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Counselor Education

'Tis the Season!

Now that midterms are behind us, there is not much of the Fall semester left! Before you break out the eating pants and start wrapping gifts, let's look at what we have done this Fall, what we still have left to do, and what to plan for Spring! We've been on quite a rollercoaster since August and I'm thankful we are all hanging on together! Now that it is November, 'tis the season to push through! So, don't give up! Study hard, do your best work, and have a great rest of the semester!

~Dr. Perryman



MCA: Veni Vidi Vici

Mississippi Counseling Association Conference: We Came, We Saw, We Conquered!

Several students and faculty members attended and presented at the MCA Conference in Biloxi. Also, this year's MCA Emerging Leaders spearheaded a service project to collect toiletries for victims of human trafficking. Items were donated not only from the Counselor Education program, but from all over the School of Education. A special thanks to COUN 683 Counseling Theories in Oxford--100% of the class donated to this important cause!

Makin' Us Proud!

Keynote Address "Why We Do What We Do" by Dr. Balkin

"A to Z Bibliotherapy" by Dr. Winburn, Amy King, Haley Vassar, & Rachel McClain

"Addressing Wellness through supervision" by Dr. Showalter & Dylan Wren

"Got stress? Graduate Student Counselors, Burnout & Workaholism Tendencies" by Dr. Reysen & Kristen Gordy

"Integrated Primary & Behavioral Healthcare Model and the Treatment of Substance Abuse" by Dr. Balkin & Halie Gregory

"Self-care: Do You Really Get It?" by Dr. Kerwin & Lana Johnson

"The Importance of Self-care for School Counselors Treating Adolescent Nonsuicidal Self-injury" by Maegan Tatum & Meredith Quinn

"Taking a Step Back to Move Forward: Remembering our Call to Serve All & the Ethics of Inclusion" by Sumedha Therthani

Awards

Amy King

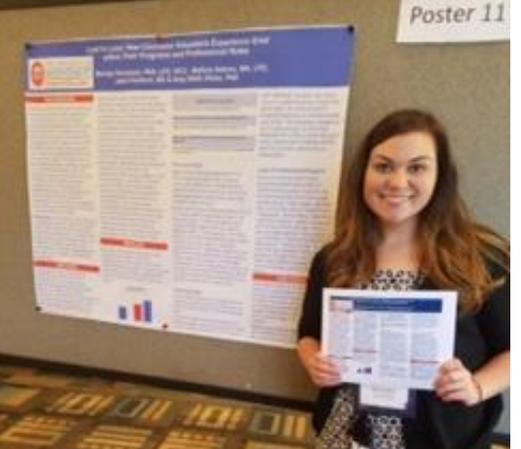
Mississippi School Counselor of the Year

Maegan Tatum & Halie Gregory

MCA Scholarship Winners



MCA 2018



SACES 2018

Texts to Santa

Santa is making his list and checking it twice, and formatting it to APA-style! Here are a few things the faculty would like from Santa.

NAUGHTY LIST:

Dr. Kerwin would like a winning lottery ticket, please!

Dr. Magruder wants tickets to an F1 race, Alexa, and less hatred in the world, —not necessarily in that order!

Dr. Showalter wants, a real crystal ball and magic wand. And not those “so called” real ones that you get on the internet. And I promise to only use their power for good. And finally, the ability to actually fold a fitted sheet successfully.

Dr. Balkin For Hannukah, Dr. Balkin would like a 90-minute massage for all of the tension caused by the doc students!

Dr. Winburn wants a trip to Walt Disney World! And sparkly minnie mouse ears of course!

NICE LIST:

Dr. Perryman would like a brand new car!

Attitude of Gratitude

What makes you thankful?

1st Year MEds Answered:

Family & Friends
Good Health
My Professors
Being a Counselor-in-Training
Great Roommates
My Dog
Good People in the World
Chick-fil-a
Democracy
&
This Semester is Almost Over



The House is Now C'Open!



The Counselor Education Clinic for Outreach and Personal Enrichment (COPE) had their C'Open House and officially cut the ribbon on October 26th!

COPE provides counseling services to children, adolescents, college students and adults. Services are provided by Counselor Education interns and practicum students based on an affordable sliding scale or pro bono.

Call (662) 915-7197 for more information.

Santa's Got a Long Night Ahead Cookies

(a.k.a Coffee and White Chocolate Cookies)

My holiday gift to you is the recipe I used to become the 2017 School of Education Cookie Swap Grand Champion! Happy season's eatings~Dr. P

Ingredients

1 cup + 2 T flour
½ tsp baking soda
½ tsp salt
2 T instant coffee
½ cup unsalted butter (at room temperature)
½ cup sugar
1 egg
1 tsp vanilla extract
¾ cup white chocolate chips



Directions

Preheat oven to 350 degrees. Sift flour, baking soda, salt, and instant coffee. In a large bowl, cream butter and sugar until smooth. Beat in egg, extract, and liqueur. Slowly add the dry ingredients. Fold in white chocolate chips. Chill dough 1 hour. Roll tablespoonful of dough into balls and place on parchment paper on cookie sheets. Bake 10 minutes. Let stand 2 minutes before moving to wire racks. Let cool completely. Melt the rest of the bag of white chocolate chips and use a spoon to drizzle it over the cookies. Let cool completely. Makes about 18 cookies.

