

Congratulations to Dominica R. Potenza, winner of our "name the newsletter contest"

# The Freudian Slip

## Spring 2012 Newsletter

Brought to you by the Sigma Upsilon chapter of Chi Sigma Iota, the counseling academic and professional honor society.

**BRING ON  
THE NCE!!**



**COCIS**

**COCIMPS**

The image features a large orange in the center, with the word "COCIS" printed in yellow, bold, sans-serif capital letters across its middle. Below the orange, the word "COCIMPS" is written in large, dark red, bold, sans-serif capital letters. The background consists of a light blue, stylized leaf pattern and a base of grey, textured stones.

# Licensing, employment, and pumas oh my

## Clinical Mental Health Counseling, by Keenyn R. Wald

As my master's program comes to a close (if things continue to go as planned), and as my job search begins to look more and more like a puma chasing a lightning bug, I have been documenting web sites and resources that have been most helpful to me. Throughout the program, I have been concerned about state licensure, but what I have found out thus far is that with our CACREP accreditation, there really isn't a state where we are not licensable. The first step is having a master's degree. The second step is the post-graduate supervised hours that each state requires. I have found that this most often is around 2,000-3,000 hours - anywhere from 1-3 years of clinical work. Many states allow the licensing exam to be taken near the end of the accumulated hours, but essentially the final step is taking the state licensing exam. Most states that I have explored utilize the National Clinical Mental Health Counseling Examination (NCMHCE) as their licensing exam, managed by the NBCC. From there you are all set as an LPC, LMHC, LPCMH, etc...Good luck to all you folks and I hope the following websites are helpful.

### [ACA State Licensure Boards](#)

*List of all of the state's licensure boards and contact info.*

<http://www.indeed.com>

*Indeed by far has the best representation of mental health counseling jobs that I have found.*

### [Positions In Counseling Centers \(PICC\)](#)

*Specifically for mental health positions within higher education.*

<http://www.higheredjobs.com>

*Another higher education job search site.*

<http://careers.insidehighered.com/>

*Again - higher education positions regarding mental health counseling.*

*\*Check local newspapers and websites for where you are looking for employment*

# Tell me more...

## School Counseling, by Shenita R. Ruiz

The Master of Science in School Counseling is a 48-credit program that is CACREP-accredited and prepares students for provisional certification as a K-12 School Counselor in New York State. It typically requires 2-3 years to complete. To be eligible for New York State School Counselor Certification, students in the School Counseling program must also complete training in: Child Abuse Prevention, Child Abduction Prevention, Violence Prevention, Fire and Arson Prevention, Prevention of alcohol, tobacco, and drug abuse, and Highway Safety. These requirements are met through on-line modules offered through the School of Education. Students complete the modules and must pass an exam that tests the content of all six modules.

### CAS in School Counseling

The Certificate of Advanced Study (CAS) prepares students in more scholarly depth than does the Master's Degree and meets the New York State academic requirements for permanent school counselor certification. The CAS is appropriate both for students with a Master's in school counseling and for students who have a Master's in another specialty within counseling, but wish to pursue NY state certification as a school counselor. Requirements for the CAS are:

A Master's degree in counseling;

A minimum of 60 credits beyond the baccalaureate, of which 30 credits must be taken at Syracuse;

Satisfactory completion of a special project (typically completed as part of COU 749).

\*\*Students can apply for a CAS after the successful completion of Practicum.

There are no required courses for the CAS. Students are encouraged to take coursework coincident with their counseling interests.

Other Exams:

COMPS-Comprehensive Examination

NCE- National Certification Exam ->NCC-National Certified Counselor

# Chi Sigma Iota

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## Sigma Upsilon

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### What:

Chi Sigma Iota (CSI) is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity.



### Why:

The CSI mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession. Some benefits include exclusive employment databases, fellowships, internships, awards, and professional connections.

### More:

Founded at Ohio University in 1985, Chi Sigma Iota has over 76,000 members who have been initiated into the Society. We are growing by over 6,000 new members per year, and we are comprised of campus-based chapters contributing to their counselor education programs and communities.

