Many understand the benefits of working collaboratively, yet, there are moments when it seems impossible to find time to connect with others to complete a project, write a paper, or prepare a presentation. Within the College of Education at the University of Iowa, there are 17 doctoral programs and 16 master’s level programs. The programs are as varied as working with students with special needs, to statistical measurement, to understanding family systems. Yet, the vast amount of knowledge that we all possess amounts to enormous potential!

Research is a powerful tool and when there is evidence that deep collaboration makes a difference, we need to step up and pay attention. Some of the nation’s most at-risk schools are achieving overwhelming success through a genuine commitment to team work and buy in of their leaders’ vision. With the support of an engaging and impactful leader like Dr. Colangelo, we too can make a difference in our programs, in our college, and in our students’ and clients’ lives. We will be called on to be leaders in our field someday and through participation and teamwork in our programs and organizations; we will be ready to take on those responsibilities.

In the field of counseling, we are trained to help others and therefore have a natural inclination and ability to build rapport and establish relationships. This often naturally flows over into our education and training. We can strengthen the relationships we have and work to build new ones with our peers. The different perspectives of our disciplines provide rich new viewpoints not otherwise revealed. These new perspectives can ultimately benefit us all as they carry over into our work with clients, students, and families.

Look for opportunities to connect with others, whether it’s through a casual fireside chat, or a more formal presentation offered through the College of Education. It is through these gatherings you will begin to network with others, discuss mutual interests, and build future agendas. I challenge you to consider stepping outside your own “program” to collaborate on a project, paper, or presentation with someone from another program. It may be one of the most rewarding experiences of your graduate studies.

-Laura Gallo

Alone we can do so little; together we can do so much.—Helen Keller
As the fall semester concludes, I am proud of the members of Rho Upsilon and our accomplishments thus far. At the beginning of the semester, the Executive Board selected a theme for the year, “Counselors Unit- ing through Service” and we have been actively working with other counseling student organizations to provide service to students, the department, and community. So far we have held three successful events. The Department of Rehabilitation and Counselor Education Welcome Back Event was a drop-in co-organized with the University of Iowa American Rehabilitation Counseling Association (UI-ARCA). This event was held at the beginning of the semester which brought counselors from various disciplines and stages in professional development together to build cohesiveness, promote collaboration, and merely fellowship. In attendance were students from the marriage and family counseling program and representatives from the Student Iowa School Counseling Association (SISCA). The School Supply Drive and Winter Wear Drive were likewise a success, with much needed supplies being delivered to two local schools and the Iowa City Shelter House. Furthermore, we have received news from CSI International that members of our Chapter will be presenting a poster at CSI Days at the upcoming ACA Conference. To this end, we were selected to receive a Chapter grant award to supplement our endeavors of reaching our alumni with training webinars/archived lecture capture. Nevertheless, Rho Upsilon has more to come as we will soon announce the winners of our Leadership Essay Contest.

The progress of Rho Upsilon has been an uphill process as our Chapter was reactivated a few years ago. With recent past leadership from George Rashid and Dr. Cassandra Storlie and the advisement of Dr. Susannah Wood, we have continued to strengthen the Chapter and focus on more intentional programming which aligns with the Council for Accreditation of Counseling & Related Educational Programs (CACREP) standards and CSI’s four pillars: scholarship, excellence in practice, community engagement and leadership. Scholarship is always a focus of the Executive Board. Currently, CSI leaders (Jamar Booth, Sangmin Park, Taryn Richardson, and myself) are conducting qualitative research under the advisement of Drs. Susannah Wood and Estrada-Hernandez (Co-Advisor) exploring CSI Alumni’s experiences with social justice, leadership and advocacy. Excellence in practice is a pillar we are developing since efforts made by Dr. Cassandra Storlie during her time as president. Next semester, we will host a series of training webinars for alumni members that will be funded by the CSI Chapter grant award mentioned earlier. We plan to address topics pertinent to counselors in different career stages such as writing 504 and child study plans for school counselors, professional multicultural and advocacy rehabilitation competencies for rehabilitation counselors, and planning a research trajectory for counselor educators. In addition, Laura Gallo is planning a spring roundtable addressing different topics related to job searches, interviewing, and research for current students. Community engagement has always been an important role of Rho Upsilon, along with the two drives we conducted, next semester president-elect Jamar Booth is planning to initiate an ongoing service project with a local organization who works with at-risk children. Also, Rho Upsilon will be collaborating with SISCA in the spring to raise funds and awareness about the Midwest tornado disaster. Finally, we encourage all members to utilize CSI as a platform to exercise leadership skills and many members have utilized this potential. One primary goal I have for this academic year is to provide our members with more opportunities to become actively involved in the Chapter, such as being on committees, contributing to newsletters, or assisting with planning and development. Know that as a member, your involvement will not only contribute to the success of the Chapter, but will be a valuable opportunity for you to gain leadership skills and provide you a chance to get to know fellow members.

Rho Upsilon would like to hear from you regarding any particular suggestions, concerns, or if you would like to participate in any upcoming activities. I assure you that the Executive Board will give all suggestions serious consideration at the following Executive Board meeting, as you, our members, are the heart of the Chapter. My e-mail address is janice-byrd@uiowa.edu.

