

SPECIAL POINTS OF INTEREST:

- Academic Excellence Showcase Presenters
- Personal Treat: Coffee Mug Cake Recipe
- A Warm Farewell: Congratulations Class of 2013
- Diversity Understood
- The Power of a Smile

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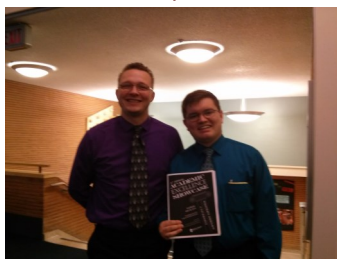
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Academic Excellence Showcase

Every year Western Oregon University takes the time to honor the many achievements of the student body in hosting the Academic Excellence Showcase. For one day, the campus is re-organized into various lecture halls for students, staff, faculty, and the public to witness the projects and research conducted by Western Students.

This past Thursday, May 30th, was the 2013 Academic Excellence Showcase. In addition to honoring all of the students successes and achievements, the RCE program was especially proud to honor two students of their own: Pv Jantz and Thomas Dooley. Both students had spent many hours outside of class working on their research and presentations.

Pv Jantz delivered his presentation entitled, "Dysconscious Ablism" addressing the topic of discrimination in the modern context. In this presentation, he



Pv Jantz and Thomas Dooley captured shortly after their presentations at AES.

stressed the need for Ablism to be considered amongst the other major discriminatory "isms" (e.g. racism, sexism, and ageism). We are grateful for Pv's presentation

and sharing this valuable information with the community at Western Oregon University.

Thomas Dooley also delivered a presentation entitled, "John Paul II: The Existential Therapist of the 21st Century" which explored the life of this magnificent man who became the leader of the Roman Catholic Church.

By exploring John Paul II's life and his many writings, a more clear understanding of Existential Philosophy and Therapy was defined and conceptualized.

If any of these presentation topics interest you and you would like to learn more, please use the contact information below:

sjantz12@mail.wou.edu

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Recipe of the Term

Coffee Mug Cake

Add the following to a microwaveable mug and mix together.

4 T Flour

4 T Sugar

2 T Cocoa

1 Egg

Mix these ingredients well and pour in the following:

3 T Milk

3 T Oil

Splash of Vanilla

3 T Chocolate Chips (Optional)

Now complete the recipe by

doing the following. Microwave this concoction of goodness for 3 minutes in a 1000 W microwave and watch it cook.

The cake will begin to rise over the top of the mug. Let sit and cool, and prepare to indulge in a delectable treat just for you!



A Warm Farewell

As another spring term of graduate school comes to a close, it is important to remain mindful of the fact that ends are simply just new beginnings.

This issue of the RCE Newsletter commemorates the graduation of the class of 2013, lovingly called by the faculty and students as "The Second Years".

For two years this dedicated group of students have successfully interpreted cultural diversity, spent endless hours writing tapescripts, and mas-

tered the art of counseling at their internship site.

As "First Years" we too have found ourselves tried and tested as diamonds in the rough. However, the trials and tribulations are always rewarding as we are molded into mature and professional individuals.

We "First Years" have much to aspire to in looking at the graduates of 2013. They have been a beacon of light and a source of hope for us, as we journey similar paths.

In a spirit of gratitude and pride, we the "First Years" offer a GREAT HURAH and a heartfelt CONGRATULATIONS as the "Second Years" boldly venture forth into the field of Rehabilitation Counseling.



**"Education is not
filling a pail, but
lighting a fire"**

~William Butler Yeats

Graduation Information

The RCE program is very proud of the graduating class of 2013. In honor of their achievement and successes, we would like this chance to once again say CONGRATULATIONS and invite all to support them in two very special events.

To honor and recognized each of the "Second Years" the RCE program will be hosting a

Hooping Ceremony. This is a chance for family, friends, faculty, and RCE Advisory Board Members to learn more about RCE student body and celebrate their achievements.

The Hooping Ceremony will take place Friday, June 14 from 4-5:30 pm in the Colombia Room on the bottom level of the Werner University Center. Come and celebrate!

In addition, commencement exercises will take place on Saturday, June 15 at 11 am in the McArthur Field; located on the southwest corner of campus. This event will also be streamed on the University webpage. Join in recognizing and honoring the class of 2013, rain or shine!

The Second Year Graduates

Janine de Paz
Alison Hemry
Chris Johnson
Sarah Klaja
Sue McClure



Julie Reis
Ross Landon
Lisa Van Eaton
Lorelei Walthall
Jonathan Whitby

RCE Teaching Excellence



This RCE Newsletter is privileged to be honoring both the graduates of 2013 and a distinguished member

of the faculty who has served the program and impacted student education for many years.

