Chi Sigma Iota’s Rho Upsilon Chapter hosted this year’s induction ceremony on Thursday, February 27th. The new members joined the Rho Upsilon Chapter at the University of Iowa. Our new members are Matthew Beck, Maggie Butler, Tawny Hiebing, Samuel Negron, Travis Truchler, and Richard Turner.

The evening began with a welcome and introduction by President Janice Byrd. Chapter Faculty Advisor Dr. Susannah Wood then introduced our keynote speaker for the evening, Dean Colangelo. Dean Colangelo presented an inspiring message and inductees were encouraged to be an agent for change. The Executive Committee would like to thank Dean Colangelo for making such an outstanding contribution to this year’s induction ceremony.

To finish off the evening, a representative from the Johnson County NAMI gave a presentation on mental health needs and awareness in the area along with information on the Iowa City NAMI walk in April. Finally, the newly inducted members and their families along with current members, the Executive Committee and University professors shared in good food and conversation. This was a very successful induction ceremony and the Executive Committee is looking forward to what this new member class will contribute to the Rho Upsilon chapter of CSI.

For more information on joining CSI: Please contact your Chapter President Janice Bard at janice-byrd@uiowa.edu
From the President: Janice Byrd

Rho Upsilon has had another great year and we extend a heartfelt thanks to everyone who has supported the CSI Executive Board throughout the 2013-2014 school year. The year has been filled with workshops, community service, and chapter awards, and new developments all supporting this year’s theme, “Counselors Uniting through Service”. Since the last newsletter, we have organized a Spring Job Hunting Workshop, formed a Disaster Relief committee to respond to the devastation caused by tornados in the Midwest, supported SISCA’s comprehensive exam study sessions, and participated in the NAMI Walk. In addition to these activities we held our spring induction and continued progress on implementing a chapter webinar series. The Spring Induction Ceremony, with the Dean of the College of Education, Dr. Nick Colangelo, giving an inspiring and thought-provoking keynote. Also I presented a posted presentation along with Chapter Faculty Advisor, Dr. Susannah Wood, at CSI Days at the 2014 Conference of the American Counseling Association. At that same conference, Laura Gallo and I attended many of the CSI meetings and activities as CSI Fellows/Intern. A chapter having two students selected as CSI Fellows is rare and was quite an accomplishment for Rho Upsilon. Laura Gallo received an honorable mention for her Leadership Essay. In addition, the chapter was awarded a Chapter Grant from CSI International to be used to fund the chapter webinar series.

As Chapter President, any accomplishments I have had are due mostly to those who co-lead with me. Many thanks are in order. I want to thank our 2013-2014 Executive Committee, President-Elect Jamar Booth, Treasurer Ruth Mercedo-Cruz, Secretary Laura Gallo, Treasurer-Elect NaMi Bang, Secretary-Elect Sangmin Park, Rehabilitation Student Representative Rodney Maiden, School Counseling Representative Carrie Neihaus, Chapter Website Administrator Sheila Kinyon, Committee Coordinator Hansori Jang, and Newsletter Chair Taryn Richardson for the wonderful work they did in making this year such an outstanding success. I also thank our first ever Leadership Essay Review Committee, Chairman Hansori Jang, and committee members Berhan Gelen and George Rashid, for the hard work they put in to reviewing and evaluating submitted essays, as well as preparing the nomination for the winning essay to be considered for a CSI International Award. I would especially like to thank our Chapter Faculty Advisor, Dr. Susannah M. Wood, for her sound guidance and advice. Dr. Wood has advised the Executive Committee that she will not continue on as CFA next year. Many of the successes of Rho Upsilon are due largely to Dr. Wood’s immeasurable support, willingness to share knowledge, and guidance. She will be missed. However, she has left the chapter in good hands as the Department of Rehabilitation and Counselor Education Chair, Dr. Vilia Tarvydas as Chapter Faculty Advisor and Dr. Malik S. Henfield as Second Chapter Advisor.

We recently held elections for the 2014-2015 academic year. I welcome: Rehabilitation Program Representative Samuel Negron, Secretary-elect Tawny Hiebing, and President-elect Maggie Butler. I am confident that each member of our new board will have as great an experience as I have had being a leader in Chi Sigma Iota. I also want to re-welcome our elects who have now taken on their new official positions: President Jamar Booth, Treasurer NaMi Bang, and Secretary Sangmin Park.

It has been an honor to serve as the 2013-2014 President of the Rho Upsilon Chapter of Chi Sigma Iota and I am excited to see an outstanding group of new officers and members take the lead for the coming year. My best wishes to all of you.