In closing, I would like to congratulate several of our members: Meredith Rausch for being appointed as an ACES Emerging Leader, Dr. Malik Henfield for being the 2013 NCACES Outstanding Research Award Recipient, and several students who have received job offers and successfully defended dissertations and proposals. I would also like to thank our newsletter editor, Taryn Richardson for the tremendous job she has done in putting together this newsletter.
As a counselor educator there are three primary roles that I play: teacher, researcher and leader/servant. In fact, when faculty apply for promotion and tenure, service is a major area of review. Counselor educators are frequently evaluated on how and where they serve. Often one role blends and bleeds into another. I don’t know about other faculty members in other areas, but I find that service is probably one of the easiest areas to demonstrate simply because, as counselors, service is something that is part of our identity. Practicing counselors know that their obligations don’t stop at the boundaries of their offices. Many choose to serve via volunteerism in a variety of community agencies that promote awareness of issues pertaining to mental health and wellness. Others tie their service to their advocacy efforts on behalf of their clients and through advocacy for the profession via political engagement. All counselors and counselor educators, serve their profession at some level whether that is writing a piece on counseling skills in a newsletter of an ACA division, offering their expertise through training at local and state conferences, or taking a leadership position in a division, region or state counseling organization. What I have found is that counselors and counselor educators always get excited at the thought of service. When discussing ways to collaborate with community agencies, or new information that could be disseminated to other practitioners, or even sharing what they have learned there is a sense of galvanized energy among counselors. Service is part of who we are and what we do.

So I am always excited to see groups of counselors collaborating together. In the case of the Rho Upsilon chapter of CSI, members are also frequently members of the student chapter of the Iowa School Counselor Association (SISCA) or the University of Iowa American Rehabilitation Counseling Association (UI-ARCA). In the past two years we have seen a growth in our collaborative work and service together including a wonderful team that got together at this past spring’s National Alliance on Mental Health (NAMI) walk. Earlier this fall semester, CSI helped gather school supplies for local schools who have students and families that may not have the resources to buy supplies themselves. Here we see amazing opportunities to serve at the local community level.

As the winter season begins, SISCA is working on a clothing drive and supporting the local United Action for Youth. CSI will be working with bringing in needed supplies for the Shelter House such as soap, lotions, and cold medication. CSI was also just awarded a $250 chapter grant award to reach out to practicing counselors in the state of Iowa who were also CSI alumni of the Rho Upsilon chapter in order to provide supplementary professional development. Providing training and opportunities for professional development for counselors is so important in light of changing client populations with diverse needs. Being able to provide that training is one way in which the chapter can serve the counselors in the state. In this way, scholarship via grant applications is immediately tied to service.

I feel confident and proud that our chapter of CSI will continue to facilitate opportunities for service locally, state-wide, and even nationally. We are only stronger with the partnerships and alliances we build. No one counselor can serve everyone. Together we are united through the service that we do and the identity that we share. We serve because we are counselors.
WHAT IS R.U. UP TO?

Photos from the Spring Social & Fall Welcome Back Social
2013 HIGHLIGHTS

Shelter House of Iowa
City Supply Drive
Rho Upsilon’s first service project of the fall semester kicked off with a school supply drive. The Executive Committee placed boxes around North Lindquist Center allowing faculty and students within the College of Education to make donations. Items such as paper, pencils, rulers, crayons, binders, folders, etc. were delivered to Kirkwood Elementary and Twain Elementary. The supplies were accepted with great appreciation and the drive was an overall success!

-Rodney Maiden
The mission of Chi Sigma Iota is to “promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.” Of these tenets, CSI has placed particular emphasis on advocacy and leadership, which is directly aligned with the renewed focus on advocacy and social justice in the overall counseling profession. Staying true to its mission, CSI has designated education and poster themes on leadership, community engagement, and professional advocacy for CSI Day 2014, to be held in Honolulu, Hawaii during the ACA Convention held March 26-30, 2014.

In support of this mission, members of the Rho Upsilon Chapter will highlight its alumni experiences with social justice, advocacy, and leadership in their current school, rehabilitation and counselor education placements through utilization of a poster presentation. We eagerly anticipate not only learning about our alumni experiences, but to also receive recommendations as to how the Rho Upsilon Chapter can provide intentional programming so that our graduates will continue to develop leadership and advocacy skills.

Jamar Booth

As the Past President of Chi Sigma Iota Rho Upsilon Chapter, I have had the privilege of uniting with my fellow Executive Committee members in service to our fellow counseling students, professionals, and the local community. While it is apparent that the immediate beneficiaries of service are those whom we serve, I have noticed that those who engage in service tend to reap many benefits also. Thus, for example, while my fellow Chapter members and I held our annual school supply drive, delivering much-needed supplies to local schools, I was simultaneously learning how to lead, learning how to engage in fundraising drives, and, just as important, professionally bonding with my colleagues. The current Executive Committee is expanding our chapter’s service activities in order to include as many chapter members as possible. I invite you to contact one of the committee members and ask to be included in one of these activities. By doing so, you will not only be engaging in this year’s theme of Counselors Uniting through Service, you will also be reaping many of the same benefits that I have enjoyed.

Message from RU’s Past President

George Rashid
We wish all of you a restful and safe Winter Break!

Wellness Tip:

**Take a deep breath.** Each time you do, your nervous system and body relax. You will also think more clearly. A breath provides space to pause and consider your best choice.

**Exercise.** Powerful neurochemicals and hormones are released in the stress response and as a result, muscles tense, heart rate and blood pressure increase, sugars and fats are released, digestion slows and there is an overall alarm reaction. Exercise provides your body with good chemicals that counter this response.