Creating a Chapter Monograph

By Gary Williams
Zeta Chapter

Several years ago, Zeta chapter began looking for new and unique ways to promote excellence in counseling. We finally decided to offer students an opportunity to be published in an academic monograph. Students could choose to write articles, theoretical summaries, reviews, or opinion papers on a central theme, which was determined to be “Ethics in Counseling.” Zeta chapter would create a mechanism to advertise, collect submissions, juror, edit and publish the best of the submitted works. We believed that providing opportunities to claim publication credit while still a student would motivate and inspire many to contribute, and we felt that publishing the collection would be relatively simple. I volunteered to be the chair of our newly created Publication Committee. Of course, as with many inspirations that are “new and unique,” they are never quite as simple as one might think. There were many lessons yet to be learned.

Getting Started

I developed a timeline for the project, which included submission deadlines, sufficient time for selection, preliminary editing, final editing and publication. I had a general concept of how the papers would be edited. I would collect the papers, remove identifying information so the readers would be “blind” to the name of the authors, and have the papers read and rated for content, style, originality, adherence to the theme and overall excellence. The readers would consist of Zeta Board members and faculty. Still, we knew that the most crucial part of the project was to get a good selection of entries.

We posted flyers around the counseling building, and we encouraged faculty to help promote the monograph. We included submission criteria in our newsletter and incorporated the monograph into the classroom visits that we regularly make to promote CSI. The faculty were very supportive of our project and encouraged students to write. I had included my contact information on all advertising, but no one was calling. There appeared to be very little interest.

Creating Interest

I voiced my concerns to the Board, and we decided that the students needed more motivation. So, we began another campaign, still attempting to meet the original deadlines. We announced that we had arranged for all authors who were included in the monograph to present their papers at the Alabama Counseling Association annual conference. Then we recruited Dr. Paul Pederson, who has published many articles and books and is widely respected in our field, to hold a writing workshop. There was a good turnout, but I still had little faith that we would get enough submissions to publish a respectable monograph, much less have enough to be selective and publish an excellent monograph. I felt that the project was doomed to fail if we did not do something more proactive.

I finally approached the current Ethics professor and asked her for another opportunity to make an appeal to her class. These students were already required to write group papers on a topic related to “Ethics in Counseling” for class. It was becoming clear that we would need their papers in order to finish our project. I strongly solicited them for their papers and their best work. Many of them did just that, and we got several strong and insightful works. But, the submission deadline had arrived, and we did not have a sufficient number of papers demonstrating true excellence. We extended the deadline, this time to coincide with the following term’s submission deadline in the (continued on page 9)
At the start, I must acknowledge that I am beginning my year of service as President in debt to the work of our Past-president, Dick Percy. Without his help and that of the rest of the Executive Council, this job would be vastly more difficult.

Reinforcing Excellence

As the President for 2002-2003, I want my term of office to reinforce Chi Sigma Iota’s theme of “Promoting Excellence in Counseling.” Since our overarching goal is to promote excellence in counseling, I thought my Presidential column ought to address the achievement of excellence. Let me begin by addressing unrelated factors that might have been perceived as influencing counselor excellence. Excellence as a counselor is not tied to a specific theoretical approach to one’s work or to a specific population or client concern. It is not accomplished by a specific job promotion or personal honor. Additionally, excellence is not a “zero sum” endeavor: it isn’t necessary for one person to “lose” for another to achieve excellence as a counselor. Finally, excellence as a counselor is not tied to demographic descriptors. Excellence surpasses boundaries between genders, races, ages, sexual orientations, or geographic locations.

If excellence has nothing to do with the above factors, what elements are central to the achievement of this goal in counseling? I’ll list five essentials:

Honest Caring and Concern for Others

It is conceivable that people can feign caring in some situations, but, if honest concern is not fully present, it becomes impossible to provide an on-going standard of excellence! As counselors, we must approach our work with a sincere desire to be of help to our clients.

The Effort to Understand and Communicate Understanding

Seeking excellence as a counselor requires going beyond a simple labeling of our clients. We must add to our understanding the specific patterns and idiosyncrasies of each client: what unique events in this client’s life have led to the concerns and issues now causing difficulties? Yes, of course, it is of value to pursue a diagnosis of our clients, but we don’t ever want to get to a place where our use of the DSM-IV is becoming self-fulfilling prophesy!

Non-expert Approach to Counseling

As counselors, we must use our educational expertise, but we need to do this without “being the expert.” Being an expert separates us from our clients in nonproductive ways. Also, it becomes easier for us to seek consultation and support if we are not trapped in an “expert role.” We want to serve as companions and facilitators in the life journeys of our clients rather than as their “tour guides.” We need to remember that the client is always the expert on his or her life.

Clear and Unswerving Commitment to Ethics

Ethical practice is an essential element of excellence as a counselor.

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Conference Cooperation

Members attending this year’s CSI Day activities in New Orleans noted modifications in our day to accommodate changes in the ACA conference program compared to past years. After our program activities were approved by ACA, we learned that the ACA opening session was to be held Sunday morning during our leadership training sessions. ACA staff had missed this fact even though there are not suppose to be competing sessions with the opening session. In addition, the ACES luncheon was scheduled to overlap with our afternoon meetings. As a consequence, we modified our schedule so our members could make the opening session, attend the ACES luncheon, and still attend the CSI programmed activities.

What’s New!

Continuing Education Initiative for Professional Members: The Executive Council approved a proposal for CSI to provide online continuing education opportunities for our members. This seems to be an especially useful service for professional members who must earn CEU’s to maintain their credential renewal. We have arranged a contract with ProfessionalCEU.com to help us develop, offer, and maintain this service for us. This company has been approved by NBCC and state licensing boards to offer CEU’s to their registrants.

The company president is a professional counselor and CSI member so we know that he understands the needs of the Society and our members. We are working now to offer CEU’s to individuals (not only CSI members) to earn credits for studying and responding correctly to questions on subjects found in the CSI endorsed book by Sage, The Handbook of Counseling. CSI members will receive a discount on their ceu units earned in this manner. Questions from articles in the Exemplar as well as other major references will be forthcoming as well.

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“Moving On!”

Richard Percy
CSI Past-president

A year ago I was preparing to retire from my faculty position at Vanderbilt University, to move to Florida, and to take over the responsibilities of President of Chi Sigma Iota. It is hard to believe that I am now writing my final column as President as I make the transition to Past-president effective May 1. I feel very privileged to have had my turn at leading this wonderful honorary society. I will count this year as one of the most satisfying and important years in my professional career. I am looking forward to making additional contributions to CSI in the year ahead as I fulfill my commitment as your Past-president.

