



PROFESSIONAL DEVELOPMENT OPPORTUNITIES

FEBRUARY

29 UPDATE ON CURRENT DRUGS OF ABUSE

8:30PM-3PM, OCM
BOCES THOMPSON
ROAD CAMPUS, EAST
SYRACUSE. FOR
QUESTIONS CONTACT
SUE THORNE
315.443.2609.

DOWNLOAD BROCHURE
ON THE WEB:

YOUTHDEVELOPMENT.OCMBOCES.ORG

MARCH

5 SEXUAL ACTIVITIES IN OUR SCHOOLS AND COMMUNITIES

8:30PM-3PM, OCM
BOCES THOMPSON
ROAD CAMPUS, EAST
SYRACUSE. FOR
QUESTIONS CONTACT
SUE THORNE
315.443.2609.

DOWNLOAD BROCHURE
ON THE WEB:

YOUTHDEVELOPMENT.OCMBOCES.ORG

6 ADHD AND SUBSTANCE ABUSE

8:30PM-3PM, OCM
BOCES THOMPSON
ROAD CAMPUS, EAST
SYRACUSE. FOR
QUESTIONS CONTACT
SUE THORNE
315.443.2609.

DOWNLOAD BROCHURE
ON THE WEB:

YOUTHDEVELOPMENT.OCMBOCES.ORG

A LETTER FROM THE PRESIDENT ELECT

Dear Members:

Please allow me to introduce myself, as the name may be an unfamiliar jumble of vowels to those avid readers of the CSI newsletter. My name is Domenick DiDomenico and I am a second year (of three) Master's student in the Community (MS) and School Counseling (CAS) tracks. I am proudly (and with much enthusiasm) writing to you as the newest member of the executive board of the Sigma Upsilon Chapter.

It is truly an honor and privilege to be working with such an incredibly hard-working, passionate, and dedicated board. With that said, I would like to thank the Sigma Upsilon family for being so welcoming and patient as I learn the responsibilities of the position of President-Elect.

My hope is that many of you aspiring counselors, advocates, and leaders are wondering what events are taking place this

spring and in which ways you can contribute to the success of the Sigma Upsilon Chapter. We are preparing a wide array of events for the CHS community in the spring of 2008.

First, there will be a social gathering on February 22 at 5 pm in the Sheraton lounge – a terrific opportunity to 'let your hair down' and escape (for a few hours at least) some of the pressures of comps, NCE's, and journal writing to enjoy the company of others.

Also, I will encourage all members – both past and present – to attend, in many ways our culminating event of the year, the Sigma Upsilon Induction Ceremony held on April 5th at 10am in the Killian room with guest speaker Dr. Donna Henderson from Wake Forest University.

The Induction Ceremony is truly a special day – an opportunity to celebrate the hard work and accomplishments of all Sigma Upsilon members,

especially our newest inductees. It is a terrific opportunity to mingle with your cohort and department faculty. Come one, come all and celebrate this wonderful occasion!

With the help of our newest Committee Chairs our visions for a productive spring are becoming a reality. The Sigma Upsilon family welcomes Laura Ecker as Induction Chair and Nichelle Rothong as Communications Chair – the CHS community is already feeling their contributions! I am looking forward to working with the entire CHS population over the next year!

Also, check the Facebook for our new group (Sigma Upsilon Chapter of Chi Sigma Iota) – stay aware of upcoming events! Friend me! Best wishes for a happy and healthy spring,

Domenick DiDomenico
President Elect
Sigma Upsilon Chapter

CSI 2008 INDUCTION SPEAKER: DR. DONNA HENDERSON

BY: NICHELLE ROTHONG

This year's Chi Sigma Iota (CSI) Induction speaker will be Dr. Donna Henderson, current CSI president-elect and professor in the Counselor Education Program in the Department of Education at Wake Forest University. Dr. Henderson has been elected to serve as CSI president for the 2008 – 2009 year.

