

Spring 2021



# Counselor Education

## Are You Ready?

Welcome to the beginning of a brand-new semester! For many of us, we are back on campus for the first time in a while, as well. Happy New Year MEd, PhD, and EdS students! And, of course, welcome back to our amazing faculty and staff! Here's to 2020 now in the rearview mirror and all of the great things to come in 2021! You have all been working really hard to adjust to the "new normal" when it comes to learning, supervision, and counseling. Whether you just successfully completed your first semester in the program or you are preparing to graduate in a few short months, keep going—you are doing great! Remember, study hard, do your best work, and have a great semester!

~Dr. Mandy Perryman

Counselor Education Program Coordinator

2021

## New Year, New You?

***Some new resolutions to consider...***

***Be in the present.*** List all your goals in present tense rather than in the future. Being in the here and now validates your intentions and makes them achievable.

***Get support.*** Consider finding someone to support you in reaching your goals. Designate a cheerleader to make sure you follow through, even when things seem impossible.

***Be positive.*** Practice self-compassion. Acknowledge your accomplishments and be motivated by your successes — even if they're small. Remember, it's not quantity but quality that truly counts.

Suggestions brought to you by *Best Health Magazine*.

## Professor Poetry

*I will teach you  
In a classroom.*

*I will teach you  
now on Zoom.*

*I will teach you  
from my house.*

*I will teach you  
with my mouse.*

*I will teach you  
here or there.*

*I will teach you  
because I care.*



### CPCE / NCE VIRTUAL Q&A SESSIONS

#### 1 APPRAISAL; RESEARCH, & PROGRAM EVALUATION

Hosted by DYLAN & ERICA  
Tuesday, December 1, 2020  
4:30 PM - 6:30 PM

#### 2 CAREER & LIFESTYLE DEVELOPMENT; PROFESSIONAL ORIENTATION & ETHICS

Hosted by MONICA & SHEERAH  
Thursday, December 10, 2020  
9:00 AM - 11:00 AM

#### HUMAN GROWTH & DEVELOPMENT; HELPING RELATIONSHIPS

Hosted by ALYSSA & CORBIN  
Monday, December 14, 2020  
10:00 AM - 12:00 PM

#### 4 SOCIAL & CULTURAL FOUNDATIONS; GROUP WORK

Hosted by  
MARIO & MICHAEL  
Monday, January 18, 2021  
12:00 PM - 2:00 PM

#### 5 REVIEW & LAST- MINUTE QUESTIONS

Hosted by RACHEL & Co.  
Saturday, February 6, 2021  
12:00 PM - 2:00 PM

#### CPCE / NCE PREPARATION

- Gather Resources & Study
- Sign-Up for Q&A Session(s) on the Google Form
- Submit any content related questions you may have when you sign up.
- Zoom information will be sent to participants prior to each session.



## CPCE Q&A: Doc Students Save the Day!

PhD students provided study sessions for the MEd comprehensive exams over the semester break. The last review will be 2/6/21 noon-2pm. Thank you to Rachel McClain, Dylan Wren, Erica Montgomery, Monica Coleman, Sheerah Neal, Alyssa Wood, Corbin Watson, Michael Russo, and Mario Sobrino for volunteering their time and expertise to help our MEd students prepare for the CPCE on **Saturday, February 13<sup>th</sup>!**





"I HAVE DECIDED TO STICK  
WITH LOVE. HATE IS TOO  
GREAT A BURDEN TO BEAR."

-MARTIN LUTHER  
KING JR.



"Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education."

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

"Love is the only force capable of transforming an enemy into friend."

These quotes from  
**Dr. Martin Luther King, Jr.**  
were provided by [keepinspiring.me](https://keepinspiring.me)

## ***Back in the Classroom: Keeping It Classy!***

- Face masks or face coverings must be properly worn in all indoor spaces where other people may be encountered, including hallways, common areas, restrooms, etc.
- Face masks or face coverings must be properly worn in all classrooms, laboratories, auditoria, and instructional spaces.
- If a student refuses to wear a mask, the faculty member has the ability to dismiss the student from the class session.
- Attendance policies must allow for absences necessary for isolation, quarantine, or other COVID-19 related absences, and to ensure that attendance policies DO NOT encourage students to attend class when not well.
- Faculty will have assigned seating for students within the classroom and a record of which students sit in which seat to facilitate contact tracing – seating diagrams to be provided.
- Students with learning disabilities or difficulties, including remote learning platforms, should communicate with the Office of Disability Services and to the instructors and use resources available from disability services.
- If you have been tested for COVID-19, you should isolate and follow a health provider's guidance if positive. If you test negative, strict adherence to the protocols including social distancing, wearing face masks, good hygiene, and washing hands regularly for 20 seconds, after testing negative.
- With health, safety, and wellness considered the number one priority for our students, faculty, and staff, there is guidance for Faculty, Guidance for Students, and a Template for Assumption of Risk, Waiver, and Release of Liability for internships and experiential learning opportunities. <https://keep-teaching.olemiss.edu/faq/>