Help to Ease the Trauma

As I look back over the year, I find myself refocusing on the events of September 11 and the subsequent events that were triggered by that horrific event. I was moved and energized by the lead article in our last issue of the Exemplar in which Sam Gladding shared his experiences as a volunteer counselor with the American Red Cross in New York City last fall. In rereading his article, I am reminded of the precious gift our training and experience gives us and of the responsibility we have to use it in ways that provide comfort and care to others. Experience tells us that victims of trauma often don’t begin to feel the real impact of their horror until months after it is past. Thus, there is much work still to be done, both in New York and in other places around our country. Let me encourage you again, to consider participating in the Mental Health Disaster Preparedness Training that is offered by the American Red Cross. This training prepares counselors to not only be able to move into localities that have experienced either a man-made or natural disaster, but also to be available to those from your community who are returning from such disaster areas and need to participate in critical incident debriefing. I will never forget my meeting with a nurse who had returned to Nashville after four months of service in Oklahoma City. For her the need to debrief was critical as she brought back with her the myriad of memories and stories that were associated with her time there. I felt honored to work with her, I felt helpful in what I was able to accomplish, and I felt grateful for the training I had received that enabled me to serve her. So I want to take this opportunity in my final column to encourage you look for ways to use your expertise in the days and weeks ahead to easing the burden or grief or pain from other around you, regardless of the trauma suffered.

Many Thanks

On another note, I want to express my appreciation to all who participated in the recent CSI Day in New Orleans. That is a very special and important day in the life of our organization and I was delighted at the turnout and level of activity throughout the day. A special thanks to Geof Yager for his efforts with our Leadership Training session in the morning. Nearly 50 chapter officers and members participated in a series of experiences that were designed to aid in the building of stronger chapters through the use of the CSI Web Site and through round table discussions. I thoroughly enjoyed my role in a very useful panel discussion focusing on “Living the Life of a Counselor.” Special thanks also go to Jane Myers, Connie Fox, Cathy Woodyard, and Jeffrey Mostade for the roles they played in the Leadership Training.

Passing the Gavel

On May 1, Geof Yager picks up the gavel and begins his term as your President. Having spent the year working with Geof, I am confident that he will continue to lead CSI in its quest of “promoting excellence in counseling.” He will soon be looking for members to join in working with him in the many activities and ventures that make CSI a vibrant and relevant society. I hope that you will take the opportunity to contact Geof (you can find his address on the CSI web site!) and offer to help. Much of the work of CSI goes on during the year in standing committees. These committees need leaders and members. Let Geof know that you are willing to help.

Recognizing Mentors

Finally, I want to express my deepest thanks to two individuals who are not only giants in our profession but who have been mentors to me as I served out this year. One is Ed Herr, who preceded me as President and thus showed me a great deal about “how to do it,” and the other is Tom Sweeney, the Executive Director of CSI, who is the heart and soul of CSI. Both have been invaluable to me this year and I have come to value their wisdom, experience, and friendship.

I would like to think that Chi Sigma Iota is a better honorary society because of my leadership. I will leave that for others to decide. I am excited about the potential of this society and believe that Geof Yager will take it to the next step in the year ahead. Thank you for the opportunity to serve you this year.
Fellows and Interns
Selected for 2002

Ed Herr
CSI Past-Past President

The CSI Committee on Fellows and Interns conducted a solicitation of chapter nominations of persons to compete for the Leadership in Counselor Education Fellowships and Internships for 2002. The Fellowships and Internships are designed to help future leaders in Counselor Education to become effective and knowledgeable in working with issues of concern to our profession. Both awards are to assist professional men and women during the early years of their career to develop skills in helping to advance the counseling profession. The awards offer opportunities to broaden their awareness and leadership in the profession.

The list of Fellows and the two Interns selected for 2002 are provided below. A very brief sketch highlighting the activities of each Fellow or Intern is included.

Fellows

Carmen M. Charles-Aguayo
Beta Upsilon

Civil rights advocate; Secretary and Vice President, Beta Upsilon chapter; works with victims of domestic violence; volunteers at the Palmetto Hospital, on Lucha, a women’s legal project, and on the radio program, The Voice of Women; presented at ACA Convention on oncology counseling.

Kathryn P. Alessandria
Rho Beta

Doctoral student; Vice President and President-elect, Rho Beta chapter; as an Ed.S. student, President, Alpha Sigma Chapter; has presented at the ACA Convention; serves as a board member of the Jefferson Area Chapter of the Virginia Counseling Association; has authored an article in The Family Journal; serves as a group facilitator at a local women’s center.

Kelly G. Arnemann
Beta Upsilon

Civil rights advocate; President, Beta Upsilon chapter; member ACA Public Awareness and Support Committee; presented at ACA Convention on oncology counseling.

Susan B. Paez
Kappa Sigma Upsilon

Doctoral student; Teaching Fellow, Counseling and Human Development Center; fund raising chair, Kappa Sigma Upsilon chapter; founding member and secretary of Chi Sigma Upsilon Chapter; Program Director, Michael’s House - A center for grieving children; co-author, a book chapter on the prevalence of childhood disorders; has presented papers at national and regional conferences.

Angela L. Sheely
Mu Tau Beta

President, Mu Tau Beta chapter; set up a mentoring program and presided over an Orientation and Professional Development Workshop for all counseling students; has written for publication; won first prize for a poster session she presented at the North Carolina Counseling Association Conference; volunteers at grief camps for children and for the Mental Health Association.

Lea D. Tarrall
Alpha Delta

Secretary, Alpha Delta; crisis hotline volunteer; has organized the Alpha Delta archives and a task force to recruit professional members; actively involved in the Maryland Association for Counseling and Development.

Abbey Wilcox
Beta Chi

Vice President and President-elect, Beta Chi chapter; co-chair, Chapter Fall Conference on Suicide; co-chaired chapter conference on Keeping the Counselors Healthy; presented at Ohio Counseling Association and represented her chapter at the ACA Conference.

Monica Zozone
Rho Alpha Beta

Doctoral student; President, Rho Alpha Beta chapter; counselor-in-residence, residence life; has counseling experience with a range of child, adolescent, and adult populations; has two professional publications; has presented papers at ACA and the Arkansas Counseling Association Conferences.

The fellows and interns for 2002-03 are (front row) Kelli Bell Ritter, Susan Paez, Lea Tarrall, Carmen Charles-Aguayo; (back row) Angela Sheely, Monica Zozone, Abbey Wilcox, Holly Hartwig, Kelly Arnemann, and Kathryn Alessandria.

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CSI Recognizes Excellence

By June William
CSI Awards Chairperson

One of the highlights of CSI Day at the ACA Conference was the Awards Recognition Ceremony and Reception. Participation by the chapters in the awards process was outstanding, with 45 nominees for awards, posing a daunting task for the Awards Committee.

Individual Awards

The Thomas J. Sweeney Professional Leadership Award was presented to Dr. Mary Thomas Burke of Mu Tau Beta at the University of North Carolina at Charlotte. Dr. Burke has a lifetime commitment to counseling that embodies excellence, professionalism, and character. She has been involved in counseling related activities and leadership positions for over thirty years at all levels. She has served the as president of CSI, president of the North Carolina Counseling Association, president of the North Carolina Association for Counselor Education and Supervision, president of the Association for Spiritual, Ethical, and Religious Values in Counseling, chairperson of CACREP, and as a member of the board of directors of the National Board of Certified Counselors.

This year’s Outstanding Entry Level Student was Jessica Parker of Beta chapter at the University of Florida-Gainesville. Jessica is actively involved in research and also serves as a teaching assistant. She is involved in a variety of activities and service projects, particularly in the area of eating disorders. One of Jessica’s faculty members states: “Jessica has a natural capacity to develop effective personal and working relationships with her peers and others alike…She is highly respected by both faculty and students in our department.”