Although Dr. Henderson's primary clinical and research focus is in school counseling, she has been expanding her work through the National Board for Certified Counselors (NBCC). In 2007, she traveled to Mexico to participate as a Subject Matter Expert on a curriculum development project, an effort of the NBCC endorsed by the World Health

Organization (WHO) to train mental health facilitators across the world. In 2006, Dr. Henderson attended the NBCC-sponsored International Global Mental Health Congress: Focus on the Never Served, a conference that focused on expanding mental services to third world countries in cooperation with the WHO. In addition, Dr. Henderson is co-author of a global curriculum that will be used in dozens of developing countries yearly.

The Department of Counseling and Human Services (CHS) is honored and excited to have Dr. Henderson as its CSI 2008 Induction speaker. Dr. Janine Bernard, CHS Department Chair, welcomes Dr. Henderson: "It's

wonderful for our CSI chapter and for the Department to have Dr. Donna Henderson involved in the induction ceremony. As a past-president of the American Counselor Educators Association (ACES), Donna has been a leader in counseling and a role model for service and involvement in the profession. She's also a terrific person. I look forward to having her at Syracuse in April."

The theme of this year's CSI Induction is Social Advocacy and Professional Identity. The Induction will be held on Saturday, April 5, at 10 a.m. in the Killian Room in the Hall of Languages.

“BECOMING AN EDUCATOR IS SO VITAL BECAUSE NO MATTER WHAT OTHERS MAY DO, NO MATTER WHAT OTHERS MAY DO TO YOU, NO ONE CAN EVER TAKE YOUR EDUCATION OR YOUR MIND AWAY FROM YOU. THIS IS THE GIFT YOU GIVE TO YOUR STUDENTS.”
— NAOMI WARREN

A WARREN FELLOW SHARES HIS POWERFUL EXPERIENCE

BY: MIKE WHITE

As a first year Master's student in the School Counseling program I accidentally stumbled upon the Warren Fellowship application within my first week of being on campus. I completed the application and waited a couple of months before I got word of my acceptance. After completing a weeklong intensive program in Texas, I realize that this program truly is an integral part of my Syracuse University education.

The Warren-Spector family established the Fellowship for Future Educators to honor their mother, Naomi Warren, a holocaust survivor. The Fellowship prepares future teachers on approaches for bringing Holocaust education into the classroom. By encouraging Holocaust remembrance, understanding, and education, the Warren Fellows will educate others on the importance of the Holocaust, as well as provide lessons to

hopefully end current and future genocides.

The idea of what we can do now as educators was weaved into many of the lectures that were presented by the leading historians and teachers in Holocaust and genocide education.

Although the focus of many of these lectures was related to promoting Holocaust in the classroom, I feel that the Warren Fellowship proved instrumental in my pursuit of greater multicultural competence as a school counselor.

Growing up in the Syracuse City School District, I quickly realized that underrepresented students statistically are on the wrong end of the achievement gap. Accordingly, my interests lie in addressing diversity issues and social justice concerns to improve graduation rates.

In recent years, Syracuse, NY has become a large resettlement area for Bosnian, Sudanese, and Somali refugees.

In view of that, this fellowship was an incredible opportunity to enhance my future work with refugee students and refugee groups. Having the opportunity to get to know Holocaust survivors and to hear their stories provided incredible insight into the complexities of living through genocide and war. Their stories relay so many messages about mankind, despair, guilt, faith and hope.

Moreover, the importance of teaching about the Holocaust is not only important for historical perspective, but has deep rooted lessons on racism, conformity, apathy, prejudice, morals, ethics, morality, and humanity. Naomi Warren stated, "Becoming an educator is so vital because no matter what others may do, no matter what others may do to you, no one can ever take your education or your mind away from you. This is the gift you give to your students."