## Shrimp & Sausage Gumbo

### INGREDIENTS

4 tbsp. butter  
 1/4 c. all-purpose flour  
 1 small yellow onion  
 1 medium green bell pepper, chopped  
 2 celery ribs, chopped  
 2 cloves garlic, minced  
 12 oz. andouille sausage, sliced into 1/2" pieces  
 1 tbsp. cajun seasoning (without salt)  
 kosher salt  
 Freshly ground black pepper  
 1 bay leaf  
 1 (15-oz.) can fire-roasted diced tomatoes  
 4 c. chicken broth  
 1 lb. shrimp, peeled and deveined  
 3 green onions, sliced  
 cooked white rice, for serving

### DIRECTIONS

In a large, deep skillet over medium-low heat, melt butter, then add flour. Cook, stirring constantly, until dark caramel colored, about 10 minutes.  
 Add onions, peppers, and celery, and stir until softened, about 5 minutes more. Stir in garlic and sausage, then season with Cajun seasoning, salt, and pepper. Stir in bay leaf, diced tomatoes, and chicken broth and bring to a boil. Reduce heat to low and simmer until thickened, stirring occasionally, about 1 hour.  
 In the last 10 minutes of cooking, add shrimp. Once shrimp is pink and cooked through, taste and adjust seasonings. Stir in green onions, reserving some for garnish.  
 Serve spooned on top of white rice.  
 Recipe from [delish.com](http://delish.com)



CHI SIGMA IOTA / EPSILON MU CHAPTER

**SAVE THE DATE**  
**SATURDAY**  
**MARCH 6, 2021**  
**9AM AM TO 12 PM**

Presented by Dr. Camilo

The Workshop Will Review Interview Preparation and  
 Resume Tips and Best Practices

THIS EVENT IS OPEN TO UM SOE GRADUATE  
 STUDENTS PREPARING TO SEEK  
 EMPLOYMENT POST-GRADUATION



Registration information  
 will be available soon!

## Spring 2021

|             |                          |
|-------------|--------------------------|
| January 18  | Dr. King, Jr.'s Birthday |
| January 19  | First Day of Classes     |
| February 13 | CPCE                     |
| February 16 | Mardi Gras               |
| February 23 | Dr. Lenz's Birthday      |
| March 14    | Spring Forward           |
| March 19    | Dr. Kerwin's Birthday    |
| April 23    | Last Day of Classes      |
| April 30    | Last Day of Finals       |
| May 1       | 2021 Graduation          |
| May 8       | 2020 Graduation          |
| May 18      | Dr. Bledsoe's Birthday   |



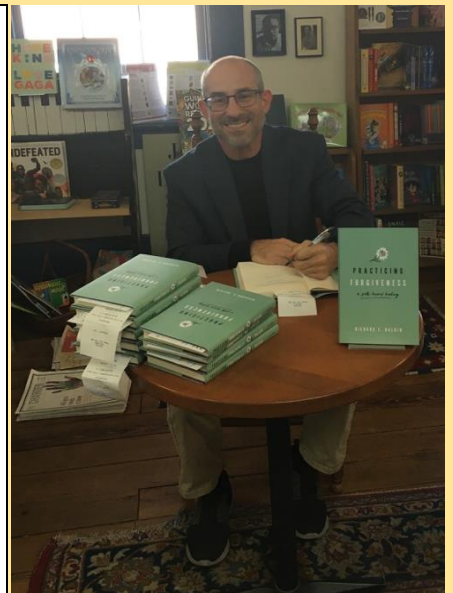
## Take a Look at Dr. Balkin's New Book!