The Outstanding Doctoral Student Award was presented to Janna Lynn Scarborough of Rho Beta chapter at the University of Virginia. Janna is an experienced counselor, instructor, and supervisor. One of her peers describes her as “an ideal role model for counseling professionals” and “an outspoken advocate of professionalism in counseling.” Additionally, “she embodies all of the qualities which are valued by counselors — empathy, insight, self-reflection, humor, intelligence and professionalism.” One of her professors states that “she does not see Chi Sigma Iota as “just a line on a resume,” rather she upholds the mission “to promote scholarship, research, professionalism, leadership and excellence in counseling.”

Receiving the Outstanding Service to the Chapter Award was Brian Rodgers of Zeta chapter at the University of Alabama-Birmingham. Brian has contributed to the growth and development of Zeta chapter in a variety of ways: by creating a chapter list-serve and website, coordinating the Zeta-sponsored effort to establish the CSI Statewide Network, and creating a student liaison position to the Alabama Mental Health Counseling Association. One of his letters states, “Brian brings a fresh level of energy, enthusiasm, and congruence to everything he does.”

The recipient of the Outstanding Practitioner Award was Gary Williams of Zeta chapter at the University of Alabama-Birmingham. Gary is a full-time counselor/evaluator for adults with disabilities and also maintains a private practice. He is an LPC, NCC, and CRC, and is actively involved in several professional counseling associations. His supervisor writes, “Gary is interested in teaching others to recognize how good they really are. His level of caring goes beyond his job duty to provide counseling to those we serve.”

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The Outstanding Practitioner Supervisor Award was presented to Marie Bracciale of Beta chapter at the University Of Florida. Marie is the Clinical Director of a residential center for adolescents and holds numerous counseling credentials. She works in conjunction with the Department of Counselor Education at the University of Florida and has “been instrumental in creating links between counselors in training and treatment providers in the community.” One of the faculty members writes: “Marie is a very determined and dedicated professional in her field. She is committed to serving clients and supervising staff in a conscientious and efficient manner.”

The recipients of the Outstanding Research Award were Dr. Donna Gibson of Alpha Tau Chi chapter at The Citadel, and Dr. Jane Myers of Upsilon Nu Chi chapter at the University of North Carolina at Greensboro for their research study entitled “Social Coping Resources and Growth Fostering Relationships: Effective Strategies for Decreasing Infertility Stress in Women.” The study aimed to determine the relationship between the use of social coping resources, growth-fostering relationships, and the amount of infertility stress reported by infertile women. This research has been accepted for publication in the Journal of Mental Health Counseling.

Chapter Awards

The Outstanding Chapter Award was presented to Pi Alpha chapter at Wake Forest University. Pi Alpha’s

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CSI Recognizes Excellence (continued from page 6)

Chapter members are intricately involved in every aspect of the chapter’s activities, actively participating in regular meetings, committee activities, and chapter projects. One outstanding program begun this year was designed to raise enough money to send every second-year student to ACA. One method of fund-raising was called the “QuadWalk” in which members pledged to walk as many laps around the Wake Forest quad-rangle as there are miles from Winston-Salem to New Orleans - 790 laps. They embody the spirit of CSI – and gave new meaning to the song “Walkin' to New Orleans.

In addition to receiving the Outstanding Chapter Award, Pi Alpha chapter at Wake Forest University also received the Outstanding Newsletter Award for their newsletter, Communiqué. The hard work of editor Beverly Huffstetler and the entire chapter is evident both in the professional layout and content. Communiqué not only focuses on chapter activities and information but also provides information relevant to new students in the program as well as faculty and alumni. Regular columns include tips for students, a book review, a faculty and alumni spotlight, chapter program updates, committee reports, a calendar of events, an article related specifically to a counseling technique or issue, and other articles on topics of current interest.

The recipient of the Outstanding Individual Program Award was Alpha Upsilon chapter at The University of Akron for the program entitled “LGBT Issues in Mental Health.” Under the direction of faculty advisor Robert Schwartz, this day-long workshop was organized, developed, and marketed entirely by chapter members. Professionals from five different organizations presented sessions on such topics as LGBT advocacy, prejudice and homophobia, HIV and couples counseling, and counseling youth populations in schools. Members developed professional quality brochures that were mailed to chapter members, private practitioners, mental health agencies, and universities in a two county area.

Awards Committee

Many thanks to the 2002 Awards committee members who reviewed the applications: Susan A. Adams, Delta State University; Deryl Bailey, University of Georgia; David Carter, University of Nebraska at Omaha; Alo Dutta, Southern University; Karen Furgerson, Texas A & M University-Kingsville; Tadesse W. Giorgis, Chicago State University; Amanda Herr, Southeastern Louisiana University; Cirecie A. Olatunji, Xavier University of Louisiana; Marjorie F. Olney, University of Illinois at Urbana—Champaign; Quinn Pearson, University of North Alabama; Catherine Roland, University of Arkansas; Valerie Schwiebert, Western Carolina University; Jacqueline A. Walsh, California University of PA; June Williams, Chair, Southeastern Louisiana University.
CSI Day In New Orleans

Awards Chair June Williams announces the awards recipients.

President-Elect Geof Yager and Membership Chair Connie Fox lead a discussion group during the Leadership Roundtable.

Cathy Woodyard, Editor of the Exemplar, is recognized by President Dick Percy for ten years of service.

President Dick Percy expresses thanks to Past-President Ed Herr.

CSI members enjoy refreshments and networking at the Awards Reception.
Creating a Chapter Monograph
(continued from page 1)

Ethics class. There would still be just enough time to edit and publish before the State conference.

Impressive Publication
Once again we visited classrooms, distributed flyers and marketed the project. I made a special appeal to the incoming Ethics class. This time we had many more quality submissions—all from the Ethics class. We completed the selection process and editing and fulfilled our obligations at the conference. It turned out to be a very impressive publication. But, why had it been such a struggle to get submissions, much less original works that were not classroom requirements? Why did students not jump at the chance to submit? After all of the struggle, we were proud of what we had accomplished and we had hoped to make the monograph an annual project. It was time to reflect and process what had happened and where we were going with the monograph project.

Learning from Mistakes
We first determined that we had made something of a “sampling error” that contributed to the poor response. Our chapter has been extremely fortunate to retain a large professional membership; however, since this was a student monograph, many of our members were ineligible. Another possible factor is that some of the best, brightest, and most motivated of our flock were sitting at the Board table and were not encouraged to write because of the potential appearance of a bias in the selection process.

However, our most critical mistake was our assumption that most students would appreciate the importance of publishing for their own professional development. Many were simply not that forward thinking and had not been exposed to the academic and professional process. Further, we did not realize that we were intimidating many students. We were essentially asking many students who sweated bullets over every APA style classroom project to submit something that would necessarily be judged even more critically than they were accustomed. We realized that we should have been mentoring earlier in the process. We needed to promote the monograph as a learning process with a potentially big reward. We needed to explain the importance of early writing and networking and professional development as a part of our campaign.