Julia Smith was the recipient of the 2013 Pastega Award for Excellence in Teaching.

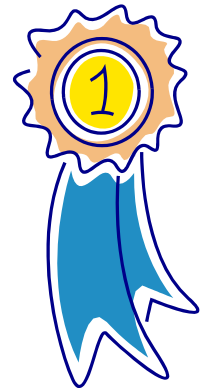
In front of family, friends, colleagues, and RCE students, Julia enriched everyone with a subject near and dear to her heart: Diversity. Her presentation was entitled “Stepping Off the Beaten Path: Opening Our Eyes to Diversity,” was truly eye opening. Sharing her many years of experience as a

counselor and teacher illuminated her own creative approach to teaching.

The students in the RCE program are very thankful for Julia’s personalized teaching style and the nuggets of wisdom gleaned from her presentation styles.

All of us in the RCE program are honored to have such skill and excellence awarded and to have reaped the benefits from such a skilled educator.

Congratulations Julia!



Diversity Understood

Embracing diversity and becoming culturally competent are two concepts counselors are always striving to incorporate into their practice and their personal lives.

As a Rehabilitation Counselor in Training, I too have struggled with truly understanding what diversity includes and means in essence. I think contemplating what Diversity is can change the world for the better. This small piece is a snippet

of my own journey to define what constitutes Diversity.

As a class, we were gifted with the chance to learn about Diversity from Julia Smith, who skillfully guided us through the complexities and conundrums often veiling Diversity.

In the end, I came to see Diversity as a subjective journey. Although there are some wrongs and rights that have been somewhat estab-

lished, achieving Diversity involves personal experience. I believe most of us would agree, that Diversity would be impossible to achieve if people never left their houses.

In the end, I discovered that my vision of Diversity involved recognizing, accepting, and honoring the differences in others. This is not the right or only answer; simply my own journey towards Diversity.

~ by Thomas Dooley

“My vision of Diversity involves recognizing, accepting, and honoring the differences in others”

~Thomas Dooley

Weathering the Power of a Smile

Days here in the valley are not always sunny. The weather seems to set tone of our interaction. While in school everyone is busy with the hustle and bustle of school and life. Everyone seems to feel the stress, with their head down and

pushing forward. What is appears to be forgotten at times is that we all have the ability to change the weather and bring so sunshine. We all have the ability to smile at a person passing by. Big or small a smile has the ability change a person’s

day. A smile can bring a little sunshine to a person’s day. Has some one every made your day with a smile? Return the favor and go spread some sunshine into someone’s day.



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What Does It Take To Become A Rehabilitation Counselor?

Rehabilitation Counselors have the ability to learn advanced skills in interpersonal communication, counseling, assessment procedures, case management, coordination of services, job placement, and deep understanding of the psychosocial and medical aspects of disability.

Most people think of Rehabilitation counseling as addiction studies or physical therapy, but in reality the world of rehabilitation is much broader. The foundation of Rehabilitation Counseling is one of empowerment in which individuals exercise control over their own lives. Rehabilitation Counseling focuses on the whole person, including physical, psychological and spiritual aspects, as well as family, social and work relationships.

The RCE curricula meets the educational requirements for the Oregon Board of Licensed Professional Counselors and Therapists (LPC), Certified Rehabilitation Counselor (CRC), and National Certified Counselor (NCC)
www.oregon.gov/OBLPT • www.crccertification.com • www.nbcc.org

Self-Care Corner

Everyone knows that breathing is an essential part of daily living, but did you know that breathing also plays essential role in relieving anxiety? This term the RCE students would like to share a simple breathing technique that can be used to respond positively and calmly to stressful situations.

There are a number of physiological changes that occur when breathing becomes elevated. It is common to experience breathlessness, being light-headed, and tingling sensations throughout your body. A normal rate of breathing should be approximately 10-12 breaths per minute.

The breathing technique suggested here can be done in six easy steps.

1. Relax by sitting in a comfortable chair or lying down on a soft

surface.

2. Breathe in through the nose for 4 seconds.
3. Hold that breath for 2 seconds.
4. Exhale the breath over a 6 second period through the nose.
5. After exhaling fully, pause before taking another breath.



Taking the time to breathe properly can reframe any stressful situation and turn it positive.

6. Repeat the process as needed.

If you are experiencing some difficulty changing your breathing in the beginning, try breathing in for 3 counts, holding for 1, and exhaling for 4 counts. This will break the previous cycle and allow you to use the technique.

Also, make sure to breathe in with your stomach rather than the chest. To check this, place one hand on your stomach; it should rise when you breathe in.

The six simple steps offered here take less than five minutes to complete. The seconds taken to slow one's breathing and reframe a stressful situation can be done anywhere and prevent physiological and psychological exhaustion and panic.

~ by Thomas Dooley