

# CESA/CSI NEWSLETTER



## FACULTY BROWN BAG SERIES

We are excited to announce the launch of this year's Faculty Brown Bag Series! This series comes as a collaboration between CESA/CSI and the NEIU Counselor Education Faculty to bring awareness around issues that matter within our university community, our fields of practice and beyond. Please join us virtually for our first event on 2/7/24 (details below) and be on the lookout for future topics!

### Doing Grad School as a SQUIRREL! ADHD in Grad School--Let's Talk About It

Led by Dr. Tejada and Tooba Zafar

Wednesday, February 7th at 1PM via [Zoom](#)

## ✦✦✦ Highlights



Faculty Brown  
Bag Series

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Student Feature:  
Holiday Self Care

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Upcoming Counselor  
Education Events

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Interested in  
contributing to our  
future newsletters?  
Please let us know!  
[arramirez68@neiu.edu](mailto:arramirez68@neiu.edu)

# HOLIDAY SEASON SELF-CARE

## WITH DARBI MASTERS



### NEIU Counselor Education Track

I am on the Clinical Mental Health Track  
graduating in 2025

#### Fun fact

A fun fact about myself is I decided to switch career paths during the pandemic because of the instability of the workforce. I had been in individual therapy for five years by that time and felt a strong pull to become a counselor because of it. But, I still really love my original career path (podcasting), and hope to incorporate that at some time in the future.

#### How you practice self-care during the holidays?

Practicing self-care during the holidays has to be intentional on my part. I often find myself slipping away from family for alone time so I can recharge. I let my family know when I am feeling activated in conversations about politics or religion and request we change the topic. I also get very grounding long hugs from my partner, friends, or trusted family members when I am feeling dysregulated. I journal if I'm feeling overwhelmed with all my thoughts and need a private outlet. Lastly, I snuggle with our cat Stromboli just to enjoy life. Doing these things for myself helps me respond to family members with a little more grace and a little less defensiveness. I also communicate my need for autonomy very strongly with my family so they are not blindsided by decisions I make for self-care.

Mark  
YOUR  
Calendar

Join us at our next CESA Social!  
January 19th 2024 | 7-9 PM

Game passes are \$5/person

Stay and Play Game Cafe  
3932 W Irving Park Rd





# COUNSELOR EDUCATION PRACTICUM WORKSHOPS

The NEIU Office of Career Development and CESA (Counselor Education Student Association) are pairing up to host a two-part virtual workshop series for incoming practicum students

**Workshop I: Resumes & Cover Letters**  
**Tuesday, December 5th | 7pm | Virtual/Zoom**

**Workshop II: Interview Preparation and Q&A**  
**with a Panel of current practicum students**  
**Tuesday, January 9th | 7pm | Virtual/Zoom**

Please contact Kaitlyn Folkes  
([K-Folkes@neiu.edu](mailto:K-Folkes@neiu.edu)) with any questions.