

RMHC Newsletter

INTRODUCTION

Spring term is concluding as the second year cohort prepares for graduation and the beginning of their professional careers. Meanwhile, the first year cohort prepares for summer courses and the transition into the second year.

Nine students of the second year cohort have completed two terms of internship with many already finding employment in the field. Some students of the first year cohort attended the NCRE conference as well as presented in WOU's Academic Excellence Showcase.

RECIPE OF THE TERM

STRAWBERRY SALAD WITH POPPY SEED DRESSING

Ingredients

- 3 tablespoons sugar
- 3 tablespoons light mayonnaise
- 2 tablespoons fat-free milk
- 1 tablespoons poppy seeds
- 1 tablespoons white wine vinegar
- 1 (10-ounce) bag romaine lettuce
- 1 cup sliced strawberries

Preparation

Combine first 5 ingredients in a small bowl, stirring with a whisk.

Place lettuce in a large bowl; add strawberries and almonds, tossing to combine. Divide salad evenly among 6 plates. Drizzle 1 tablespoon dressing over each serving.



INSIDE THIS ISSUE

- Recipe of the Term
- NCRE Experience
- Spring Classes
- Summertime Self-Care
- Congratulations Class of 2016!



NCRE CONFERENCE

Attending the NCRE conference was such a great experience for me. It was a great experience for multiple reasons, and not just because of the material I learned from the presentations, but also from getting the chance to experience a conference in general. It really inspired me to attend more conferences and appreciate the experience of continuing education.

It was also really good for me to see the different types of people who were presenting on topics and who had obtained a PhD; who were successful. It gave me hope that I too could one day be a person of leadership with a PhD and be presenting at a conference. I felt that I had much in common with the presenters which had a lot to do with the passion for the counseling field. And it really helped me to see that these presenters were not much different from me or of highly intelligent status that I was not capable of. I suppose I always assumed that those who achieved PhD level or were considered a leader in a field would be much more intelligent than me, but I felt that I was on the same level and it was very inspiring and left me with much more hope to achieve more.

Last, but certainly not least, the conference left me with different thoughts and quotes that helped expand my mind to a greater level of understanding. I feel that it helped me prepare me even further for being an aware and conscientious counselor. And it left me with hope that as long as I have the passion for my field and for the advocacy for minority groups and mental health issues (and sexuality issues), I too can make a difference and be a leader. I cannot wait to continue my education and eventually present at a conference of my own.

-Sarah Turner, Class of 2017

SPRING TERM CLASSES

Through working together as a cohort in role-play scenarios, every student continues to work on understanding the self and identifying blind spots.

This process has helped our cohort grow closer together and begin to see ourselves as resources for our own development. The positive atmosphere in the classroom helps turn our setbacks into learning opportunities.

There is always more to learn about oneself and the journey has only begun. Helping one another identify and understand these blind spots will help us grow into the role of a counselor.

CONGRATULATIONS CLASS OF 2016!!



The one thing I would encourage all of you to do, is listen and ask questions. Even if you ask the same question over and over again, you may need to hear the answer more than once before it finally sinks in. Go into Internship with an open mind and be open and honest with your site supervisor and their higher ups. If they ask you a question and you don't know the answer, let

them know. It's ok not to know, as a matter of fact, it's better than guessing because that could lead to a mess of problems. I personally went in "Not knowing" and asked lots of questions of everyone, until that one fateful day when the former branch manager told me to "Figure it out on your own". That's the moment you know it's time to take the lead. Always check in with your supervisor before making any financial decisions and do your best to save your agency money. It's really easy to be caught off guard by some of the vendors wanting to be paid so make sure you have all the documentation in place before paying anyone. Also, check over their paperwork as well. The job developers and job coaches have large case loads too and it's really easy for them to confuse one client with another. Everyone does this. Keep these things in mind and all of you will do fine. And remember "Document, Document, Document." It's 90% of the job.

-Shannon Fraser, Class of 2016



SUMMERTIME SELFCARE

While self-care is a topic that is heavily stressed in our program, it can be difficult to find the time amidst graduate school, work, practicum, and searching for an internship. With the summer months approaching there will be more opportunities for you to kick-back, relax, and hopefully feel refreshed and energized come the end of September. Particularly in August and September, we will want to take advantage of whatever extra time we may have. Some suggestions for summer self-care activities are: Kayaking, swimming, or going on hikes. Picking berries, visiting local farmer's markets, or grilling outside. Relaxing around a bonfire, going to the beach, or reading a new novel. There are many more creative and effective options that aren't listed here, but hopefully this gives you the chance to start thinking about how you might treat yourself during your downtime over the summer. Remember to do whatever makes YOU feel good!

"Nothing is at last sacred but the integrity of your own mind."

-Ralph Waldo Emerson