BOOK REVIEW: MALCOM GLADWELL'S, *BLINK: THE POWER OF THINKING WITHOUT THINKING*

BY: JESSICA CARNRIKE

At first glance, the Malcom Gladwell book, *Blink: The Power of Thinking Without Thinking*, does not seem to be something other than an armchair psychologist trying to gain a dollar in the self-help world. As I read through the book, I was delightfully surprised. I found myself thinking, "Yeah, that makes sense" and "That's a great way of explaining it!"

In *Blink*, in essence, the author claims the more information we have the less likely we are to make a good decision. It was interesting to read the anecdotes that proved the author's point, as many of the stories centered on everyday life and still others shined light on heavy topics (racism and sexism) and even some historical events (the election of

Warren Harding).

Furthermore, the author does not make it out to be a counseling book; rather, it's a book of human nature. There are, however, parts of the book that ring true in the counseling profession.

At one point, the author writes how a person has to buy into something in order to believe in it or have respect. The same goes for counseling, as a client needs to buy into their own treatment in order to invest the time and energy to make it worthwhile.

The idea of less is more is brought into play many times in the seven chapters. In this day and age of being bombarded by stimuli, it is no wonder that it is difficult to decide what needs our attention. This is the same

issue that may come up in counseling sessions – what part of the client does the counselor spotlight, well, the less a client gives, the better decision may be made in the end. At least that is what *Blink* suggests. Whether or not it is true is up to the reader.

While the book gives great insight and gets the mind going, it should also be taken with a grain of salt professionally as it is not based on what I would consider solid fact or research. It is a pleasing casual read that gives the reader a bit more confidence to follow instinct in all aspects of life, especially if it involves helping others understand their own.

ALUMNI CORNER: DEVELOPING A PROFESSIONAL PRESENTATION

In the fall of 2007, Carrie Emann, School Counseling '07, and I presented on bullying prevention at the New York State School Counselor Association conference. This was the first professional presentation I had given and the process taught me a great deal. As the submission deadlines for upcoming conferences approach, I wanted to share some of what I learned.

First, go with what you know. We presented on a topic we had studied extensively as part of our advocacy project in our Leadership and School Counseling class. We had implemented this project and therefore had research, pre- and post-test data and practical advice on how to develop a bullying prevention program in the schools.

Second, attend a conference. I had previously attended a national and a state school counseling conference. This experience helped me understand what to include in our presentation.

Third, ask for help. One of the most difficult tasks in the process was writing the proposal. The submission application required a brief synopsis of our presentation. We struggled to boil our program down to 150 words so Dr. Melissa Luke helped us identify important information to include. This advice from a seasoned professional helped us put together a professional submission.

Fourth, choose carefully. In the summer of 2006, we submitted a presentation proposal to American School Counseling Association that was not accepted. We later realized that being chosen to present at a national conference is more difficult due to competition. Presenting at a state or local conference is a good way to start. Also, I realized cost can be a big factor. Although we were offered a discounted conference fee as presenters, we still needed to pay for travel and attendance fees. Be sure to apply to conferences that you

can afford to attend!

Fifth, update your presentation. We did our research and implementation of our topic in the spring but did not present until the fall. In that time, relational or girl bullying became an even hotter topic. Although we had information about this, we did not have enough to answer the many questions attendees had. I will be sure to follow trends in my topic the next time I present.

On a professional note, the fact that I had been chosen to present at a conference was a good selling point in my interviews. The presentation also helped me become reenergized to address bullying in my new position as an elementary counselor. This week I am finishing up bullying prevention lessons with the fourth. The process of presenting has been a great way to share with other counselors and improve my own practice.

Jeannie Winters Morriss '07 is a School Counselor at Chaffee Elementary in Missouri.

THE LEGACY OF DR. KING IN THE COUNSELING PROFESSION

BY: AMANDA URENA, MS.

Last month students, faculty and guests of the Counseling and Human Services Department were invited by Sigma Upsilon to attend the 23rd annual Dr. Martin Luther King Jr. Dinner.

