



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

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Calendar of Upcoming Events

October

6-12: Nat'l Mental Health Awareness
10: NAMI Table in Danna Center
12: NAMI Walk and Fall BBQ
14-15: Fall Break
17-20: ACES and AAMFT Conferences
19: NCE
24: CSI After Hours

November

7: CSI Initiation Ceremony
15: Beyond the Degree
16: Comps (Oral)
27-29: Thanksgiving Break

2013-2014 CSI Board

President: Leigh Boyer
President Elect: Nina Stewart
Secretary: Kaitlin Short
Treasurer: Jesse Roessler
Parliamentarian/
Historian: Bri Cortez
Alumnus at Large: Matt Watson

Good luck to those presenting at the 2013 ACES Conference!

Dr. Christine Ebrahim, Ariann Evans, Lauren Finan, Prof. Kevin Foose, Dr. Thomas Foster, Alison Phillips, and Dr. LeeAnne Steen.

October 17-20, 2013
Denver, Colorado

Don't forget:

Our Fall BBQ date has changed!
Meet us on October 12 after the
NAMI Walk at The Fly for some
good food, friends and fun!

LETTER FROM THE BOARD . . .

Hello, friends!

I don't know everyone else's experience, but I always feel the busiest in October, between mid-terms, assignments, and numerous other events...on top of personal obligations. Sometimes it's complicated to balance all of these aspects in our lives. I want to remind you, though, that the balance is imperative. So, you ask, "how do I balance it all?"

On one hand, we need to take full advantage of the educational and professional opportunities surrounding us. Putting effort into your work not only secures your comprehension of the material, but it builds upon your professional name. Also, mingling with professors and fellow students is a form of networking — you learn their names and interests and they learn yours. Seize an opportunity when it presents itself.

On the other hand, we have family, friends and ourselves that we need not forget about. It's equally as important to keep those relationships in the forefront. These are the people in our lives that meet many of our personal needs, whether we're aware of those needs or not. Take the time to call a friend, have dinner with a family member or focus on your own hobby/interest.

I don't have the perfect professional/personal ratio for each of you, but I do have a quote (which has been a personal favorite of mine) from Stephen Covey I want to share, "The key is not to prioritize what's on your schedule, but to schedule your priorities." Essentially, you can't (and shouldn't) schedule it all. If it's a priority, schedule it. So ask yourself, "What are my priorities?"

October can be hectic. We have a lot of work to get done and a lot of events coming up! I anticipate seeing all of you, but I do hope you each find your balance and devote your attention to what's important to you.

Warmly,

Bri Cortez

Historian/Parliamentarian, Chi Sigma Iota: Alpha Phi Chapter



Chi Sigma Iota Eligibility

Students are invited to join CSI during the Fall and Spring Semesters. Consideration is based on the following criteria from our chapter by-laws:

4.1 The following shall be deemed eligible for membership in the Society through endorsement of their chapter:

4.1.1 Students: Those students who are enrolled in a counselor education program leading to graduate degrees (Master's, specialist, or doctorate).

4.1.1.1 They shall have completed the equivalent of at least one full academic term (semester or quarter) of counseling courses carrying approved graduate credit as defined by the institution and are deemed promising for endorsement as a professional counselor whose ethical judgment and behavior will be exemplary.

4.1.1.2 They must have maintained an overall scholastic grade point average of 3.5 or better (on a 4.0 system), or the equivalent, while enrolled in the program.

Call for Submissions

Is there a topic in counseling that you want to spread the word about?

This is your chance! We want to hear it!

We are always accepting article proposals for the next issue.

Send your ideas to Bri Cortez at bncortez@loyno.edu.

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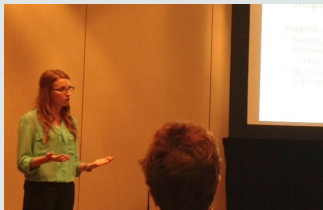
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EVENTS

LCA Conference 2013 – September 15-17, 2013

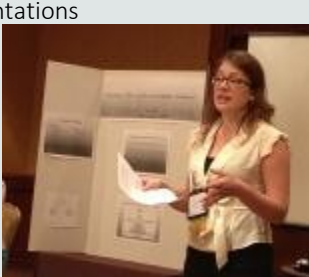
Loyola Students certainly made their presence known at this year’s LCA Conference.
Check out the highlights.



From left:
Ellen Levitov,
Thalya ___,
Nina Stewart,
and Dr. Justin
Levitov.



Nasima Khan



Anna Edelman
First Place Winner!



Gayle Guillory



Lauren Finan



Leigh Boyer representing the Alpha Phi Chapter at CSI's
Brown Bag Luncheon



Caitlin Bach & Molly Holmes
First Place winners!



Dr. Christine
Ebrahim's
presentation.

Bri Cortez, Nasima
Khan and Nina
Stewart catching up
between sessions.



Representing Loyola University New Orleans' Counseling Department!

Standing, from left: Alumnus
Matt Watson, Molly Holmes,
Nasima Khan, Gayle Guillory,
Nina Stewart, Alumna
Stephanie Ducros and Lauren
Finan
Seated, from left: Caitlin Bach
and Bri Cortez

*(Students not pictured: Leigh
Boyer and Anna Edelman)*



Congratulations, again, to
everyone who presented, and
a big thanks to everyone who
came to support Loyola
students and faculty!



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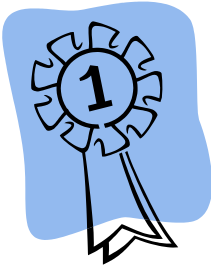
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EVENTS (CONT.)



CSI After Hours at Down the Hatch! September 26, 2013

ANNOUNCEMENTS



Congratulations to the LCA Poster Session First Place Winners:

Caitlin Bach and Molly Holmes

&

Anna Edelman

You each represented yourselves and your research well.

We are proud of you!

Your CSI Board has been working feverishly to offer great opportunities this semester. One project we are proud to announce is "Beyond the Degree." This series will include professionals in the field who will speak of their experiences after graduation. Keep your eyes open for our first announcement as it is sure to be a benefit to all.

Beyond the Degree

A Time to Give

It has recently come to our attention that many students at a local university lack essential resources, such as clothing and food. So, we have made it a goal to help out the students of this university. We are currently collecting non-perishable food items in The Big Room. This is an excellent opportunity to give back in a great way. Contact Tina Robinson for more details trrobins@loyno.edu.



Take Back the Night 2013

Every year Loyola University's Counseling Center and Women's Resource center come together with Tulane University to host Take Back the Night. The peaceful, candlelit march begins in the horseshoe of Loyola's main campus then concludes on Tulane's campus. Take Back the Night serves to raise awareness of sexual violence, empower survivors and unify the community. This year's event is scheduled to take place on October 23, 2013.



ACTIVE MINDS WILL BE RAISING AWARENESS OF MENTAL ILLNESS ON OCTOBER 7 IN THE PEACE QUAD. PASS THROUGH TO SHOW YOUR SUPPORT, GRAB A MENTAL HEALTH ORIGAMI FORTUNE TELLER AND PARTICIPATE IN OTHER FUN ACTIVITIES THEY HAVE PLANNED.