The Results Are In....

The Pi Sigma Upsilon Chapter of Chi Sigma Iota is pleased to welcome these new officers to the 2013-2014 Board:

**President** - Laurie Gottschalk

**Vice President** - Myra Sicilía

**Secretary** - Emily Kolibaba

**Treasurer** - Mitsuyo Hara

**Mentorship/Membership** - Alison Smolin

**Social Chair** - Mauri Castle Myers & Sada Dewey

Congratulations to our new Board! If you are interested in being involved with CSI this year as a non-board member, there will be opportunities to join subcommittees throughout the year. Stay posted or get in touch with a CSI Board Member for more information.

A Note from Your Presidents

Welcome to the 2013-2014 school year! For some of you the journey is just beginning, others have finished their first leg, and our seasoned travelers are nearing completion. No matter what stage of the journey CSI is here to support you and make this journey a memorable one! We hope to meet and get to know all of you throughout the CSI events during the year.

Laurie & Myra
April 2013 Induction Ceremony

On April 21, 2013, Chi Sigma Iota hosted an Induction Ceremony that was followed by a reception welcoming all new members to the counseling honor society. There were many people in attendance including, some esteemed faculty. This was an excellent opportunity for new members to connect to the current board members. It was delightful to meet new members and connect to their loved ones.

After dining on our delicious donated food, the new members had a chance to mingle with members of the counseling faculty, including Dr. Rick Johnson, Dr. Lisa Aasheim, and Dr. Tina Anctil. In exciting news, our CSI President Amy Perry, and CSI Vice-President Sarah Wilson were honored by Dr. Aasheim with outstanding leadership awards. What an achievement!

CSI Auction a SUCCESS!
The online auction for CSI was an achievement thanks to all the students, Chi Sigma Iota Board members, and our valuable faculty. CSI raised an amazing $757.00. Part of the funds raised went to sponsor the attendance of Amy Perry and Catherine Palmer to the Oregon Association of Marriage and Family Therapists two-day conference featuring Dr. David Schnarch. CSI wants to formally thank everyone who donated to, worked on, and participated in the event.

Grad Party a HUGE success!

CSI would like to thank all those who made the graduation party a wonderful event. Special thanks to Catherine Palmer for organizing the event.

Jon Lee
Mayumi Yano
Rob Thieman
Libby Schwartz
Steven Coop
Alison Smolin
Claire LaPoma
Sally Nicoletti
Myra Sicilia

Emily Kolibaba
Carmen & Steven Ryan
Christine Anderson
Mike Lambert
Rebecca English
Mitsuya Hara
Michael Pretz
Laurie Gottschalk
Starting a graduate program can be daunting for individuals in any life situation. Between the work, the expectations, and the schedule, making the most out of graduate school can seem a tall order. This is especially true when you factor in anything else that can make your life difficult, such as a job, a relationship, family commitments, or illness. Hopefully, some of the lessons I learned in my first year can help you.

1. **Say "Yes" to as much as you can.** When I entered graduate school, I was determined to experience everything I could, make many professional and personal connections, and have some stories to tell when the year was over. For this first year, I said yes to every invitation, applied for every scholarship and position, and signed up for anything that sounded interesting. As a result, I met some amazing people, joined some truly fantastic groups, made many professional connections, learned a lot, and received several unexpected scholarships.

2. **Down time is just as important as work time.** As a counseling student, it's often driven home in our course work that self-care is important for our clients, and that as clinicians, we will need to model this self-care ourselves. That self-care extends to our life as a graduate student, too. It's easy to feel guilty for taking some time to relax when there's always another "more productive" thing we could be doing. Taking time to rest our brains and bodies is just as important as using them productively.

3. **You get out what you put in.** There will be many times in your graduate education when the work you've already done will get you the grade you want, but you still don't feel like you've learned what it is you set out to learn. While it can be tempting to just move on, remember that the benefit of a Master's degree is not in the GPA, but in the mastery of the knowledge required. It is very easy to find yourself working towards a grade instead of an education, and once you leave this institution and begin working in the field, the knowledge you may have missed will be much more difficult and costly to yourself and your clients to obtain. With that said...

4. **The work never ends.** There will always be another revision you could do of your paper, another recommended book to read, another article to research, another way to go "the extra mile." There is something to be said for being aware of this fact, and finding that limit where the investment of your time and energy outweighs the benefits and knowledge that extra work brings. Striking a balance between putting in “enough” work can be difficult to master. Learning how to listen to what your body and brain are telling you is an important skillset to practice.

5. **You are not alone.** Professors, advisors, classmates, other cohorts, graduates and counselors in the community, professional and honors associations - as a graduate student, you are surrounded by individuals and groups who are available to help, en-courage, and teach you. Seeking out these connections and asking for help or advice can be difficult, but ultimately very rewarding. And, once you graduate and enter the community as a professional counselor, these great people will be your colleagues and allies.