The Second Edition
For the second monograph, we selected another broad theme, “Diversity in Counseling.” Keith Dirl volunteered to head the project, and our softer and gentler approach was more effective. We received a number of papers written specifically for the monograph. Keith cleverly wrote a humorous “Ten Reasons Why You Should Write for the Monograph” which further lowered anxiety. We are now in the final editing process of our second edition.

We recently convinced the University library to include our monographs in the general collection. They are having the works bound at their own expense and have also asked that we provide a CD version to make it easier to include the future monographs in the online database as a series! This has further validated the project.

Looking Ahead
We are already strategizing our approach for the next edition. We might pair professionals as mentors with the students. We may offer the faculty an opportunity to have our monograph “team” focus on one class per semester, to help students do their very best work. We may offer more workshops or writing clinics or partner with the English Department as a way to assist with the grammatical editing process. We are still adapting, and the process still takes a lot of effort. But, we are also confident that we have come up with a great service project and a wonderful way to promote excellence in counseling. Please direct any questions or suggestions to garywill@hiwaay.net.

Welcome New Chapters
Welcome to the following new chapters of Chi Sigma Iota.

- Alpha Chi Alpha
- Cincinnati Bible Seminary
- Chi Sigma Sigma
- California State Univ.-Sacramento
- Upsilon Chi Lambda
- University of Houston-Clear Lake
- Pi Alpha Chi
- Westminster College
- Nu Gamma Psi
- Queens College
- Omega Sigma Upsilon
- Oregon State University
Advocacy Committee Active in New Orleans

By Bill Nemec and Vicki White

Advocacy Committee Members

Chi Sigma Iota continues to play an active role in promoting professional counseling through its advocacy initiative. CSI’s Advocacy Committee provided the leadership for two very important activities at this year’s ACA convention in New Orleans. The first activity was a very successful three hour ACES sponsored workshop titled “Advocacy Strategies for Counselor Education: Diverse Methods, Unified Results.” The second activity was the Advocacy Committee meeting during which a number of exciting new initiatives were planned for the coming year.

Advocacy Strategies for Counselor Education

The ACA advocacy workshop began with a historical perspective on CSI’s involvement with advocacy. The six advocacy themes developed at the 1998 advocacy conferences presented. These themes are: counselor education, inter-professional issues, marketplace recognition, intra-professional relations, research, and prevention/wellness. After a discussion of the goals and objectives of the counselor education theme, three counselor educators presented examples of how they have incorporated advocacy into their curriculums as a way of educating counselor trainees on how to advocate for their profession. Workshop participants then brainstormed additional ways that professional advocacy can be incorporated into counselor training and counselors’ day-to-day experiences. The area that participants expressed the most concern was workplace recognition and how to teach the skills that can be useful in influencing legislative issues. Finally, the workshop participants were encouraged to search the Advocacy link on the CSI Homepage to find a description of CSI’s advocacy strategic plan, advocacy resolutions, and advocacy themes and advocacy training materials.

CSI Advocacy Committee Meeting

A highly energized, motivated and committed committee reported on and planned for a number of exciting new advocacy initiatives. The following Advocacy Projects recently placed on the CSI Advocacy Website were announced: John Carroll University (Prevention/Wellness), University of North Carolina Greensboro, (Intra-professional Relations), and Barry University (Counselor Education). To increase the number of advocacy projects submitted, each chapter will be encouraged to engage in one advocacy project per year and submit it for inclusion on the website. CSI will hold a poster session of advocacy projects at next year’s CSI reception in Anaheim. The winning chapter will have a picture and a story about their project in the Exemplar.

The Advocacy Committee will also conduct a survey to assess the extent Counselor Advocacy is being taught in Counselor Education programs. The survey will identify what’s being taught, what needs to be taught, and what additional resources are needed to adequately address advocacy for the profession as per CACREP standards. The survey results will generate practical advocacy activities that could be put on the webpage as well as give direction to further advocacy curriculum development.

Collaboration between the CSI Advocacy Committee and the ACES Advocacy Interest Network was established. Both committees agreed to submit a series of articles on counselor advocacy to the ACES Spectrum as well as a proposal for a joint program on counselor advocacy for next year’s ACA convention in Anaheim.

Finally, it was decided to explore whether the ACA entities would be interested in a follow-up to CSI’s 1998 Advocacy conferences. Dr. Sweeney has received positive feedback from David Kaplan, ACA President-elect, on holding such a conference at next year’s ACA convention. With the convention theme being on “excellence” it seems like a good time to revisit topics, strategies, efforts, successes and what remains to be done on developing a common theme for the advocacy of counselors and the services that they provide to others.

Fellows and Interns

(continued from page 5)

Interns

Kelli Bell Ritter
Chi Epsilon

Doctoral student; President, Chi Epsilon chapter; Assistant Managing Editor, Journal of Individual Psychology; co-authored a book chapter on lifestyle intervention and assessment; helped in production of video for CSI fund raising for homeless women and children in Atlanta; presented at ACA Conference and at Southern ACES.

Holly J. Hartwig
Upsilon Nu Chi

Counselor, Behavioral Health Center; doctoral student; Chapter Secretary, two years; Resident Director; President, Omicron Delta Kappa National Leadership Honor Society; has served on projects in the Dominican Republic, Mexico and the United Kingdom.
Student Insights

What Personal Issues Have Been Triggered During Your Development as a Counselor?

It’s a Large World Out There
by Terri Leible, Sigma Epsilon Sigma Chapter at Southeast Missouri State University

Entering the counseling program, I felt “pumped up” with all of the “wisdom” that I had acquired in my undergraduate psychology classes. Surely the likes of Freud, Rogers, and Ellis would have been honored to have had me in their midst. There was not much lack of either self-efficacy or self-esteem. Well, the first thing that I learned was that I had a lot to learn!

Self-reflection and introspection have made me a different person than when I entered the program. At first, I saw the world and everyone in it from the standpoint of my own socialization process. I realized quickly that others felt as strongly about their worldviews as I did mine. There was no right or wrong, just a difference, and this fact does not minimize the importance of my world.

Along with the knowledge I have incurred to begin my counseling career, my most important hurdle was and is to continually learn more about myself. Each class has produced adjustments in my way of thinking. Counseling involves so much more than listening to concerns. It involves understanding and identifying with an individual and recognizing that another person’s worldview has a major impact in the counseling relationship.

I have evolved into a more well-rounded counselor-in-training because of the many personalized issues I have been confronted with in this program. My childhood as well as adult experiences with stereotyping, discrimination, and prejudice have taught me that there will not be a “blanket” cure for everyone and that I will need to approach each individual as unique. I feel secure in that this program will continue to “mold” me into such a counselor, one that can face the dynamics that lie ahead in the twenty-first century.

Cultural Awareness
by Dionne Redmond, Tau Sigma Upsilon Chapter at Texas Southern University

One of the best things I did to become a more culturally competent counselor was to gain insight into another culture and familiarize myself with the issues they face. Regularly attending a Transgendered Support Group and keeping a journal of the stresses and issues the members face has taught me much about the thoughts and emotions they experience. My involvement and the wealth of understanding I’ve gained has prompted me to encourage others to also step outside the textbooks and classrooms in order to become more culturally competent.