One of the largest associations of professional counselors in the world, CSI's annual active membership is equally balanced between professional and student members.



## Sigma Upsilon Chapter:

Established in 2004, the Sigma Upsilon chapter at Syracuse University has remained active and consistently puts on great programs and opportunities. Please talk to any member in your program to learn more about joining. Our next meeting is the 16th of September.



# Mollie Falk

## Recent Graduate Spotlight, by Bethany N. Titus

Mollie Falk graduated from Syracuse University in May 2011 with her masters in school counseling. Recently, she landed a job working as a long-term sub school counselor at Brattleboro Area Middle School. This is a 7th and 8th grade middle school in Southern Vermont. Mollie will begin this position in February 2012. This article gives some tips on searching for jobs and the interview process.

### What is some advice you have for those out there looking for jobs?

The best advice that I could give someone looking for a job is to not give up on the process. The time that I spent searching for jobs, filling out applications, writing cover letters, and sending out resumes seemed to be forever, and it was so easy to want to just stop looking, or put job searching on the back burner because applying to jobs definitely can be discouraging.

### What seemed to work best in your favor when applying and interviewing?

I cannot say this enough... NETWORKING! Tell people about your job search! I first heard about the opening in Brattleboro from a friend of mine who had moved there in the summer to work at the High School. Talk to your friends and your family about how your job search is going – they want you to get a job too, and extra ears are always helpful!

### What seemed to (surprisingly) not work in your favor?

Although websites such as OLAS and SchoolSpring can be helpful, I didn't find that there were as many postings on those sites as I was hoping for. Also, it felt somewhat generic to apply to multiple jobs at once through an online application system. Even though it is more time consuming, visit individual school district webpages to look for available jobs. I found that I received more responses from applications I had sent in that way than applications that I had filled out on more generic websites.

### How did you keep yourself organized applying for jobs?

It is so easy to get overwhelmed when applying for jobs that I found that I did best when I took the time to write everything down. Making myself a sort of checklist was helpful so that I could keep track of what applications I was planning to complete versus what I had already done, sent in, what needed to be followed up on. Plus it's satisfying to cross things off your list when they are finished! It can be tough to stay organized while job searching, especially because it does take some extra time, but figure out a system that works for you and use it to your advantage!

### What sites did you use to find job openings?

[www.olasjobs.org](http://www.olasjobs.org) (Online Application System for Educators for New York State)

[www.schoolspring.com](http://www.schoolspring.com) (Database of school job openings with a search feature that allows you to input criteria that is important to you: location, position, etc.)

Individual school district webpages

### Do you remember some of the questions that were asked in your interviews? Were there any "bizarre" questions that threw you off?

The interview questions mostly focused on specific situations that school counselors may encounter in their day-to-day work with students, families, teachers, etc. The questions that threw me off were not those about the roles and responsibilities of a school counselor, but rather, those that were asked about my NY certification, and how it was different from the Vermont certification. It seemed like my interviewers truly did not know much about NYS certification, and were interested in hearing about the differences between provisional and permanent certifications. Make sure that if you are interviewing in other states, that you understand your certification, what the NYS requirements were, and that you have looked into understanding how it will transfer to the state you are interviewing in.

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### What do you believe was the best thing you took away from your internship and/or classes?

When I was interning I had a great experience with pretty much everything I did. I was able to get a very diverse experience working with students at the middle school level, and leaving internship felt very confident in my ability to be a good school counselor. Something that I would recommend to people who are currently interning, or will be in the coming semesters is to get involved! Take every opportunity you have to participate in activities with students, collaborate with teachers, attend workshops or presentations, and connect with your supervisor. Making lasting connections with the people who meet while interning will earn you positive recommendations when you are interviewing for jobs, and those people can be extremely supportive of you through your job searching process.

