

Beta Rho Chi

CSI NEWSLETTER

SPRING, 2025

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Contact Us!



Chapter Email

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President:

Rsaunders2018@fau.edu

Emerging Leader:

Jbroom2022@fau.edu

Mentorship Committee Chair:

CReiff2019@fau.edu



welcome

Hello and Welcome to the Spring Semester!

By Rachel Saunders, President

Hello Owls! I hope your semester is going well! My name is Rachel Saunders, and I am the President of the Beta Rho Chi chapter of Chi Sigma Iota. While some of you may know me from my term as President-Elect, I wanted to take a moment to reintroduce myself. I am a third-year student in the Clinical Mental Health track of the Master's in Counselor Education Program.

As we move through the spring semester, I want to remind you of the many opportunities Chi Sigma Iota offers to support your growth as a counseling professional. Our chapter is focusing on leadership development, and one of the best ways to get involved is through our mentorship program. Whether you're looking to connect with a mentor for guidance or ready to take on a leadership role as a mentor, this is a great way to build relationships and develop professionally.

We also encourage you to explore our committees, which play a vital role in the success of our chapter. Getting involved is a great way to contribute, collaborate, and enhance your leadership skills. Additionally, don't forget to check out upcoming conferences—these events are excellent opportunities for networking and professional development.

For those preparing for Practicum, be sure to check out pages 6–8 for valuable tips and insights. And if you're new to the Counselor Education program, we highly recommend getting involved with the mentorship committee—it's a great way to connect and gain support as you navigate the program.

Graduate school can be challenging, but organizations like Chi Sigma Iota are here to help you thrive. Keep pushing forward, and I hope to see you at one of our upcoming events!

Wishing you all a strong and successful semester!

Best,

Rachel Saunders
President, Beta Rho Chi Chapter
Chi Sigma Iota

Beta Rho Chi Chapter
Florida Atlantic University

UPCOMING EVENTS

BETA RHO CHI



Beta Rho Chi On the Road! ✨



EBSCC

2025 Conference | March 14-15 | Columbus, OH
Call for proposals! Due by October 3rd



ACA

2025 Conference | March 27-29 | Orlando, FL



AARC

2025 Conference | Sept 12-13 | Daytona, FL
Call for proposals! Due by February 28th



ACES

2025 Conference | Oct 9-11 | Philadelphia, PA
Call for proposals! Due by February 15th



FCA Day On the Hill

2025 | March 27 | Tallahassee, FL

UPCOMING EVENTS

The initiation ceremony for the Beta Rho Chi chapter of Chi Sigma Iota will be held on April 17th at 6:00 PM in
Location: Student Union 203

As part of the event, we will host a student research symposium, during which students will present their work. If you would like to participate in the symposium, please email us using the email below.

Event Questions?

brc-csi@fau.edu

Interested in being a part of an event committee?

Contact JBroom2022@FAU.edu



WELCOME

TO THE DEPARTMENT OF COUNSELOR EDUCATION

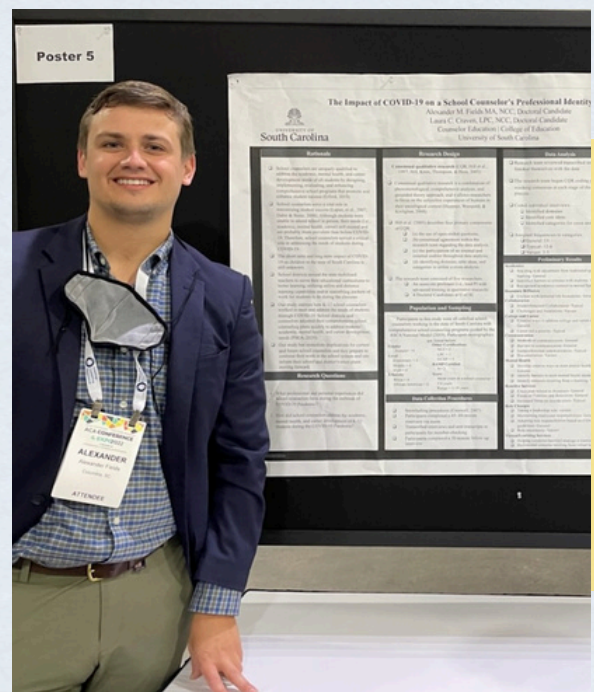


BRIEFLY INTRODUCE YOURSELF AND YOUR COUNSELING EXPERIENCE/INTERESTS.

I am Dr. Alex Fields, and I am excited to join Florida Atlantic University's Department of Counselor Education as an Assistant Professor. Before joining FAU, I was an Assistant Professor at the University of Nebraska. I earned my BS from Ohio State University, MA from Central Florida, and PhD from the University of South Carolina. I am also a licensed counselor and have diverse experiences counseling clients with substance use disorders, severe mental illness, disabilities, and chronic health conditions. My clinical experiences have influenced my research in integrated behavioral health, group counseling, wellness, and disabilities.

HOW HAS CSI INFLUENCED YOU IN YOUR PROFESSIONAL COUNSELING JOURNEY?