Personal Triggers
by T. J. Hudock, ETA Chapter at Youngstown State University

If a person is serious about learning this profession, they are likely to experience the “triggering” of any and all personal issues that are even remotely applicable to them. It’s kind of like medical students’ disease where premeds worry that they’ve contracted each illness they have studied. The only difference, I think, is that in the case of counseling students, some of the ‘illnesses’ are real.

Graduation is a mere two years past for me, but it takes a while for this ‘triggering’ to die down. When you are always meeting with people to work an inexact science at an intimate and personal level, there’s no end to the self-inquiry. This is especially true when things go awry. Unfortunately, it seems that it’s difficult to really learn much of anything about yourself that isn’t awash in personal bias and distorted perspective.

It’s very important to me to have people close-by who support me and who are familiar with what I’m doing. This kind of support enables personal growth if I’m willing to self-disclose when feeling “triggered.”

STUDENT IDEAS AND EXPERIENCES NEEDED FOR PUBLICATION!

Richard Hazler and Liz Mellin

We are looking for student ideas to be published in the next edition of Exemplar around the new “Student Insights” question listed below. CSI Chapter leaders, advisors and members can help by developing discussions around the new question and encouraging students to submit their ideas and experiences. This edition’s new question is:

What is a key counselor quality you have seen or experienced and what impact did you see it have?

Submissions of no more than 400 words should be made no later than July 15 to Richard Hazler and Elizabeth Mellin by email <hazler@ohio.edu> or mail to 201 McCracken Hall, Ohio University, Athens, OH 45701.
Update from Headquarters
(continued from page 3)

Chapter Online Application
Process: We plan to field test an online application entry and approval process for use by chapters this summer. One of our goals is to expedite the approval process and, hopefully, reduce the time for all involved. We welcome chapters willing to help us field test the process before making it available for all chapters.

Regalia, Jewelry, & Other Sales:
One of the ways that we have been able to postpone dues increases in spite of postage increases and other inflationary forces is through the sale of special regalia items for graduation and clothing. We are now in the process of incorporating a number of changes into our various items available to members. For the shirts, for example, you will be seeing revised designs with “counseling honor society” clearly displayed attractively on them. We think that recognition as an honor society member should be prominent as a distinction from Greek named social societies. We also have decided to enhance the quality of the blend in these items with no increase in cost to members.

I have suggested to chapters that they encourage all members to wear their recognition pin, honor cords and stoles to initiations of new members. Robes are not necessary although some chapters use them near graduation. To see a room with members wearing their honor cords and stoles is a source of encouragement and pride for all.

Jewelry will be available as soon as we can get it displayed on the web. Burr, Patterson, and Auld of Elwood, IN will be our supplier. They are among the largest suppliers of collegiate jewelry in the country. Members can select what it is they desire and order it directly from the company. As soon as they have our jewelry on their web page, I will send a notice to chapters and the Exemplar.

Another Good Membership Year!
Our new membership applications were slow arriving at Headquarters this year. Nevertheless, we are very close to attaining our budgeted goal of 3,200 new members and we have a few days left in this fiscal year. We already have exceeded the projected membership renewal goal (N = 3,200), and life memberships continue to be a good investment for members. In short, the Society is steady in its growth.

Much Appreciation
Thanks to All! Finally, I want to express appreciation from Headquarters for the excellent cooperation and substantive work that is being done at both the international and chapter level. We want to serve you better and have been continually making changes in order to do so. On more than one occasion in the past, it has been an e-mail or conversation with an officer, committee chair, faculty adviser or chapter leader that prompted us to adopt a suggestion that benefitted everyone. Let us hear from you with questions or suggestions. We look forward to it, and thanks again to all for your good work!

C. Gilbert Wrenn
April 2, 1902- December 28, 2001
by Thomas J. Sweeney

Dr. C. Gilbert Wrenn, retired University of Minnesota professor, former school counselor, and prolific author of articles, monographs, and books such as *The Counselor in a Changing World*, died December 28, 2001. In the early years of Chi Sigma Iota, C. Gilbert Wrenn was identified as one of several Distinguished Scholars and often was requested as an initiation speaker and conference presenter. Certainly his 450+ professional writings established his role as an eminent scholar and futuristic thinker!

Gilbert and Kathleen Wrenn were inseparable so those chapters that invited Gil met Kathleen and learned about the relationship between these two persons in their 70+ year marriage. There is much that has been written about Dr. Wrenn’s scholarly contributions, but it was his and Kathleen’s personal relationships that left the greatest impressions. Gil often wrote and spoke about Kathleen’s hands, and anyone who saw them together noted that he held her hand tenderly and often.

Caring for and about others is their legacy both personally and professionally. While Dr. Wrenn wrote and spoke eloquently about caring, his personal example was testimony to convictions far more reaching than academics. Never one to end a conversation or presentation without words of encouragement, his last years were devoted to sharing his lessons of life for those yet to follow. Having lost his eyesight, he dictated his thoughts for publication to his friends. Among his insights, “putting your best foot forward at least keeps it out of your mouth!” and “the measure of life, after all, is not its duration, but its donation.”

So it is with both joy for him and sadness for us that we say our goodbye to this pioneer in our field: joy that he is now able to experience the cosmos he so dearly loved to talk about in all its splendor, and sadness at our loss of friend, caring partner in helping, and source of encouragement in life’s daily challenges. Gratefully, his love of counselors and counseling lives on through others. And, indeed, we still have Kathleen.
Chapter Happenings

June Williams
CSI Associate Editor

Once again, there were more submissions to the “Chapter Happenings” column than space allowed. We appreciate the many submissions and celebrate the excellent activities being supported through CSI chapters. To read other “Chapter Happenings,” go to the CSI web page, click on the “Chapters” link, and then click again on “Chapter Happenings.”

Alpha Theta

The Alpha Theta chapter at California State at Bakersfield presented three very successful CEU workshops during the 2001-2002 year. The first, “Girls to Women, Boys to Men: Creating Healthy Passages to Adulthood” was presented by Elizabeth Herron, director and instructor at the Gender Relations Institute and Kevin Buck, founder of Playfield 4: A Wisdom Culture. The second, “Thinking Smart Clinically: How to Minimize Your Risk,” was presented by Russell D. Miars, Associate Professor of Counselor Education at Portland State University. The third was titled “Fear of Intimacy: Combating Destructive Thought Processes in Couples,” and it was presented by Lisa Firestone and Joyce Catlett of the Glendon Association. We are very proud of the well-attended workshops.

For next year 2002-2003, we have three new workshops planned: “Affirmative Psychotherapy with Lesbian, Gay, and Bisexual Clients,” “The Therapist’s Emotional Survival: Dealing with the Pain of Exploring Trauma,” and “Strengthening Attachment Ties: Parent-Child Dyad Art Therapy.”

Submitted by Karen Kuckreja, President <vkuckreja@bak.rr.com>

Beta Upsilon

In November 2001, the Beta Upsilon chapter at Barry University cosponsored the Barry Family Enrichment Center (BFEC) annual Thanksgiving Food Drive. We made 25 baskets for the families that attend counseling at our center. In December 2001 the chapter cosponsored the 2nd Annual Holiday Party for the children who attend the center. Almost 200 people attended, and all of the children received gifts donated by chapter members and others in the community. We also held two raffle fund raisers, which assisted members in attending ACA. CSI 2002 Fellow Award winners Kelly Arne mann and Carmen Charles attended ACA in New Orleans. Also in March the chapter initiated the largest class in its seven-year history; fifteen members were inducted this year! In April we held elections and now have a new Executive Board.

