

## Important Dates to Remember

- \* Dec 9th-12th—Final exams week
- \* Jan 13th—Spring 2020 classes begin



**Happy December! Here in this month's newsletter you will find a lot of helpful information. There are important dates, deadlines, information about practicum and internship, plus other valuable items you will need to know.**

Be sure to visit our website for the most current information.

[www.coecounseling.eku.edu](http://www.coecounseling.eku.edu)

**"How do I request an override?"** It's very easy. Follow these simple steps:

1. Contact the instructor to request permission to be in the course. Be aware it is at the instructors discretion to grant the override.
2. Once permission is granted, email the following information to Susan Rice, Administrative Assistant ([susan.rice@eku.edu](mailto:susan.rice@eku.edu))

- Student ID#
- Course #
- CRN #



## Who is my advisor?

### Clinical Mental Health

A-F Crouch, L.  
G-O Engebretson, K  
P-Z Spiers, A

### School Counseling

A-H Romagnolo, S  
J-Z Jeon, M

### Doctoral Students

A-Z Sommer, C



## Helpful Hints & Handy Tips to Make Your Student Experience Easier

- ♦ **ALWAYS check your email.** Students frequently call the office in a panic because of information they either didn't receive in class, or a deadline that was missed (including exit exams and graduation requirements – ***YES that kind of important stuff***), because he/she didn't read the email. This is how we best communicate with you. If you are not receiving emails from the office, check your junk or spam file
- ♦ **Keep electronic copies of ALL syllabus and practicum/internship paperwork.** Treat them like you would your personal tax information. You will need them later for licensure and job applications.
- ♦ **When in doubt, ASK!** You are never a bother to your instructor or the COU Office. It's better to ask than to be anxious and stressed.
- ♦ **Get to know your advisor.** We all have questions! Your advisor is here to help you answer program and course questions, plan your time and maximize your efforts wisely. Make that appointment!

## Minority Scholarship Opportunities

Our Counselor Education Program here at Eastern Kentucky University values diversity and strives for an inclusive learning community.



### Diversity Office Scholarship Program

The Diversity Office Scholarship Program is to expand and enrich Eastern Kentucky University's campus life by recognizing and supporting outstanding students from first generation, low-income and various cultural, ethnic and socio-economic backgrounds with diverse interests, perspectives and life experiences. Scholarships will provide \$1000 per academic year\*

Contact the ECU Diversity Office at [diversity@eku.edu](mailto:diversity@eku.edu)

### National Board for Certified Counselors (NBCC) Foundation Offers Minority Fellowship Program

Available awards range from \$10,000-\$20,000

- Up to 20 doctoral fellowships
- Up to 30 master's fellowships for mental health counseling students
- Up to 40 master's fellowships for addictions counseling students

**Deadline is December 15, 2019.** For more information or to apply please visit [NBCC.org/ Program](http://NBCC.org/Program)

---

**Do you need help with  
Taskstream?**



Contact Daryl Six in the IT Dept.  
He is best able to help you.  
Email is best. [daryl.six@eku.edu](mailto:daryl.six@eku.edu)

## **Important Message**

Our administrative assistant, Susan Rice, will be leaving ECU at the end of the semester. While she has enjoyed working with faculty and students, she has been given an opportunity to work from home and be available for her family.

“This was a BIG decision for me”, she said. “I love being here. I come here to see my friends. I especially love the students and seeing them reach their goals. I had pictured myself becoming part of the brick & mortar of the University. However, my true, heart desired has always been to be able to work from home and care for my family. I have truly enjoyed my time here at ECU. It has been a good experience for me. You have all made me feel included, valued and successful. For that, I humbly say thank you!”

Upon returning to school in January, please direct any questions you may have to your advisor. You may also contact Stephanie Boggs ([Stephanie.boggs@ecu.edu](mailto:Stephanie.boggs@ecu.edu)) or one of our graduate assistants, Lauren Ansley or Jacob Hurd ([couoffice@ecu.edu](mailto:couoffice@ecu.edu)).

**Susan, you will be dearly missed and all of us here at ECU wish you the best of luck!**



# A Special Alumni Update

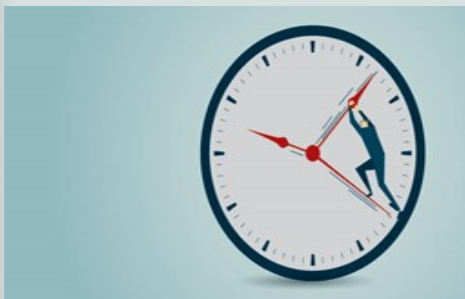
**Doctoral student Nawaf Alshammari caught up with Alumni from our program and interviewed them. He shared with us what he learned**

## HOW DO YOU DESCRIBE YOUR EXPERIENCE OF STUDYING COUNSELING AT EKU?

The interview was seeking to investigate the students' impression of the counselling program at Eastern Kentucky University. On this, three graduate students and the other three students will graduate this semester were interviewed. This paper provides a detailed analysis of the interview as well as a thorough reflection on how to describe your experiences in the study of counselling.

### **Accomplishments**

The study investigated the progress of the respondents from the first day of the program until now. The students had a positive progress report, and this entails being more knowledgeable, professional, and experienced. They have become more confidently and culturally at the end of the practicum as compared to the day of the beginning.



### **Challenges**

The participants had faced the challenge of being able to balance between academic, personal, and social life. Further, they had a challenge of getting an appropriate site to practice. Time management challenge, especially among parent students and the challenge of being nervous at the start of the practicum.

## Preparation for Professional Life

In seeking to determine how the students were prepared to start counseling as a professional, the study found out that performing activities such as role-play, group manual, and play therapy, meeting with other students and advisors, active listening, attending classes and asking questions were effective strategies to transit from the theory to practice.

### The Compos Building Experiences

The investigation further sought the respondent's experience with the comps building. On this, students confirmed the safety of the building. However, the respondents asserted the need to improve technology and the need for renovation as the building is more depleted than other buildings on the campus.



### Goals and Plans

Obtaining LPCC was an essential goal for participants. In addition, specialization in a specific area such as trauma, play therapy, suicide intervention was a plan for students in the near future. Regarding the current role of participants, they are working in mental health assessment, treatment planning and working with kids.