

CSI NEWS

"Promoting Excellence in Counseling"



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Welcome to the 2005-2006 academic school year. We are particularly excited about this school year, as Chi Sigma Iota (CSI) looks to perpetuate the standard of excellence maintained in previous years, pursuing excellence both professionally and academically. To all our new and returning students, we want to convey a warm welcome to you, and wish you success in all of your endeavors this school year. As CSI moves forward in promoting scholarship, research, leadership, and professionalism, we are here to assist you in any way possible. Feel free to partner with us in any and all of our activities, as we are gearing up for a very busy and exciting year. We especially encourage you to excel in the classroom as we hope that you will be eligible for our spring induction. To our faculty, we are back! As we matriculate through our specific programs, we are looking forward to the many opportunities to partner with you to further develop as practitioners and researchers to propel our profession to unprecedented heights! **By Paul Harris**

On September 21st, Chi Sigma Iota (Alpha Delta Chapter) sponsored a graduate student mixer. During this mixer we provided good food, conversation and a sense of connectedness. Returning students, new students and faculty gathered for the first time this academic year.



From left to right: Fortune Shaw, Omayra Munoz, Sonja Jennings, Haejin Shin and Ragan Hudson.

Hurricane Katrina By Paul Harris

In the aftermath of the hurricane, there have been many efforts to aid in the recovery of those most closely affected by Katrina. Less than 15 miles away from the University of Maryland, hundreds of those who have been evacuated from the damaged areas are being temporarily housed in the Washington, D.C. Armory. Chi Sigma Iota partnered with faculty and students from our counseling department to donate over 70 lbs of rice in an effort to support the provision of meals.

Additionally, on September 16th and 23rd a group of members and non-members worked in the District of Columbia soup kitchen that provides the meals for the evacuees. We appreciate the efforts of all who participated and invite everyone to join us in future opportunities to support the community.

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Professional Organizations By Erik Hines

Joining a professional organization is more than just paying membership dues. Professional organizations provides a culture of networking, leadership and academic support that is crucial to the development and growth of a person. In order for this to happen organizations construct publications, conferences, and maintain a dialogue of professional development strategies so that discipline is always on the cutting edge.



“A card carrying member is not just one that writes a check to pay his or her dues. It is a method to provide leadership and advocacy for ones professional career. “

Typically, publications are used to further the knowledge of newly developed theories to help students and other professionals use strategies that will help support their clients.

Conferences, a medium that provides for the largest interaction and exchange of ideas, is used to bring different schools of thought, from different demographic locations together who might other wise not read every new book, a chance to network, and further the research in any one particular area or discipline. The membership in a professional organization further allows one to advocate for the advancement of professional standards that often helps to sustain the profession.



Oftentimes, certain careers lose their ability to fight the injustices set forth by outsiders because they have no one to challenge the status quo concerning rules and regulations.



A card carrying member is not just one that writes a check to pay his or her dues to obtain a future job, nor to just network, it is an opportunity to advance the profession, provide leadership and advocacy for their career.

Personal Narrative By Joe Meredith

The start of my second year in the School Counseling Master’s program at the University of Maryland has led me to reflect upon the various cultural groups. Their need for connection in order to feel accepted and loved was once something I didn’t pursue because I was more concerned about the rigor of Graduate School. However, at this time, the need for an opportunity to establish a relationship has reemerged. On the

outside I am perceived as person of privilege because I am a white male. However, the openness of which I connect to the Gay, Lesbian and Bisexual Transgender (GLBT) population still confirms negative societal stigmas that without the support of a Graduate Lambda Coalition I might still feel isolated and alone. I had not been active in a GLBT student organization since my undergraduate days, but a sense of family, and a connection to people who fully accept my diversity is what I now need. Here at the University of Maryland and the larger community, I have found

that there are resources to support me, not just as a person of another cultural group but as a human being looking to make a difference as an advocate for issues of injustices to a different way of life.

Wellness Tips for Counselors, By Marja Humphrey



“School is a part of life, not the entirety of it. Finding balance between school and work will help you maintain a sense of control.”

Schedule your life

Do not let what seems urgent keep you from focusing on what is important! School is a part of your life, not the entirety of life. Find balance between your work and your personal life. Take time to prepare for the day, either the night before or first thing in the morning.