Submitted by Kelly Arnemann, Past-President <kellyarnemann@hotmail.com>

Chi Delta Rho

Akwaaba, greetings in the language of Ghana, West Africa. Chi Delta Rho at the University of Scranton has had an exciting year. The primary mission for the 2001-2002 academic year was to open the door to international service, begin to bridge the gap between cultures, and embark on an international journey. We began by hosting the fall colloquium entitled Sharing Across Continents. The honored guest was Her Majesty Mama Adokuwa-Asigble IV, Queen Mother of the Tefle Traditional Area in the Volta Region of Ghana, West Africa. The Queen Mother presented these funds to the Queen Mother to continue the building project. The Queen Mother will be the keynote speaker at the Spring Banquet.

Submitted by George Lynn, President; Jennifer Valtos, Treasurer (valtosj2@UofS.edu); Karllina Hulst, Secretary; and Dr. Vivian V. Ripley, Faculty Advisor.

Kappa Sigma Upsilon

The Kappa Sigma Upsilon chapter at Kent State University has been very busy this spring! We debuted our cookbook, “Counselors’ Excellence Simmering through Recipes!” This fund raising item contains over 80 recipes from counselors, counseling students, and counselor educators. We also launched the “Coun-

(continued on page 14)
Chapter Happenings
(continued from page 13)

Sigma Lambda Upsilon

For the Sigma Lambda Upsilon chapter at Southeastern Louisiana University, the past year has been an exciting one. Last fall we offered a workshop titled “The Use of Humor in Counseling” by Dr. George N. Hay. In March two of our graduates and our president presented “Walking Across the Stage” which focused on the transition from graduate school to the professional counseling environment. Our most recent success was our annual banquet where we were honored to have Dr. Sam Gladding who inspired and motivated us with his stories as our keynote speaker. We were pleased to have 17 new members from Kent State University and The College of the Bahamas into our chapter.

Submitted by Susan B. Paez, Co-Fund Raising Chair

Upsilon Nu Alpha

At the University of North Alabama, the Upsilon Nu Alpha chapter has sponsored a variety of networking and academic events. At our annual Fall Breakfast a former school counselor shared the challenges and rewards of becoming a successful female school administrator with a doctoral degree in a field traditionally and locally dominated by males. Members attending the annual Winter Networking Luncheon shared personal and professional coping strategies in light of the year’s traumatic events. In that spirit, the theme for this year’s Spring Workshop was “A Beautiful World of People: Counselors Embracing Diversity.” Topics included diversity in religion, race and ethnicity, physical capability, and sexual orientation. Themes also focused on opportunities for counselor advocacy.

Submitted by Rhonda Bogus, First vice president
<theboguys@yahoo.com>

Zeta

The Zeta chapter at the University of Alabama-Birmingham began its year with an Initiation and Awards Dinner at which students, professionals, and counselor educators came together to honor “Excellence in Counseling.” Thirty-eight new members were initiated, 2002-2003 officers were inducted, and members were honored with awards for their marked excellence and service in the counseling arena. Dr. Judith Harrington, professional member of Zeta chapter, served as our Keynote Speaker.

We have worked hard to use a three-fold approach to Executive Board recruitment that is inclusive of professions, students, and counselor educators. Through these efforts at matching the gifts of members willing to serve with the needs of the chapter, we hope to develop programming that interests and serves the needs of all three groups.

Submitted by Amanda Hern, President <amandah@I-55.com>

Exemplar on Audio Tape

The Chi Sigma Iota Exemplar is provided on audio tape to CSI members who are blind or visually impaired. If it would benefit you or other members in your chapter to receive the Exemplar in this medium, please notify Cathy Woodyard, CSI Exemplar Editor, at 2750 W. Virginia Parkway, Suite 108, McKinney, TX 75071, (972) 548-8092, or through e-mail at cwoodyard@texoma.net.
Each chapter is required to submit a Chapter Annual Report to the International Office by the last day of April each year. Also required for submission is a Chapter Annual Plan that outlines the goals the chapter intends to accomplish from May 1, 2002, through April 30, 2003. Once the plans are submitted, what are some strategies that chapters can employ to ensure successful goal attainment by the time the Chapter Annual Report is due in 2003?

## Setting and Attaining Goals

The Complete Idiot’s Guide to Reaching Your Goals defines goals and offers guidelines for goal attainment. The book defines a goal as a desired outcome. Desired, meaning something you are seeking, something you want, and something you are willing to strive for and lend energy to; and outcome, meaning, a result, a situation you can describe, and achievement to which you can point, a feeling that is real and unmistakable.

### Goal Attainment Strategies

Goal attainment strategies are outlined in the book. First, each larger goal (in the action plan, for example) needs to be divided into smaller more manageable components. Good goals are both challenging and reachable. Each component goal must have three qualities: 1) the goal must be measurable; 2) the goal must be attached to a specific deadline; and 3) the goal must be assigned to a responsible party. The person responsible for the goal has to see it as his or her own and accept accountability and ownership. The designated person is then responsible for tracking the progress of the goal and publicizing goal attainment.

For organizations like CSI, the affiliation with others that are like-minded and serve as peer and support systems can mean the difference in goal achievement. Each goal must be deemed important by the chapter members. Therefore, it is important to share goals with the general membership. Go public with the goals that comprise the Chapter Action Plan; keep a record of progression toward goal attainment and regularly announce when goals are achieved.

### The 5 W’s

The familiar 5W’s method of asking who, what, when, where, and why can be used in the goal attainment process. It is also critical to add a sixth question—How?

#### Questions to Ask

Specifically, the following questions need to be asked and answered:

- **W**- Who is responsible for the goal being attained?
- **W**- What is the goal in question?
- **W**- When will the goal need to be accomplished by?
- **W**- Where will the progress on the goal be publicize and promoted?
- **W**- Why is the goal important to the group?
- **H**- How will you know that the goal has been accomplished?

Once these questions are asked and answered, periodically evaluations can be made to assess progress toward goal completion and to modify goals as needed. Building in performance indicators, observations that let you know whether or not you are making progress towards your goals, is one way to check progress. Other methods include using the existing deadline assigned to each goal as indicators or requiring progress report submissions from the responsible party.

## Use as a Guide

The Chapter Action Plan is a guide and acts as the chapter’s contract with the CSI International Office. The End of the Year Report is the document used to measure goal achievement. By incorporating the strategies described above, officers can increase probability of success, thereby, transforming the Action Plan into the Annual Report. Remember that success breeds success!

### Reference


## Order Your CSI Honor Cords and Honor Stoles

Chapters can order honor cords and honor stoles in bulk, anytime throughout the year from our supplier, Kalamazoo Regalia. Your chapter will order, pay, and receive shipping directly from the supplier. All orders must be placed and prepaid by chapters; no single item orders will be accepted. Last minute requests for “rush” deliveries will require additional payment for such service.