Sincerely,
Janice A. Byrd, MEd, GCDF
Doctoral Student
Counselor Education & Supervision
President, ΧΣΙ, PY Chapter
The University of Iowa
Dear fellow Rho Upsilon Members,

We have finally concluded a very active 2013-2014 academic year! The Rho Upsilon executive committee and I are enthused about the successes and accomplishments of the chapter this past year. It is with this inspiration that we look forward to continued interdisciplinary collaboration, professional service, and community engagement during the next academic year.

It is at this time that I would like to thank and acknowledge the outgoing executive committee for their guidance and service. Under the direction of our Chapter President, Janice Byrd, the Rho Upsilon chapter has remained steadfast in the promotion of scholarship, research, professionalism, and leadership in the profession of counseling. As Chapter President, Janice modeled expectations for the organization through her endless dedication to Rho Upsilon. Janice always expressed new ideas and always sought the input and feedback from the members.

As incoming president, I hope to maintain Janice’s demonstration of commitment to the chapter. I am enthusiastic about the diverse representation and perspectives of our incoming executive board. It is my desire that we utilize our knowledge, skills, and ideas to make significant contributions to our university, community, and profession. Furthermore, continued endorsement of CSI’s mission as well as academic and professional excellence is a top priority.

With that said, we need your help! As an executive committee, we intend to involve members from the general body in the planning and execution of chapter activities. As we plan for next year, we would like your feedback. If there are any specific events or service activities you would like CSI to host or if you are looking to be more involved, please let us know. Rho Upsilon is not only successful because of the great executive committee and chapter advisors, but also because of the members. Feel free to contact me, Jamar Booth at jamar-booth@uiowa.edu with your ideas.

Best to all on your summer endeavors and I look forward to working with you in the Fall! I also encourage you to keep up with the activities of Rho Upsilon by following us on Twitter @RhoUCSI.

Sincerely,

Jamar Booth
Doctoral Student
Rehabilitation & Counselor Education
Incoming President, ΧΣΙ, ΡΥ Chapter
The University of Iowa

“We look forward to continued interdisciplinary collaboration, professional service, and community engagement during the next academic year.”
Describe your professional experiences in education and counseling.

I have worked in special education, postsecondary transition and vocational rehabilitation settings. I have worked as a counselor in a Special Education School, the University of Puerto Rico, the Department of Labor and the Metropolitan University. In the Department of Labor, I worked as a career counselor and I was promoted to Supervisor and then became the Director of First Response Centers around the island. My last work experience as a rehabilitation counselor was in Vocational Rehabilitation Administration in Puerto Rico.

What led you to rehabilitation counseling?

I became interested in people with disabilities as a child when observing my father working with underserved populations. Sincerely, when I decided to pursue a degree in rehabilitation counseling, I didn’t ever really know what the field was. I remember that during the orientation, the guest speaker started to talk and I started to cry (literally) because he described the rehab counseling profession and I said to myself OMG! This is the career that I want to continue in for the rest of my life.

How has CSI prepared you for life after graduate school?

The CSI helped me to develop as a future leader in the Counseling field. My experiences as leader inside of this organization have provided me with skills and abilities to be active with community concerns and participate in presentations at the national level.

Specific areas of research (how you chose this research, why it interested you):

It is very interesting because I have always felt an inclination towards women issues and substance abuse. Also, I am interested in topics about the elderly population and youth transition from school to secondary studies.

How does a doctorate in Rehabilitation Counselor Education fit into your life’s goals?

My professional commitment is to help individuals with mental illness, as well as those who have physically disabilities to achieve full integration in society. As a future educator in rehabilitation counseling, my interests are related to the effectiveness of treatment to provide opportunities for social integration and employment to people with both mental and physical disabilities. As a future leader in rehabilitation counseling, I desire to help people with disabilities rejoice in an independent life. I am committed to developing programs, research and services that can help people with disabilities regain a colorful and pleasurable life. I think that this doctoral degree fits adequately with my professionals and life goals.

What is one question we should all be asking much more often about the current state or future of counseling?

What are we doing as professionals to better drive the profession? We are active doing research, public policy, community work, or advocacy for the benefit of the profession?
Over 20 students attended CSI Rho Upsilon chapter’s Spring Career Development Workshop on March 9, 2014 in Jones Commons. Representatives from school counseling and rehabilitation counseling fields worked with current master’s level students to help refine interviewing skills, prepare cover letters, and critique resumes for these soon to be graduates from the University of Iowa. The evening consisted of time dedicated to hearing from experts in the field as well as time for fellowship. Many students remarked on the helpfulness of the event at the end of the evening. Special thanks to our “experts” who helped out: Pete Martin, Elizabeth Kreher, Meredith Rausch, Chace Ramey, and CSI exec board members. Good luck with the job hunt graduates!

