

# CESA/CES Newsletter

SO MANY ACRONYMS! LET'S GET THEM STRAIGHT!



## What is CESA and how can I join?

Counselor Education Student Association (CESA) is a chapter of the Illinois Counseling Association and any student admitted into the Counselor Ed program at NEIU is an automatic member of CESA. Congratulations!

## What is CSI and how can I join?

CSI (Chi Sigma Iota) is the international honor society of professional counseling. To become a member, students in the counselor education program must hold a minimum of 3.5 GPA and have completed at least 9 credit hours of coursework. Information regarding nominations for the 20/21 school year will be available in February 2021.

## What is CES?

CES (Chi Epsilon Sigma) is our local chapter of CSI at NEIU.

Please help the CESA officers plan for the upcoming year by taking the [CESA/CES Student Availability & Interest Survey](#).

**A message from your officers:** CESA is committed to upholding anti-racist values. It is our priority to support and amplify the voices and experiences of our Counselor Education students of color. CESA will continue to hold ourselves accountable for our actions, and look forward to celebrating the possibility and potential for community growth.



## Meet and Greet

Friday, August 28th @  
7:30pm

Zoom link: <https://us02web.zoom.us/j/86233731567?pwd=a1h3bUJuc2paVVRQaktoaXZ2d0RZUT09>

Meeting ID: 862 3373  
1567

Passcode: 8sVDLp

August 2020

## Faculty Spotlight - Dr. Ami Camp



**Tell us a little bit about yourself, Dr. Camp! Where are you from?**

I am from Stafford, VA but relocated to Chicago by way of Charlotte, NC. Both VA and NC hold a special place in my heart so I claim both of them as home.

**What are your passions in the field, and what are a few other things you want us to know?**

I have a few passions in the field! I am a former high school counselor so I'm passionate about educating, training, and equipping future school counselors to be leaders within their respective school and adequately support the vast needs of students. I am particularly passionate about preparing future school counselors to support the needs and advocate on behalf of underserved students.

Another passion I have is multicultural education, multicultural counseling, and social justice. Considering the racial and systemic injustices in our society that impact students, families, and communities of color, it is imperative that students in our program not only be self-aware but also culturally competent and effective in working with ethnically and racially diverse populations.

I am also interested in child-centered play therapy and encourage students in all of our programs to be open to working with little ones...you'd be surprised by the intrinsic abilities of children and the overall power of play!

**For those not as familiar with our organization itself -- you play a big role in CESA. What does it mean to you to support students through this platform?**

As the Faculty Advisor for Counselor Education Student Association (CESA) and Chi Epsilon Sigma (CES), I have enjoyed supporting students' creativity, interests, and ideas. Students are encouraged to couple their shared passions and interests with events that will foster professional development, enhance student relationships and connectedness, and support initiatives within the NEIU and local communities. I encourage students to take an active role in participating in those organization(s).

**♪♪ Music unites us! Can you give us 2-3 albums that you've been playing a lot of? Old go-to's or fresh to your ears alike....**

Music does unite us! Most recently I have had the following albums on repeat: Jill Scott~ Who Is Jill Scott? Words and Sounds Vol. 1 and H.E.R ~I Used to Know Her

**Help! Many of us are feeling overwhelmed! When you've faced similar obstacles in your life, how have you navigated them?**

Given all that is happening in our world these days I can relate to sometimes feeling overwhelmed. I think it's important to first acknowledge how you feel rather than minimize or suppress your emotions/feelings. When I'm overwhelmed I take a moment to identify what, exactly, is generating that feeling (i.e. too many tasks at once, unclear or unrealistic expectations, secondary trauma, etc.). I also connect with my support system for encouragement and engage in healthy activities that will help me to de-stress. Prayer, meditation/yoga, listening to music and cooking have been therapeutic outlets for me and help mitigate feeling overwhelmed.