Honor cords can be purchased for $10.00 and stoles for $30.00. Regalia orders will need to be directed to Kalamazoo Regalia at 728 West Michigan-Kalamazoo, Kalamazoo, MI 49007 or at 1-888-344-4299.
Dr. Kathleen Ritter is currently the faculty advisor for the Alpha Theta chapter of Chi Sigma Iota. She began her education at Emporia State University where she received her master’s degree in counseling. After her graduation, the faculty asked her to teach some courses and serve as a part-time counselor in the counseling center on campus. Dr. Ritter continued to counsel and teach while obtaining her specialist degree. She was one of the first females in the counseling department at Emporia State University. Interestingly, her supervisor at the counseling center was a psychiatrist. This led her to a greater understanding of interpsychic processes in clients. In addition, many of her professors and mentors had received their training from some of the first counselor educators. In 1974, she received her Ph.D. from the University of New Mexico. She then moved on to become the first female counselor educator at California State University at Bakersfield. Dr. Ritter also has a private practice working with adults in transition, couples, and families.

Seeking a Balance

Bringing balance in a counselor’s and counselor educator’s life is no easy task. Being a mother and raising a family has taught Dr. Ritter to do some very careful budgeting of her time. Making priorities and understanding what they involve is very important. One of Dr. Ritter’s priorities is the building of the counseling profession. Having been one of the first women in counseling, she has seen how far we have come (and how far we still have to go). She believes the best way she can promote the profession is through the community.

Mentorship

Dr. Ritter has had several excellent mentors throughout her education and career. Although she is one of the few females in the profession, she never felt like an outsider. At both Emporia State University and California State University at Bakersfield, Dr. Ritter found several mentors who enriched her life and encouraged her to be the counselor educator she is today. Dr. Ritter has found many ways to pass on the mentorship she received with her own students. One way is by being the faculty advisor for Alpha Theta. Promoting a student-community connection has also led to several strong mentoring relationships. “I believe in being a part of the community.” Opportunities to meet and interact with practitioners allow students the opportunity to see and hear what they will be doing in the future. It is an excellent mentoring tool.

Connections with the Community

Dr. Ritter recommends current and future chapter advisors to “Think big! Think creatively!” Go beyond the university. Interact with the community in a proactive way and use the resources of “outsiders.” Use your connections and network. The Alpha Theta chapter hosts three annual conferences each year. Dr. Ritter recommends when planning events to find ways to bring practitioners from the community into those events. She suggests not only bringing them in as attendees but also having them participate in presentations as well. Having successfully planned several workshops, Dr. Ritter finds the blending of practitioners and students to be an enriching experience for all. In speaking to Dr. Ritter, she reminded me of the fact that we (students, faculty, and practitioners) are all trying to reach the same goal...advocacy, education, and the advancement of counseling.
CSI Financial Year

Jeffrey Mostade
CSI Treasurer

Fiscal Policy
Our founding President and Executive Director, Dr. Thomas Sweeney works hard along with Kelley Rowland, the Administrative Assistant, to run a lean organization. This effort shows. Dues are a low twenty-five dollars per year, which includes a seven-dollar rebate to your home chapter, if they maintain active status. As of March 6, 2002, expenses had been running about 2% higher than last year at that time, while income projections were essentially the same. New memberships, however, had been lower than projected compared to last year by about 325 at that same time of year. The Executive Director and the Executive Council took early action to mitigate any potential shortfall by trimming costs per person at the Annual Reception, choosing not to exhibit at this ACA conference, and delaying payment of non-fixed costs to maintain cash flow. We expected to pick up some of the income from regalia sales and memberships, but this slowing of income also was studied as a possible organizational move from a growth to a consolidation phase unless we were deliberate in taking positive actions to regain our momentum.

Income, Expenses & Long-term Investments
Our income is provided through dues, sales, and investment income. Our expenses bear some inquiry, for those of you wondering what it takes to run an organization of some 33,000 members, with a regular membership of approximately 7,500-9,000, a yearly initiation of 3,000 members, 228 chapters, and a Life Membership of 688 people. Over $35,500 of member dues, for example, went back to their chapters in rebates this year alone. Our budgeted expenses for 2001-2002 are in graphic form below.

Our long-term investments declined by 16.4% in the period from January 31, 2001 through January 31, 2002 which is consistent with the broad market decline of 17.3% as measured by the S&P index over the same time frame. This money is held primarily in mutual funds and is expected to recover value over time as these are not realized losses. This money is reserved for exigencies and crises. In point of fact, the larger share of our investments have fared very well in the past and still represent a substantial positive growth through these investments (Schwab account: $43,834, March 31, 2002; Putnam accounts: $118,934, March 31, 2002 on $104,000 of invested funds).

Membership and Chapter Activity
Our membership goals for the fiscal year ending were exceed (N = 3,200 new and N = 3,200 renewals) as a result of an extraordinary April activity by chapters. The headquarters processed a record 871 new membership applications. The new memberships for the year were N = 3,234, only 17 less than last year, while renewal memberships were greater by 111 than last year. Part of this renewal membership was due to a headquarters’ initiative to conduct a follow up renewal effort that proved successful. Life memberships were selected by 14 members, twice as many as last year. Life membership funds, however, are invested in long-term mutual funds by the Executive Council and not incorporated into the operating budget.

Our active membership at the end of April, 2002 was 8,959, also a new record, and total initiated members in CSI, 32,976. Seven new chapters were added bring us to a total of 228. We cannot expect to add as many chapters in the future as we have in recent years past.

Although the number of chapters is at an all-time high, the number of new initiates is not commensurate the increase in numbers of chapters, possibly indicating a decline in the number of initiates per chapter. This is both a Chapter Development Committee and Membership Committee concern, and an issue for the organization as a whole. Potential members may be unaware of the value of CSI membership, and the ways in which twenty-five dollars per year multiplies the impact of their money on the profession and their own careers.

Team Work
The work of CSI International would not be able to be accomplished if it were not for the many dedicated members who serve in the leadership, committee, and governance structure. This cadre of leaders provides the infrastructure that allows such service to the membership as Listservs maintenance, website content and maintenance, chapter support, conference programming, awards program, newsletter, national networking opportunities, training, continuing education, and other organizational support that provide the value of your membership in CSI.

(continued on page 18)
CSI’s Financial Year
(continued from page 17)

Financially Sound Future of CSI

The long-term view for CSI organizationally requires a continually growing membership, an increase in dues, an increase in ancillary sales and, more likely, all of these in some measure over time. While the audited income and expenditures for the year ending are not yet available, we can say without a doubt that CSI has a strong financial base. Due to fiscal prudence, CSI has maintained a positive but conservative budget structure and economizes appropriately to its known resources. Our target goals have been met and contributions, for example, from the sale of the Handbook of Counseling promise new resources for special projects and fellowships in the future. As the stock markets recover, so will the value of CSI’s investments for these purposes as well.

BUDGET PERCENT ACTIVITY

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<th>26%</th>
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Reflect on your own values and needs as a consumer and a member of Chi Sigma Iota. Contact any officer or myself to tell us what provides value in your membership. The more we meet your needs as members, the easier it will be to gather new members, renew current memberships, and meet our sustain CSI as an organization.