What's New with CSI?

Chi Sigma Iota is an international honor society that values academic and professional excellence in counseling. Here are their upcoming activities:

Nov. 14th 7:00pm Oxford & Tupelo Mixer

(Mi Pueblo Restaurant 335 MS-15, Pontotoc, MS 38863)

Dec. 1st 9:00am-noon Brunch & Learn

(Location TBA)

Dec. 3-6th 8am-noon CPCE Study Sessions

(Conference Room at COPE)

Come join the Fun!



**EdS Students Say:
Online is Just Fine!**

“What do you like most about your online courses?”

As a working mom, adding school into an already busy schedule has its own challenges, but doing my classes online offers a level of freedom that I have really appreciated. It has helped me find balance in my responsibilities.

What I like best about online classes is the flexibility of being able to work on my courses whenever it's best for me. It works with my busy work schedule and my family life. I have been so impressed with the instructors and the quality of the education I am receiving. It has really been incredible!

Flexibility is the thing I like best. It is nice to be able to focus on readings or edit a video any time of the day or night. It's great for busy parents/professionals like myself!

I really enjoy the freedom to work at my own pace and set up a schedule that works for me.

I like online classes because it gives me the flexibility to still work and be able to fit in my class work when I best suits me vs going to a class at a specific day/time.

I like the flexibility to be able to work a full time job and earn my degree during my spare time. I am currently building a practice and don't have time or the flexibility for a regular schedule so online is my only option as a working mother.

2019—Are You Ready?!?!

Doc Students Make Resolutions for the New Year!

- Get more sleep! I have to get up at 5:00 a.m. each day and I need to make myself go to bed earlier even though my natural tendency to be a night owl!
- My New Years resolution is to better integrate The Healthy Mind Platter into my life.



- Remain focused, give myself credit and learn to relax a little more!
- Train for and complete a half-marathon!



- To work on my health. I want to try and work out 1-2x weekly.



What's Ahead in 2019?

Places To Go & Things To Do!

January

- 1/7 Step 1 Registration for CPCE
- 1/13 Step 2 Registration for CPCE
- 1/15 Fully registered for CPCE
- 1/21 Martin Luther King, Jr. Holiday
- 1/22 Spring classes begin
- 1/22 Doc portfolios due

February

- 2/2 CPCE
- 2/5 Chinese New Year
- 2/19-22 Law & Ethics in Counseling Conference in New Orleans, LA

March

- 3/5 Mardi Gras
- 3/9-17 Spring Break
- 3/10 Daylight Savings Time
- 3/28-31 ACA Conference in New Orleans, LA



April

- 4/12 Woodall Conference in Cleveland, MS
- 4/19 Good Friday Holiday
- 4/20 First day of Passover
- 4/24 Administrative Professionals Day

May

- 5/3 Last day of Spring classes
- 5/4 Kentucky Derby
- 5/5 Cinco de Mayo
- 5/11 Commencement
- 5/12 Mother's Day
- 5/13-24 May Intersession
- 5/27 Memorial Day
- 5/28 First & Full Summer terms begin



School of Education students who have been invited to present/co-present at a conference are eligible for Travel Funding. These requests should be made at least two weeks prior to the conference, or earlier, if at all possible.

The first step is to complete two forms

1. The Travel Authorization Form (<https://procurement.olemiss.edu/travel-authorization-form/>)

This form must have the completed information along with the Traveler's signature.

If you want an advancement of the funds, or if you've already paid and have a receipt for the airfare or conference fee, you can indicate that on the Travel Authorization Form.

2. SOE Graduate Student Travel Grant Application

(http://education.olemiss.edu/download/Grad_Student_Travel_Grant_Application.pdf)

The SOE request form requires that a faculty member (who is working with you and knows about your project/presentation) must sign and give a recommendation to the Chair.

These two forms will be submitted to the Dean of the School of Education to request matching funds.

Please use the Travel Reimbursement Form to help calculate the Estimated Costs for the trip. (<https://procurement.olemiss.edu/travel-reimbursement-forms/>). **However, this form will not be submitted to the L& CE office until after the trip is completed.**

Two other entities also offer funding for conferences: the Graduate School and the Vice Chancellor for Student Affairs Office.

- Graduate School will match SOE funds up to \$300. They have specific rules and requirements for the awarded funds, so please be sure to read all of the requirements. https://gradschool.wp.olemiss.edu/wp-content/uploads/sites/36/2013/10/2013_travel_form.pdf
- VCSA offers funding, but they too are specific in when and how much. <https://studentaffairs.olemiss.edu/student-development-grant-application/>

Upon returning from your trip you will submit the Travel Reimbursement Form and all required receipts. For give specific instructions and explanation of what receipts are needed, go to (<https://procurement.olemiss.edu/travel-reimbursement-forms/>).



*Your Counselor Education
faculty and staff wish you
the happiest of holidays
and all the best in the
coming year!*