CSI was my initial professional home as an MA student. I have served in various leadership roles for UCF's Upsilon Chi Chapter and UofSC's Upsilon Sigma Chi Chapter, including treasurer, doctoral member-at-large, and president. My CSI involvement at the local level led to being a national CSI Fellow from 2022-2023. Moreover, I still serve on national CSI grants and awards committees. Being a member of CSI helped me better understand my role as a counselor and connect with leaders who have supported my leadership development. Due to my involvement with CSI, I believe I better understand what it means to be a servant leader. I am excited to connect with the Beta Rho Chi chapter and its history of developing excellent counseling leaders!





Becoming a CSI Member

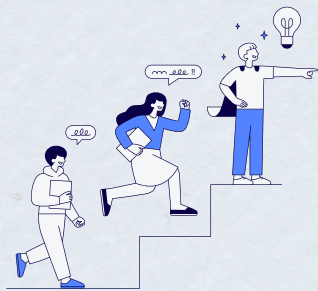
CSI Membership is offered through chapter invitation only to students and graduates of Beta Rho Chi's CACREP-accredited counselor education program who meet the membership eligibility criteria below:

- Students must have completed at least one semester of full-time graduate coursework in a counselor education degree program
- Earned a grade point average of 3.5 or better on a 4.0 system,
- Recommended and endorsed for membership by the chapter, including a promise for a capacity to represent the best about professional counseling through appropriate professional behavior, ethical judgment, emotional maturity, and attitudes conducive to working to advocate for wellness and human dignity for all.

Please get in touch with Jessi Broom (jbroom2022@fau.edu), CSI membership chair, if you want to join CSI.

Leadership Opportunities

Get involved with CSI! We are looking for leaders and committee members:



Interested in becoming a leader? jbroom@fau.edu



Kelly Emelianchik-Key,
Ph.D., LMHC, LMFT, NCC, ACS

Faculty Advisor



Ayse Torres, Ph.D., CRC, LMHC

Faculty Advisor

Beta Rho Chi *Officers*



Rachel Saunders

President



Brandon Triche

President-Elect



**Maria Alayza, MS, LMHC,
LMFT, NCC**

Vice President



Nigel Johnson

Treasurer



Jackie Grant

Secretary



Jessi Broom, CAP

Emerging Leader



SCHOLARSHIPS & AWARDS



*click
Here*

College of Education Scholarships

Applications
are due on
September
19th

*click
Here*

CSI-Grants and Awards

- Individual Rewards
- Research Grants
- Leadership Essay Contest

*click
Here*

NBCC Scholarships and Fellowships (applications open in February)

- NBCC MFP for Mental Health Counselors (Master's)
- NBCC MFP for Addictions Counselors (Master's)
- NBCC MFP for Mental Health Counselors (Doctoral)



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Here*

FAU Graduate School Financial Aid

for further financial assistance,
keep a lookout on your school
email for Graduate Assistant
Opportunities

TIPS FOR MENTAL HEALTH PRACTICUM



WRITTEN BY JESSI BROOM, EMERGING LEADER

So, you have reached the point in your program where you are preparing to consider a place for practicum and internship! First of all, congratulations! This program is challenging and very rewarding, and you should be proud of yourself for your commitment to making it this far. Also, if you are anything like me, you may feel really excited and a little overwhelmed and lost. Don't worry, that's completely normal. Also, you've come to the right place for a few tips and tricks on how to start working on finding your placement for field practice. The most important advice I can give you is to get as much information as possible, keep your mind open while having an idea of what you are looking for, try to stay flexible, and be persistent.

For starters, you should get a video and a handbook regarding the process and what it will look like. Make sure you watch the video and read the handbook! It may be helpful to do this more than one time. Also, don't be afraid to reach out with any questions. If you have a mentor through the mentorship committee, this is a great time to reach out! Additionally, any of your peers, faculty, or cohort advisor would be happy to help! Please ask all the questions you need because you will want to know what you need from your internship and be able to ask questions during your interviews to ensure you can meet your needs at a particular site.

You should also comb over the spreadsheet with placement options and make rankings based on your initial thoughts. Pay attention to special populations or special considerations of specific sites. Additionally, consider what populations you want to work with, but I can't emphasize this enough: don't close yourself off to sites that don't specialize in your particular population. You have no idea what kinds of presenting problems may spark a passion in you that you didn't know you had. The next thing I recommend is looking up the sites. Look into their websites and see if you can speak with other students who may have been placed there. Look into how their clients felt about their experience with the site and be curious! Also, remember that someone else's experience doesn't necessarily mean yours will go the same way. Just because someone didn't like a particular site doesn't mean you won't! Go with your gut and where your clinical impressions are pulling you.

Staying flexible is extremely important during this part of your process. If you are a student with a full-time job, this may mean you have to consider making sacrifices or changes to your schedule. If you have questions or concerns, feel free to let me know. Again, faculty, peers, mentors, and cohort advisors are here to help. Additionally, I dealt with this personally, and you have my full permission to reach out to me! Remember that this piece of your journey is temporary. While making these sacrifices now may feel complicated and overwhelming, it will only be this way for a year. You want to squeeze every ounce of knowledge and guidance out of your internship site, and I encourage you to make this your top priority.