Essentials for Excellence
(continued from page 2)

Even when there are not “black and white” ethical answers, we should be encouraged to be deliberate and careful in approaching each ethical decision. Yes, “do no harm” is a primary ethical directive, but it’s complexities can sometimes be highly confusing. The ACA Code of Ethics ought to be a ready companion to all of our work with clients.

Self-care

Excellence requires that we take care of ourselves. Counselors work in a potentially emotionally draining profession. If we are not at our best, we aren’t going to be available to help our clients. Dick Percy, our Past-President, recently mentioned an analogy that really fits this suggestion well. He referenced the “canned speech” that each flight attendant repeats at the start of an airline flight. The word are something to the effect that “should there be a sudden loss of air pressure in the cabin, oxygen masks will appear from the ceiling of the plane. Make sure that you strap your mask on first, before you attend to the needs of a child or another needing help.” We must take care of ourselves first, or we won’t be available to aid the welfare of others!

A Process

Excellence in counseling is a process and not a final outcome. We are continuously working toward excellence, and we need sustained, and often courageous, efforts to remain at the level of excellent performance. Finally, the process of excellence is idiosyncratic. Beyond the very few specific elements I’d mentioned earlier, moving toward excellence as a counselor will be something that you must do in your own way. I wish you the best during the upcoming year in making your way toward excellence as a counselor!
Connecting Counselors Across the Country

Kelly Wester
Kappa Sigma Upsilon

Have you ever gotten tired of making the same dish to bring to a function? Have you ever needed contact information for another professional? Have you ever needed an inspirational quote or story? Although these questions seem unrelated, they are connected as a part of a fund raising event for the Kappa Sigma Upsilon (KSU) chapter of CSI.

Brainstorming

In Fall 2000, at a KSU monthly executive meeting, the officers of our chapter discussed how successful the previous fund raising events were. Although these events had been fun and successfully raised money to support student participation in the profession of counseling, they appeared to only reach current KSU members. We were interested in widening the participants to include alumni and other professionals, but were unsure of how to accomplish the task. While brainstorming for new and inventive fund raising ideas, we began to notice that there were many professionals across the nation who would e-mail on a listserv and request information on practitioners in different states or locations. We thought about creating a book or reference guide that might give professionals this information. This idea began what is now known as the Counselors’ Excellence Simmering Through Recipes cookbook.

Networking Cookbook

The cookbook began as a small project, which once again only included current KSU members. However, our officers began approaching other professionals at the 2001 ACA conference, asking if they would like to donate a recipe, along with a quote or history of the dish. After receiving good feedback about the project, our chapter members began sending out postcards and packets soliciting recipes and information from counselors and CSI chapters nationwide.

At the time the cookbook idea originated, we had no idea the project would be such a success. It has not only served as a cookbook but also a reference for counselors, counselor educators, and students nationwide and includes inspirational quotes and histories of the recipes. It also has provided our chapter members opportunities to network and meet influential individuals, along with providing an opportunity to donate the proceeds to a scholarship fund.

The cookbook, which has been recently finished in February 2002, is a wonderful, colorful collection of over eighty recipes from counselors nationwide. It was a great fund raising event that brought together members of our chapter and other professionals. We hope that you might enjoy the cookbook as much as we enjoyed making it but also that your CSI chapter can become motivated to do something unique and collaborative with current members as well as the profession.

If you would like more information about how our chapter set up this event, about the cookbook, or would like to purchase a cookbook ($20 per book + $4 s/h), you can e-mail kwester@kent.edu or mail check or money order or questions to ATTN: Kappa Sigma Upsilon Cookbook, 310 White Hall, Kent State University, Kent, Ohio 44242.

CSI Proudly Thanks Donors

With their permission, we wish to publicly thanks those who have been gracious in their contributions to Chi Sigma Iota in the recent past and acknowledge their commitment to excellence beyond which is expected.

Alicia Beth Minton
Alpha Chi Omega
DeHavalland Johnson
Alpha Eta
Juliana M. Parascandola
Alpha Lambda
Reine H. Evereze
Beta Alpha Omega
S. Jeffrey Mostade
Beta Chi
Karen L. Alexander
Beta Phi
Richard A. Highland
Chi Epsilon
Arelia R. Dalton
Chi Sigma Upsilon
Frankie G. Moore
Chi Upsilon
Paige L. West
Epsilon Beta
Rebecca D. Hill
Beta Chi
Bernadette Martyak-Kish
Beta Phi
Suhyun P. Suh
Chi Sigma Upsilon
Jake A. Johnson
Chi Upsilon
Mark S. Carter
Katherine J. Myrick
Joan C. Stanley
James R. Naughton
Heidi L. Chiu
Rebecca D. Hill
Epsilon Mu Chi
Epsilon Mu Chi
Rebecca D. Hill
Epsilon Mu Chi
Rebecca D. Hill
Iota Delta Sigma
DeHavalland Johnson
Mu
Juliana M. Parascandola
Mu Upsilon
Reine H. Evereze
Rho Kappa
S. Jeffrey Mostade
Sigma Tau Upsilon
Karen L. Alexander
Tau Alpha
Richard A. Highland
Heidi L. Chiu
Arelia R. Dalton
James R. Naughton
Frankie G. Moore
Katherine J. Myrick
Paige L. West

Technology Corner

Jane Myers
CSI Web Administrator

At the Summer 2001 meeting of the CSI Executive Council, a decision was made to discontinue the Technology Committee and establish a position of Web Administrator. This decision was the result of increasing use of the CSI web page and recognition of the need for regular and sustained attention to maintenance of the page as well as the proliferation of materials being added to the page on a frequent basis. Although the Technology Committee has been discontinued, input from members on issues related to the web is always welcome.

I was appointed to serve as web administrator and to develop this volunteer position more fully. I welcome your comments on how best to do so: jemyers@csi-net.org. In addition any suggestions for making the web page more useful will be greatly appreciated! Here are some web page happenings that are especially noteworthy:

The number of chapter web pages on the CSI server has increased from 46 a year ago to 57 as of March, 2002 - a 24% increase. If you do not yet have a presence on the CSI web page, please consider establishing a page for your chapter. To do so, you need only complete a one-page form and we will set up your main page and a folder with secured access. Chapters can add and change any pages once the main page has been set up. This is a great way to provide services to your chapter members and maintain archives for important chapter documents such as your chapter newsletter and minutes of chapter meetings.

The Chapter Web Page Policy is currently under revision. Please review the policy and send your suggestions for changes before June 22nd. You can find it at csi-net.org, click on chapters and then on chapter web page policy.

When visiting csi-net.org, please click on the “Excellence” button. We have uploaded all of the Excellence Papers from CSI Day panels along with an introductory page explaining CSI’s excellence initiative. Our goal is to encourage chapter to use the excellence papers for discussions as well as to provide ideas for planning your own excellence conferences and workshops.

The Exemplar will now be on line as a pdf files rather than as a reformatted word document. You can see the first edition uploaded in this manner at csi-net.org, click on publications, Exemplar, and then on the Spring 2002 issue (or the summer issue of this year).

All officer and committee chair reports for 2002 are available on line under the CSI Day button. Please take a few moments to review the reports to learn more about the activities of CSI International on your behalf.