-Laura Gallo
Increasing Awareness of Mental Illness

The CSI members in the department of Rehabilitation and Counselor Education exerted their leadership in community service by participating in the 2014 National Alliance on Mental Illness (NAMI) walk. NAMI is the nation’s largest mental health organization dedicated to enhancing the lives of people living with mental illness. To support fundraising and to give people a better understanding of the difficulties people with mental illness face CSI members and graduate students walked and shared ideas about mental illness at Terry Trueblood Recreational Area, at Iowa City on April 26, 2014, Saturday.

Through the participation of NAMI walk, CSI members and students realized the significance of supporting people who suffer from mental illness. This walk provided the opportunity to meet the NAMI mission through advocacy, research, support, and education. While walking, CSI members and students discussed the roles of counselors and counselor educators in dealing with mental health issues. Through this discussion they realized that when people with mental illness receive appropriate and effective treatment and interventions, they tend to have healthy relationships and enhance their physical health and well-being. Recognizing the difficulties people with mental illness encounter motivated CSI members to consider counselor educators’ roles in training counselors about mental illness. This NAMI walk strengthened the participants’ interests and involvements in supporting the wellbeing of people with mental health issues.

-Na Mi Bang
Matthew Beck is a first year doctoral student in the Counselor Education and Supervision program here at the University of Iowa. With over 12 years of combined professional school counseling and teaching experience, he brings a great deal of awareness and first-hand knowledge of the difficulties present in schools. Because of his work, he has both recognized and worked to include multicultural components into his school counseling curriculum—but has been met with resistance in the Midwest school districts. Meredith Rausch is a doctoral candidate also in the Counselor Education and Supervision program. Her research interests involve advocating and raising awareness for underserved populations—particularly sexual minority groups.

Matthew and Meredith developed passion with this project because we want to ensure that our schools and hallways are safe, healthy, and affirming for all students, including LGBT populations. Research has found that the use of homophobic slurs in a negative manner contributes to hostile school environments that affect student’s personal/social, academic, and career development, especially for students that identify as LGBTQ. LGBTQ youth have “increased risk for psychosocial concerns.” For example, LGBTQ youth account for nearly 30% of adolescent suicides (Rutter, 2006). It is our strong belief that by incorporating the components of the Emotional Intelligence Quotient (EIQ) into existing curriculums, we will increase student abilities to recognize emotions, feel empathy, and respond to situations in an emotionally healthy manner. In addition, we feel that the EIQ will allow us to gain more support from educational stakeholders in getting these affirming lessons in more classrooms, especially here in Iowa.

We believe that helping professionals in the schools need to assist our future leaders by incorporating methods for increasing multicultural awareness and competency. Ensuring that students will be educated in a respectful, healthy, and safe environment is our ethical responsibility in education. Our curriculum design advances this conversation with action and intervention-to protect and build mentally and emotionally healthy children. We cannot wait any longer to infuse EIQ competencies into current curriculum to ensure safe learning environments for LGBT populations and all multicultural populations.

Matthew Beck & Meredith Rausch

“We believe that helping professionals in the schools need to assist our future leaders by incorporating methods for increasing multicultural awareness and competency.”
Spring Highlights
Congratulations!
2014-2015 Executive Board

Back row from left to right: Tawny Hiebing (Secretary–Elect), Jamar Booth (President), Maggie Butler (President-Elect), and Carrie Niehaus (School Counseling Representative)
Front row from left to right: Sangmin Park (Secretary), Taryn Richardson (Newsletter Chair), and Na Mi Bang (Treasurer)
Not pictured: Shelia Kinyon (Chapter Website Administrator), Samuel Negron (Rehabilitation Counseling Representative), Janice Byrd (Past President), Dr. Vilia Tarvydas (Chapter Faculty Advisor), Dr. Malik Henfield (Co-Advisor)

The Rho Upsilon Chapter extends a special congratulations to all of the graduating students from the Rehabilitation & Counselor Education Department! Best wishes on your future endeavors!
Special Congratulations to the following Chi Sigma Iota Graduates:

Hallie Miller
Kathryn Baron
Stephanie Boeding
Susan Bock
Heidi Hassen
Taylor O’Tool
Ruth Mercado-Cruz*
Jenifer Hand
Hollie Schultze
Vitoria Lin
Rodney Maiden*
Shu Hao Teo

* Ph.D.

Best Wishes!!