The last thing is to be persistent. Sometimes, you may have the wrong contact information or have a hard time getting a hold of somebody at the site. Don't be too discouraged if this does happen. The people working on those sites may accidentally overlook an email they don't know is coming. Don't be afraid to call or use the company site to find the names and contact information of the individual you may need to reach out to. I would also revamp your resume and write a cover letter. This will go a long way!

Remember, this part is supposed to be exciting. While it may feel overwhelming or scary, all of your work thus far is finally coming to fruition. Lean into the process, embrace it, and make the absolute most of the limited time you have to learn in real-time! Best of luck, and please reach out if you have any questions.

TIP

- Review all available materials
- Be flexible & persistent!
- Reach out for support from a mentor, professors, peers or a CSI leader
- Be proud of yourself! You are almost done!

TIPS FOR SCHOOL COUNSELING PRACTICUM

**WRITTEN BY ELIZABETH RODRIGUEZ, FORMER
TREASURER**



Congratulations on making it to practicum! You have overcome several challenges in this program but have a few left before graduation day. I remember my challenges when I was completing my practicum, but the tips I am about to mention helped me transition into the last few chapters at FAU. Regardless of the difficulty of this program, you have made it this far, and I hope these tips will make your experience easier.

First things first, you should set boundaries at your school site. If you have worked at school before, you know that the work never stops. Constant deadlines from administration, new policies that only increase your task load, and growing demands for mental health services for your student population. Becoming a school counselor requires setting boundaries, which includes saying no to people. This one word can help you know when to stop and ask for your help, leave the challenging part of the experience at the school, and embrace your personal life after the site. Saying no is difficult, especially considering that we are working to help students and their families. Despite your passion to help, you cannot help others when the well runs dry. Start to say no, especially when you have essential deadlines requiring energy. It is challenging to say no, but the more you practice, the more likely you are to advocate for yourself and your students.

Another thing to consider is staying organized. As a future school counselor, you will be responsible for various that include documentation. Practicum has several documents you need to complete, so please create a system that works best for you. The system can range from journaling tasks you must prioritize to reminders on your phone to notify you and get your supervisor's signature for logs. Your system is meant to curate your needs and how you function best. The system can be changed, especially if it is not working for you. You can try to figure out what works best for you, even if it is something you have not tried before.

Last but certainly not least, ask for help. Practicum is daunting to experience, so do not think you are alone. Some of your classmates could be experiencing the same emotions you are, so reach out to your peers. You can also contact your professors and former classmates who graduated and ask about the mentorship committee from Beta Rho Chi. These individuals can guide you with your questions and any concerns you may have about the site's population and provide an extra set of eyes in your assignments. Do not forget that people around you may go through or have already experienced your challenges, so reach out. You may have a helping hand.

Overall, you are going to have a successful practicum experience. Practicum can seem overwhelming, but I hope these suggestions help you understand better. Please remember to set boundaries, stay organized, and ask for help. You are almost a licensed school counselor ready to impact the lives of your future students! Thank you for your dedication and passion for education! Good luck, Owls!

TIPS FOR REHABILITATION COUNSELING PRACTICUM

WRITTEN BY: DEVIN ROHACK



Hi everyone! First, I want to congratulate you on your progress in the program and making it to practicum! The experiences you will obtain during practicum and internship can help to guide your career track and, most likely, your employment immediately after graduation. This is an exhilarating opportunity to explore different job sites and see how you can utilize your education in real-life settings. Before thinking about where you would like to complete your hours, I recommend reviewing the student handbook to see the requirements of hours, important deadlines, and what practicum entails in general. Do not let the handbook overwhelm you; I promise you will survive!

Before deciding on a site, I recommend exploring whether you would like to pursue a traditional rehabilitation counseling or mental health path. Some of my rehabilitation counseling peers, when I was in the master's program, did choose more mental health-focused sites. However, most of them, as well as myself, decided to complete hours through traditional rehabilitation counseling sites. If you are more interested in mental health counseling, I suggest talking to some mental health students and getting your hands on the spreadsheet of sites where you can complete your hours. If you decide to pursue the more traditional internship route at a disability-focused site, such as Vocational Rehabilitation (VR), I would try to narrow down a few units in your area to complete your hours. A simple Google search will show you all of the VR offices in the state of Florida. Keep in mind that some other disability-related sites can also give you a great experience; they just might be more difficult to obtain placement at.

An important point to consider is the time requirement for completing the necessary hours for practicum and how you will balance that if you are working. You do not want to be at the end of the semester and very far from your required hours. Be mindful of how you can work your schedule around completing those hours and prioritize your learning experience during this time.

I want to support all of you embarking on your first practicum experience. Please don't hesitate to reach out with any questions about this. Practicum is an excellent learning opportunity, so do not worry about not knowing what you want to do or where to begin. Please contact your peers, professors, and mentors to seek help throughout this process. At the end of the semester, if you do not feel like the setting of your practicum is what you want to pursue, you can explore other settings in subsequent semesters. Every experience is an opportunity to learn and grow as a practitioner.