*Practicing Forgiveness: A Path Toward Healing* is available at **Square Books, Amazon, and Barnes & Noble.**

Dr. Balkin had a new book come out, and unlike his previous text books, this one is for everyone. In *Practicing Forgiveness: A Path Toward Healing*, Dr. Balkin explores the role of forgiveness in our lives and how it contributes to our own healing. How we conceptualize forgiveness is integral to the process, and Dr. Balkin carefully explains how we can move forward in forgiveness under the most difficult of circumstances.

Publisher's Weekly wrote, "Balkin's approach is refreshingly nonjudgmental; he emphasizes that each situation has many different factors, and refuses to endorse a one-size-fits-all resolution. At the same time, the descriptive rather than prescriptive approach means this should not be mistaken for a how-to guide to forgiveness. This technical work offers a carefully considered road map of forgiveness that is ideal for counselors."



## CSI: It's an Honor

"Chi Sigma Iota (CSI) is an international honor society that values academic and professional excellence in counseling. They 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" (csi-net.org).

UM's Epsilon Mu Chapter of CSI plan to hold their membership initiation and officer elections this semester. They are also hosting a workshop on March 6<sup>th</sup> on resumes and interviewing. Dr. Camilo will be presenting.

*Dr. Camilo & Dr. Bledsoe on brand working the Guyton Hall runway in the latest CSI fundraising t-shirts!*



## CPCE-APT versus CPCE-CBT: OMG!!!!!!

The Counselor Preparation Comprehensive Examination (CPCE) serves as the comprehensive exam for all M.Ed. students. There are two options to give the exam: **Anywhere Proctored Browser (APB)** or **Computer Based Testing (CBT)**. The two choices and their odd labels can be incredibly confusing when registering. So, here are the definitions: APB administrations can be delivered on any school campus via computer lab. This option is less expensive per student (\$75). Schools decide the date, time and location for their administration. CBT administrations can only be delivered at an approved Pearson VUE facility. Although this mode of testing is more expensive per student (\$150), it ensures a standardized testing experience.

***Students register for the APB option.***



# Mental Health Counselors on Campus: Because School is Cool!

The University of Mississippi Counselor Education Program will be rolling out an inaugural initiative designed to offer tele-mental health services to public school students in participating school districts. Funded from the Governor's Emergency Education Response fund, Mental Health Counselors on Campus (MHCOC) is an extension of services developed through a partnership with Oxford School District in which we address mental health service gaps with students who are unserved or underserved due to lack of insurance and lack of access to mental health services. MHCOC receives referrals from parents, school counselors, school administrators, and other school leaders. Under the supervision of state-licensed, national board-certified university faculty, MHCOC is staffed by **doctoral and master's level counselors-in-training** who provide clinical assessment, teacher consultation and services, parent consultation, individual and family counseling, and other supportive services to assist in student success. Clinical mental health counselors-in-training at the University of Mississippi are able to meet the social and emotional learning domains set forth by the Mississippi Department of Education in a variety of ways via teletherapy. Specifically, they are facilitating conversations with students, parents, teachers, and staff employing counseling techniques, modeling healthy social and emotional behaviors, and collaborating with parents, teachers, and school administration to help promote social and emotional standards and wellness. All interventions can be utilized via telehealth or teletherapy to provide broader access to students and school districts across the state.

The MHCOC will provide an opportunity for Internship students to gain training in tele-mental health counseling leading to certification, experience delivering tele-mental health counseling, and funding for students who are providing these services to participating school districts. Watch for more information in your Internship classes!

*Thank you to Dr. Balkin, Dr. Kerwin, and Dr. Bledsoe for leading this initiative!*

|  |   |
|--|---|
| <b>LOOK AWAY</b><br>It is important to take breaks from continuously looking at your digital screens.<br>                         | <b>GET UP AND STRETCH</b><br>This will loosen up your muscles, increase blood flow, and help you feel relaxed.<br>                           |
| <b>LIMIT ZOOM MEETINGS</b><br>Moderate the number of Zoom meetings you attend. Reschedule non-urgent meetings if overwhelmed.<br> | <b>TRY TO DO PHONE CALLS</b><br>Not every call has to be on Zoom. If you're just talking with a friend, you can do it over a phone call.<br> |
| <b>MAINTAIN VIRTUAL EYE CONTACT</b><br>Look at the camera when speaking and don't get distracted by other tabs.<br>               | <b>MAINTAIN PROPER POSTURE</b><br>It is important to sit up straight to avoid future backache or related issues.<br>                         |

## Zap "Zoom Fatigue"