Take time out for yourself

Find something you can do alone (don't make your stress a relieving activity always dependent on someone else), so you can de-stress whenever you need it. Read a book, take a bath, or shower, pray, meditate, sit quietly and empty your mind, daydream; you will find what works for you.

Stress is a fact of life; it is our response to stress that determines whether it will have an energizing effect on us or a debilitating one. With classes, papers, exams, and work, we can easily get overwhelmed with the “to-do” list and neglect our personal lives.

Some of us are about to sink and need a lifesaver. We are often stressed because we are hopelessly disorganized. Take a few minutes to get your life together.

Do this help to alleviate the feeling of things sneaking up on you. You can control for frustration by being prepared and allowing an appropriate amount of time for all your activities.

Protect your time

In other words, set time aside for yourself (or time with loved ones) and do not schedule anything

Life together. The following are a few tips for alleviating some of your stress.

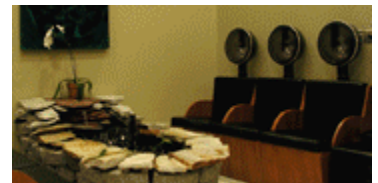
Determine your priorities

This will guide you to activities to which you allocate your physical and mental energy.

Assess the situation

Take inventory of your life and ask yourself, how do you currently spend most of your time? Are you being effective? Does the amount of time spent, reflect a priority?

else during that time. Make this a rule. This time is non-negotiable.



Take advantage of Day Spas

There are several day spas in the area, some that even cater just to men (www.groominglounge.com). Most spas have extensive menu services: massages, facials, manicures and pedicures. Although a 1 hour massage can cost between \$65 and 85\$, you can use the Student Health Center or

a massage school to obtain a discounted rate.



Wellness Tips for Counselors continued

Getting a massage might be an activity on which you decide to splurge once a month or once a semester but you are well worth the pampering!

On a daily basis get the proper amount of sleep

I need at least 7 hours, but maybe you only require 6. Go to bed the same time every night and wake up at the same time every morning. Being well rested allows your mind to run on

Finally, if you follow these steps, I guarantee you will have success and be freed from the rat race when you focus on your priorities and take time to value yourself and others in your life.

a full tank, anything else means you are running half empty.

Eating healthy and right

Eat the kind of foods that gives your body energy. Be sure to stay hydrated at all times because dehydration is a major cause of headaches.

Build meaningful relationships

We all need relationships; they fulfill part of our

Don't be hard on yourself, stress is often self imposed. Give yourself permission to make a few mistakes, but remember a responsible person makes changes in their behavior when s/he perceives such changes are necessary.

human need for love and affiliation. Spend time with friends and loved ones. Make fun with friends or family as a part of your regular routine.



Eating healthy gives your body energy.

“Being well rested allows your mind to run on a full tank, anything else means you are running half empty.”



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We would like to thank all those who contributed donations of money and non-perishable items for Thanksgiving.

In 1998, the Executive Council of Chi Sigma Iota (CSI) made advocacy for counselors a sustained commitment. This commitment was based on the fact that counselors should not only advocate for clients and students but also for our profession. For new and returning members of the Alpha Delta Chapter, I urge you to check the Counselor Advocacy Strategic Plan on the Chi Sigma Iota website. Also, on the website are advocacy materials for chapter use.

I encourage you to submit practical examples of counselor advocacy to our newsletter this year. We are looking for brief 100-150 word descriptions and/or examples of how you advocated for the counseling profession. Send your descriptions to Dwayne Ham by email ham@umd.edu.

Dr. Cheryl Holcomb-McCoy, Faculty Advisor

January 19, 2006: Chi Sigma Iota and College Board are sponsoring a conference titled: School Counseling in Urban Areas: "Strategies for Student Success and Professional Empowerment."

March 4, 2006: The Graduate School, Maryland institute for Minority Achievement and Urban Education along with Educational Talent Search are sponsoring a Middle School Educational Institute and Parent Awareness: "A Timeline toward success."

For more information on all these events please contact Dwayne E. Ham by email at ham@umd.edu.



Editor, Dwayne E. Ham is a 4th year doctoral student in the counselor education program (school counseling)