### What did you do to take care of yourself during the job hunt?

Although it is easy to get caught up in the panic of needing a job after graduating from school, make sure to take time for yourself and do things besides job hunt! Stay involved in activities that you enjoy, and take regular breaks from filling out applications. You know when you need a break, so listen to your body. You don't want to get burned out too quickly, and as all of us know, counselor self-care is so necessary to being able to do our best work!



# Tell me more...

## Student Affairs Counseling, by Rachael L. Belinda

Student affairs counseling students do not usually follow the same path to licensure that clinical mental health counseling students take post-graduation from their master's program. The Counsel for Accreditation of Counseling & Related Educational programs (CACREP) accredited student affairs counseling degree at Syracuse University is a total of 48 credits, which falls short of the 60 credits required for licensure. That said, student affairs counseling students can opt to become nationally certified by taking the National Counselor Examination for Licensure and Certification (NCE). The NCE is an exam formatted to assess general "counseling knowledge, skills, and abilities viewed as important for providing effective counseling services" (National Board for Certified Counselors and Affiliates, 2011). Gaining national certification is a vital step in professional development as it strengthens and validates a counselor's credentials. To register for the NCE exam, counselors can look on the state information page of the National Board for Certified Counselor (NBCC) webpage to acquire a registration form for their region. Additional information about the NCE and other counselor certification exams can be found on the NBCC website: [www.nbcc.org](http://www.nbcc.org).

When looking for a job after graduation, it can be useful to know when hiring typically occurs in your field of interest. A popular "hiring season" for student affairs professionals commonly occurs during the summer when student affairs staff is less preoccupied with serving students. Student affairs counseling students can also consider attending the ACPA Placement Exchange Conference in the spring where networking occurs amongst student affairs professionals and graduate students. When looking for a job after graduation, student affairs counseling students are qualified to apply for positions within higher education that are seeking professionals with a background in counseling and/or higher education. While it is likely that some counseling positions within student affairs will be seeking licensed counselors, individuals with a degree in student affairs counseling are eligible to apply for positions that require less of a clinical mental health background.

# Xaio Yu

## Student Spotlight, by Rachel DiFato



Initially admitted into the program on the School Counseling track, Xaio is starting her second semester in Clinical Mental Health Counseling, but also has an interest in Student Affairs. She has a Bachelor's degree in English and Translation that she earned while she still lived in China. With her degree, she worked for a year as an English teacher at a school that prepared students for international study. During that time, she noticed an unmet need in her students and that they would have benefitted from counseling, which sparked her interest in becoming a counselor. She chose our program at Syracuse University because it was highly rated and CACREP accredited, and she is very satisfied with the way things are going so far. "Everything in the program is a surprise," she shared. Xaio appreciates the hands-on experiential aspect to the program and the tremendous opportunity for personal growth. She is excited to start the new semester, and I am pleased to be able to share with all of you what I have learned about her! Xaio also taught me about a Buddhist concept called Yuanfen. It translates to inexplicable destiny, meaning that, as she put it, we've all met each other a thousand times in our past life so that we can meet again right here and now. Of all of the people in the world, we are experiencing all of this together, right now, for a reason.

### What are your plans for the future?

To finish the program with a good GPA, to really practice counseling skills, and to find an off-campus or on-campus job related to counseling to enhance my internship. I also want to volunteer as much as possible.

### What is something you want to do before you graduate?

I want to join CSI and become an active member. I want to get more used to American life and have more opportunity to practice my counseling skills. I would be interested in gaining experience in the college counseling center or in the criminal justice system.

### What would your dream job entail?

To work in the criminal justice system as a counselor for cops. My last dream was to actually be a cop, but now I want to counsel them. I would also be interested in counseling prisoners to help them to transition into society, or to help people who have been wronged or mistreated by the system.

### What advice do you have for new students?

Keep up with the syllabus. Stay open. This whole program is meant to push you out of your comfort zone. I enjoy the process even though it can be hard sometimes.

### What has been your favorite class?

Intro, because I prefer classes where I push myself. I really liked the other two, but Intro was outstanding! I liked the diversity of assignments to help us develop ourselves.

