the bunch. Our current graduate students are excited to bring these new learners into our tightknit community by acting as Graduate Peer Advisors and assisting them with course registration, exploring campus facilities, and understanding the university and program resources. Bright times are here and can be seen well into the horizon for the CNSA program!

## Faculty Fun Facts... with Dr. Messina



**What are some interesting facts about you?**

- I am from Pennsylvania.
- I never heard of a Special K bar or hot dish until I moved here.
- I started working in the mental health field at age 18.
- I used to have a debilitating fear of public speaking and flying (now I love both).

**What would you be if you weren't in the counseling field?**

- If I was not in the counseling field I would be working for NASA. I love physics.

**What is the most rewarding part of your job?**

- Seeing a student grasp a theory or concept that they had been struggling with.



## CNSA FUN!



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Show us your #DragonPride on Twitter  
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Alumni: Stay connected! We want to hear from you!  
Please share with us new jobs/accomplishments/awards!