The dinner was a powerful reminder of the spirit of Dr. King. It featured speakers, singers and dancers who came together at the Carrier Dome to celebrate the legacy of Dr. King.

As future counselors Dr. King's teachings have special meaning for our profession. Themes of leadership, courage, compassion and service that were exemplified by Dr. King and are also seen in professional counselors today.

In order to effectively ignite the change that is occurring in our field, we as counseling professionals must become

leaders in our schools, health centers and other agencies. Just as Dr. King became an agent of change through his leadership, so can we.

In our work we will undoubtedly encounter obstacles. Perhaps the challenge is not to be halted by these obstacles, but find the courage to work to overcome them. Dr. King once stated, "The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy."

Compassion can allow us to empathize with our clients. In my view, through having compassion for our clients we are motivated to want to be there for our clients, especially in times of pain and suffering.

Lastly, service, for me is at

the core of what it means to be a successful counselor. Everyone defines success differently. In my opinion, success as a counselor means to be a counselor who is totally dedicated to helping his/her clients and community. Dr. Martin Luther King said, "life's most urgent question: what are you doing for others?"

As future counselors our work in many ways embodies the teachings of Dr. King. As our profession has endured significant changes in recent years perhaps our biggest challenge is to stand up for these changes. Through leadership, courage, compassion and service we uphold not only our professional identity as counselors, but also the legacy of Dr. King.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

MARCH

28 ASPERGER'S SYNDROME, HIGH FUNCTIONING AUTISM & PSS & NOS: BUILDING CONFIDENCE THROUGH THE LIFESPAN
CORNING, NY. RADISSON HOTEL. PRESENTER: VALERIE PARADIZ. FOR QUESTIONS CONTACT JANALEE ORFANIDES, TRAINING INSTITUTE DIRECTOR AT 607.962.8422.

APRIL

25-26 NEW YORK ASSOCIATION FOR PLAY THERAPY, INC.
"HARNESSING THE HEALING POWERS OF HEROES AND SUPERHEROES IN PLAY THERAPY WITH CHILDREN, TEENS AND ADULTS".
ALBANY, NY. ALBANY MARRIOTT. LAWRENCE RUBIN, PH.D., RPT-S. VISIT [HTTP://WWW.NY-APT.ORG/](http://www.ny-apt.org/) FOR MORE INFORMATION.

SCHOLARLY ACHIEVEMENTS

THE EXECUTIVE BOARD OF THE SIGMA Upsilon CHAPTER OF CHI SIGMA IOTA IS PLEASED TO ANNOUNCE THIS YEAR'S CHI SIGMA IOTA INTERNATIONAL AWARD RECIPIENTS.

OUTSTANDING DOCTORAL STUDENT: MELISSA LUKE

CHI SIGMA IOTA FELLOWSHIP AWARD: KRISTOPHER GOODRICH

CSI'S ROLE IN SHAPING PROFESSIONAL IDENTITY

BY: KRISTOPHER GOODRICH, M.S.

MEMBERS OF THE 2007- 2008 EXECUTIVE BOARD

PRESIDENT
John Kiweewa

PAST PRESIDENT
Kris Goodrich

PRESIDENT
ELECT
Domenick
DiDomenico

SECRETARY
Ashley Webber

TREASURER
Jessica Carnrike

FACULTY
ADVISOR
Melissa Luke, PhD

CSI NEWSLETTER
EDITORS:
AMANDA URENA
NICHELLE ROTHONG

SEEKING
CONTRIBUTIONS:
CSI COMMUNICATION
NEEDS THE FOLLOWING
FOR THE 2008-2009
SCHOOL YEAR:

*WRITERS AND
DESIGNERS TO COMPILE
THE NEWSLETTER

*CONTRIBUTORS TO
PUBLISH RESEARCH AND
COMMENTARIES

TO JOIN THE TEAM,
CONTACT:
AJURENA@SYR.EDU

When I was first asked to write about how CSI has impacted my professional identity development, I grimaced. How can I parcel out my experience as a student member of this organization from the rest of my graduate career? It was accepting the difficulty of this task that finally led me to my solution: involvement as a member and officer of Sigma Upsilon was as an important adjunct to my professional identity development to any experience I had in my coursework. Through my work in Sigma Upsilon, I can see tangible evidence of myself as a counselor through our organization's work with mission formation, execution of ideas, as well as local advocacy.