### I'm hoping to let everyone get to know who you are a little better outside of school as well. What is your favorite food?

I save money by cooking every day. I love food! Any time I get to try something new in the kitchen, I do. My favorite is anything spicy.

### Favorite book?

The Unbearable Lightness of Being. It was a good book, the kind that you want to read again and again and you can find something new every time. I read it about once a year and learn something new about myself every time.

### Could you leave us with a fun fact about you?

I work part-time as a subtitle translator for television. I translate shows from English to Chinese, and I get a chance to pick which shows I translate; I always choose the ones about crime. I have translated CSI, White Collar, Bones, Castle, and Criminal Minds.

# Allison M. Hrovat

## Doctoral Student Spotlight, by Keenyn R. Wald

### What has been your educational/professional path thus far to SU?

I received my undergrad degree in magazine journalism and Spanish from Ohio University. From there, I worked for a little while barely putting my degree to work and then returned to school, this time at Boston College in Education/ Spanish. I thought I wanted to be a Spanish teacher, but while in that program I was really lucky to get to do some practical experiences in the community and in the schools, and I realized two very important things: 1: I did not want to teach high school Spanish and 2: I loved the work I was getting to do with community organizations, and especially loved learning about the work of a counselor. I finished up my masters program at BC, then immediately returned to get my masters in Community Counseling from Ohio University. From there I worked for several years as a counselor and for a bit as a supervisor in community agencies before deciding to return for my PhD.

### What went into your decision to select SU as your place of PhD study?

I went into my PhD application process with this vague notion that I would just know what the right program was for me. I knew I wanted a program with an ongoing clinical emphasis; I knew I wanted opportunities to really explore what my interests were and I was hoping to find a program that offered some financial support. All the pieces came together for me at SU, and I really liked the students and faculty when I came to interview. In my pursuit of this vague “sign” that would let me know it was the right move, I also happened to find an old vintage cookbook that I’d been wanting at a used bookstore here in Syracuse when I came to interview. If all other factors had been equal (which they weren’t- SU came out ahead anyway!), the cookbook might have put SU over the top.

### What has been your favorite part about Central New York thus far?

The weather. Just kidding! I love the Central NY Farmers’ Market. I love to cook, and that market is my favorite part of the weekend. I’m also really grateful for the beautiful parks here and the friendly people.

### What is your favorite place to eat in Syracuse?

Hmmm...I don’t know that I have an absolute favorite. I am a vegetarian and love the veggie burgers at the Burger Joint on James St. (they deliver and even include a dum-dum with every order) and also love lunch at Sparky Town on Burnet, in my neighborhood. I come from a long line of homemade pierogi snobs, and find the mushroom pierogies at Eva’s European Sweets in Solvay to be really delicious.

### What non-school book are currently reading?

I just started reading “My Mistress’s Sparrow is Dead”, which is a collection of short stories edited by Jeffrey Eugenides. It’s really good so far- love stories, but not typical ones- and the money from the sales of the book goes to a non-profit that brings creative writing classes and opportunities to school-aged children in Chicago.

### What album/song/playlist are you listening to?

I love music and have pretty diverse tastes, so right now I’m listening to “Allison’s Winter 2012 Mix”. I highly recommend it!

### What counseling “legend” would you like to have a session with? As a client? As a counselor?

I’d have to take the chance to have a session with Freud, though if I had only one session maybe I’d choose someone a little bit more animated like Fritz Perls? Or perhaps Yalom? That’s a really tough question...As a client I think I’d take on Perls. After researching and writing a lengthy paper deconstructing his theory for Dr. Luke’s class, there are a few of his techniques I’d really like to try out on him!

### What are you most looking forward to this year?

I’m looking forward to continuing with some research projects, and to traveling to a few different conferences. I’ve also got a few visitors on my calendar, including my sisters, whom I always look forward to seeing!

CHI SIGMA IOTA



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**Counseling  
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