I will also say these past few months have changed my perspective and made me more appreciative of things I have often taken for granted. Each day is a blessing and I am even more intentional about protecting my peace and better managing things that easily overwhelmed me in the past.

August 2020

## Student Spotlight Tiffani Clay



**You and Vanessa are going to start a safe-space for students of color on campus. Why is that important to you and what will that look like?**

Especially in my early days at NEIU, a lot of students seemed disconnected. This may not be everyone's experience but it was mine. I want to provide a safe space for students of color where they can share their stories, experiences, and concerns without feeling like they need to take on any responsibility or the job of teaching white students. That's exhausting. We want to provide a place where they can relax and realize they are not alone. The hope is that we can all open up and not feel judged or be looked at like we are different. This will also be a place to laugh, grow and connect, because having a support system is crucial.

### **Safe Space for Students of Color**

**Date:** September 18th at 5:30 p.m.

**Location:** Zoom

**Interested:** Email Tiffani Clay, [T-Clay@neiu.edu](mailto:T-Clay@neiu.edu) or Vanessa Ogaldez, [V-Windsor@neiu.edu](mailto:V-Windsor@neiu.edu) to receive Zoom link near the date.

**Purpose:** Provide a safe space and opportunity for students of color to vent, connect, and heal.

## **Tell me about your Clinical Mental Health Counseling journey at NEIU.**

I began my master's program in Clinical Counseling in the Fall of 2018. I went to NYU for undergrad where I majored in psychology. Right out of college, I decided to give HR a try. I thought HR would allow me to help people. I quickly realized that it was less about helping workers and more about helping business keep money flowing. I wanted to go deeper with individuals. I wanted to walk alongside them on their journey. After two years of working in HR, unhappily, I started researching what it meant to be an LPC. I was drawn to NEIU because there were so many women professors and, in particular, women of color. I realized that there are not a lot of counselors who look like me and I want to fill that gap. I want to reach people that may not think there is anyone out there who looks like them or understands their experiences.

### **What have been your highlights of this experience, thus far?**

I had the opportunity to be a Graduate Assistant for the past two years, starting in the Fall of 2018. This allowed me to get to know the professors and other GCOE staff members more personally. I was able to learn about all the work that goes into engaging students. I was also able to interact with my peers who came in to visit and give them an honest opinion of what the graduate experience was like. I'm also happy to say that I have completed all of my classes and I am starting my internship in the fall.

### **What are your long term counseling goals and goals in general?**

I want to open my own practice as soon as possible. I am a person that needs to work for myself. I also want to have other sources of income and creative outlets. I minored in creative writing in undergrad. I write some fiction and poetry. Hopefully, one day, I will be published. I am also considering a YouTube channel, so be on the lookout!

### **What do you do for self-care?**

I like to take care of my dog, cook, and garden. I also watch Netflix to unwind. I recently got into Anime.

### **What advice do you have for incoming students?**

Get to know your professors. Don't be afraid to talk to them in a real way. They are very sweet, helpful, and approachable. Also, advocate for yourself. If you see something that doesn't feel right, speak out. I've made the mistake of not speaking up in the past. A lot of students might share your experience. Creating connections with other students has also made my experience much greater.

# **CESA BOARD**



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August 2020

# Latinx Grad Students in Counseling Programs Needed

Department of Counselor Education  
McNair Scholars Program

## PURPOSE

The purpose of this study is to learn how Latinx graduate students in counseling programs understand their families' attitudes about their studies. We hope this information will assist in increasing the number of Latinx graduate students in counseling programs because of the shortage of Latinx counselors in the US.

## WHO WE NEED

Graduate students in counselor education programs who:

- Identify as Hispanic or Latinx
  - Are in the Chicago area
  - Are above 18 years of age
- Able to do an online interview that will last about 1.5 hours.

## FOR MORE INFORMATION CONTACT

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THIS RESEARCH STUDY HAS BEEN REVIEWED  
BY NEIU'S REVIEW BOARD FOR THE PROTECTION OF HUMAN PARTICIPANTS