Coursework provided me a great deal of theory, as well as research, exploring the attributes and functions of professional counselors. However, it was through my extracurricular experiences that I could see and experience these ideas in action. Our Chancellor has coined the phrase "scholarship in action;" we have the opportunities to live these experiences everyday in our department through the

activities of Sigma Upsilon.

In regards to my own development, I wish to illustrate a few things that I have learned throughout my experience with the organization:

Our department is social and engaging. Many times in my first year experience, I felt isolated and alone. This was a far cry from my undergrad experience, where friends and peers constantly surrounded me. Sigma Upsilon brought back some of the excitement of my undergrad years by providing me greater connection, both with the masters and doctoral students, as well as allowed me to form different relationships with faculty. The organization provided a social vehicle, which I believe the department was missing.

Mentorship: Often, when we are learning a new profession, we need leaders to look up to and model ourselves after. MY involvement in Sigma Upsilon presented me these mentors, both on the doctoral and faculty level. It also provided me with my own understanding of what it looks like and means to be a "professional counselor." Through this experience, I later decided to continue my graduate studies at SU.

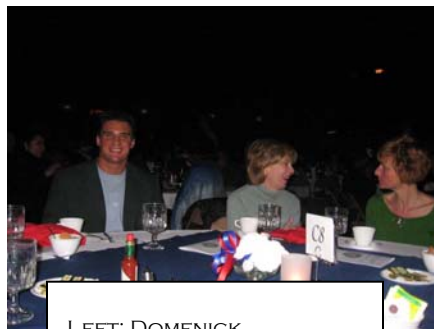
What it means to be a professional advocate: We spend a great deal of time talking about advocacy in classes, but we don't spend enough time actually *doing* it. Sigma Upsilon offered me with opportunities to experiment as an advocate, and gain skills in lobbying for causes I believed in. Through my involvement at different levels of the organization, I believe I found a piece of my "voice" that was missing prior to my leadership experience.

In membership, like in life, you only get out of it what you put into it. Those who commit time and energy to the organization get something wonderful out of it, those who don't end up with a certificate and a pin. It all depends the experience you want, as well as actually putting yourself out there.

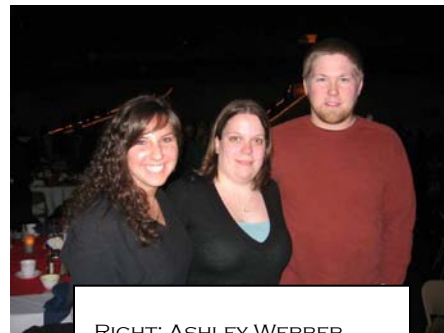
I hope that each of you would consider somehow getting involved with our Chapter. It is a rewarding experience, both personally as well as professionally. I look forward to seeing you at future Sigma Upsilon events.

CSI EVENT PICTURES

ON SUNDAY, JANUARY 20, 2008 MEMBERS OF CSI AND FRIENDS GATHERED AT THE 23RD ANNUAL DR. MARTIN LUTHER KING JR. DINNER AT THE CARRIER DOME. SYRACUSE UNIVERSITY AND THE SYRACUSE INNER CITY ROTARY CLUB SPONSORED THE EVENT.



LEFT: DOMENICK
DIDOMENICO,
DR. JANINE BERNARD AND
DR. MELISSA LUKE.



RIGHT: ASHLEY WEBBER,
JESSICA CARNRIKE AND
NICK RADLEY.