Acceptance of Honorary Membership into Chi Sigma Iota:
Leadership excellence entails the importance of building mentoring relationships established early during the development of your professional identity as a counselor.

Your professional identity and theoretical approach to counseling guide and define the ways in which you will implement change in your work setting and influence your work with clients, students, parents, and colleagues.

Over time, your specific counseling techniques and strategies may evolve based on your growth as a professional.

What does receiving the Chi Sigma Iota Honorary Membership mean to you?
“...very special since it is honor at the core of my professional development. Also, I am deeply appreciative that this honor came from students. My heartfelt gratitude.”
- Dr. Colangelo, Dean of College of Education
Dear Rho Upsilon Members,

As I close my presidency with the chapter, I reflect on both our great accomplishments and the work that is still to come. We pulled off some very impactful work for Iowa City and the campus community (Professional Clothing Drive and Jane Myers Wellness Day). In addition, we have begun planning to further Rho Upsilon’s presence in the community and on campus. I ask that you keep your momentum and continue to move forward with programing that stretches CSI’s boundaries. I would be remiss if I did not mention the obstacles to ‘Good Work’. When you do good work you will face individuals and systems that doubt your ability, motivates and character, however there is more power in not letting those encounters hinder the work you conduct in the name of Rho Upsilon. Each of you have talents that make the organization stronger. Service for each of you will look different, but the key to any service is the make time for it. In the words of our 2016 induction speaker Dean Colangelo “Be proud of the work that you will do for CSI.” In closing I wish you all the very best in the upcoming year as you strive for both academic and professional excellence.


President-elect Interview: Victoria Maneev

How would you describe your leadership style within CSI so far?

I am learning more about the development of my leadership style as time goes on. However, my leadership style is collaborative and considers other people’s thoughts, feelings, and actions in order to make the best decision for the group as a whole.

Have your past experiences within CSI or at the UI prepared you for taking on other leadership and educational positions?

As a current doctoral student and President-Elect for the Rho Upsilon Chapter of Chi Sigma Iota (CSI) at the University of Iowa, I have been fortunate to have the opportunity to learn and participate in experiences that have enhanced my leadership skills. One such opportunity came from a course project in a course titled Leadership and Advocacy in Counselor Education and Supervision during the spring 2015 semester. My friend and colleague Dan Li and I organized and facilitated a panel discussion titled “How International Students and Scholars Become Leaders”.

We acquired many essential skills through this rewarding experience: Communication, Passion, Challenge, Mentorship/Advice.

These are skills that I continue to work on daily throughout my doctoral studies, and which are necessary in order to be not only a good, but also effective, leader.

What advice or recommendation can you share with others interested in pursuing any educational opportunities such as the CSI Leadership Fellow?

It was suggested by our chapter advisor Dr. Wood that everyone on the Executive Board should consider applying for the CSI Internship and Fellowship program. At first I was unsure whether or not I should pursue this opportunity. However, I filled out the application and after some time I found out that I was selected to be one of the 2016-2017 interns. I am truly honored to be able to represent the University of Iowa, College of Education, and the Department of Rehabilitation and Counselor Education.

I would suggest to pursue any opportunities that may come up that you are interested in, because these opportunities can make a big difference in your personal and professional life not only here at the University of Iowa, but also on the national stage. Additionally, I would suggest to seek advice from mentors on opportunities that you may be interested in as they may be able to guide you.

How does your recent accomplishment relate to our chapter theme of wellness, leadership, advocacy, and self-care?

I am very proud of the great work that our chapter has accomplished so far this year, and I look forward to the work that we will continue to accomplish in the remainder of the year. We have done a lot of great work that shines light on the importance of wellness, leadership, advocacy, and self-care. However, this is ongoing work, not only in our chapter, but also the profession of counseling. I hope to spread our chapter’s theme throughout my work as a 2016-17 CSI Fellow and President.

~ Victoria
Photos from the Spring Wellness Event

Schedule of Events

- 10am- 11:00am- Mandala with Rebecca Dickinson
- 12:00-1:00pm- Lunch and Learn with Simone Young, PhD
- 1:00pm-2:00pm- Mandala with Rebecca Dickinson
- 2:00pm-3:00pm- Stress Jeopardy with Michael Rieger (Compete for wellness prizes)
- 3:00pm- 5:00pm Meet the Therapy Dogs of Johnson County
This event is for students, faculty, and staff. Feel free to spend the day learning about wellness techniques and reducing stress.

The late Dr. Jane Myers was a Counselor Education scholar who focused on wellness of practitioners as well as clients. Chi Sigma Iota in conjunction with The Graduate Student Executive Council aims to extend the practice of wellness in a collegial environment through a day of Wellness.
The Rho Upsilon Chapter of CSI has played an important role in my commitment to serving the counseling profession and enhancing leadership skills. The 2016 ACA conference afforded me several opportunities to grow professionally such as networking, reconnecting with mentors, and attending education sessions. In particular, I am currently the student representative for the American Rehabilitation Counseling Association (ARCA), which required me to attend board meetings and strategic planning for this division of ACA. As the student liaison, I was responsible for coordinating ARCA’s student activities for the 2016 conference. This was a rewarding experience because I was able to share the significance of attending conferences to counselors-in-training as well as encourage students to maintain membership beyond training to aid in their professional development. By attending this year’s conference and serving as a student liaison, I am continuing to embody some of the values of CSI and cultivate my leadership skills.

Taryn Richardson

As one grows professionally, it helps to remember this quote...

"Life begins at the end of your comfort zone." ~ Neale Donald Walsch
Member Spotlight: Laura Gallo

Receiving the **2015 Yager Educational Achievement Award** was a true honor. I feel blessed to have professors who care whole-heartedly about supporting and mentoring their students. After being a part of the RCE program the past 4 years, I am confident I have been provided the opportunities to successfully help others in my future role as a counselor educator.

An important concept I’ve learned from my mentors is the philosophy of mindsets. As educators and counselors, it’s important to embrace a growth mindset. This type of mindset encourages the use of reflection and constructive feedback, something we naturally do in counseling. In addition, an individual with a growth mindset would view setbacks as opportunities for learning. To develop leadership skills, one needs to take advantage of these opportunities for growth, learn from others, and be open to feedback. To truly embrace a growth mindset, one needs to let go of the fear and not worry about how it may look if they fail. We can also model this for our students and clients.

As a CSI member, and former fellow, I was given many opportunities to refine my leadership skills and take part in activities that allowed me to find my voice. My biggest piece of advice for current graduate students is to find those opportunities and get involved. Your biggest growth will happen when you are pushed out of your comfort zone. Take it from someone who is not a fan of attention, taking risks and putting yourself out there can be scary, but it will help you grow in ways you cannot imagine. And those leadership skills- they help you become the advocate you want to be, the reason we all entered the counseling field!

“Leadership begins by promoting a culture of Wellness”

Laura Gallo
Congratulations
Rho Upsilon Chapter 2016 Induction

Megan Amundson
Tim Bosch
Roseina D. Britton
Courtnee DeMuth
Lauren Ford
Katelyn Kielar
Injung Lee
Heather Lee Lewis
Kimberly Leyden
Sarah Louis Martinez
Olivia Danielle Staheli
Carmen Tillman
Morgan A. Weaver

The 2016 NAMI Walks Johnson County will be on Saturday, April 30, 2016

Location: Terry Trueblood Recreation Area, Iowa City, IA

Check-In at 8:45 a.m. Walk at 10:00 a.m. End: 1pm

Donate and Register for College of Education- RCE Hawkeyes Team: For The University of Iowa here:

http://www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=6673