



WELCOME TO OUR
Monthly Newsletter
we're so glad you're here!



About Us

Our chapter includes current students, alumni, and faculty. We focus on promoting excellence in the profession of counseling and hope to get members more involved in professional development, community engagement, wellness, and more. Currently, there are 150,000 active members in Chi Sigma Iota (the international organization) with 420 chapters across the globe.

Mu Chi Alpha Iota is the Messiah University Chapter. With **137** active members, Mu Chi Alpha is considered a large chapter. Our Facebook group, Mu Chi Alpha of Chi Sigma Iota, has 144 members. We'd love for you to join us on fb!

[Facebook @muchialpha](#)

ELIGIBILITY REQUIREMENTS

- CSI Mission
- 24 Completed credits
- Minimum of 3.5 GPA
- Good academic standing

MESSIAH UNIVERSITY, GRANTHAM, PENNSYLVANIA, ESTABLISHED IN 2012

“Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.
Eligibility requirements
- CSI Mission”



Resources

NCE Study Groups



Preparing to take a comprehensive exam can be time-consuming and anxiety provoking. To support the students in the graduate counseling program who plan to take the National Counselor Examination (NCE), Dr. Stephanie DePalmer and Dr. Maya Georgieva, Chapter Faculty Advisors of Mu Chi Alpha, facilitated four one-hour-long Zoom sessions during the Fall 2022 and Spring 2023 semesters.

The goal of these meetings was to alleviate test anxiety by sharing resources and tips for success. Students also had a chance to work through sample questions from each one of the eight content areas. NCE Study Support Groups will take place again during the fall 2023 and spring 2024 semesters, so be on the look out for those!

Mindfulness Meditation Class

Mindfulness has become a buzzword and many counselors are curious and eager to introduce it to their clients. However, applying mindfulness meditation effectively requires considerable effort, competence, and practice; it also demands awareness of several challenges that may arise for the clients, including their lack of readiness or comfort, their resistance or reluctance to focus on the present, and their history of trauma.

In addition, it is important that counselors recognize the spiritual implications of introducing mindfulness meditation to clients and inquire about clients' experiences of their own faith/religious/spiritual identity. After completing a rigorous two-year program with Tara Brach and Jack Kornfield, Dr. Georgieva obtained certification as a Mindfulness Meditation Teacher. She offered four-session virtual experiential trainings during the summer 2022, fall 2022, and spring 2023 semesters. She will offer these teachings again in the upcoming academic year so mark it down on your calendars!



MCA Mentorship Program!



MCA is hosting a mentorship program chaired by Dr. Andrea Burden. If you or anyone you know is interested in becoming a mentee, there are currently several mentors available for this upcoming fall.

To obtain a mentor, all you have to do is go to the Graduate Counseling Canvas page, where you will find a series of videos posted by potential mentors. These videos include a quick snippet about the mentor that allow students to see the mentor's heart for the profession and mentorship

You can access the videos by:

- Going to the Canvas website and clicking on the Graduate Counseling course.
 - Once in the Graduate Counseling Course click on modules and then scroll down until you see the tab for Mu Chi Alpha Honor Society.
 - The mentor videos can be found in the section under the tab titled "Mu Chi Alpha Mentor Video Introductions."
- *Feel free to watch the videos and/or reach out via the email listed with each mentor's video. We are excited to continue to encourage and support one another in the mentorship process.*
 - *In the future we hope to expand the reach of the mentoring committee and meet in Zoom to have a time where students can ask questions and discuss topics such as: intensives, field experience assistance during the pandemic and insight for those who are thinking about switching tracks.*



IMPROVE
DEVELOP
TRAINING
MOTIVATE
COACHING
INSPIRE

2022-2023 Recap!

“

Mu Chi Alpha Meet and Greet Event: Immediately following the (virtual) Mu Chi Alpha Induction Ceremony on December 3rd, new inductees met with current MCA Officers to network and answer questions about Mu Chi Alpha and the graduate counseling program. We also spent this time to raise awareness/interest in the available MCA officer positions for the 2023-2024 academic year.

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*Haley Adams,
Social Events Committee Chair*



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January Intensive Lunch Breaks: during the January intensives, MCA officers volunteered to run three different lunch break events. The topics that were discussed included a general MCA information group, an Alumni Panel, and a mindfulness group. In addition, I helped coordinate the last two years of the virtual intensive lunch breaks.

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*Thank you Haley for
putting these events
together as none of it
would have been possible
without you!*

-MCA

2022-2023 Recap Continued

“ Exploring the opportunities to use creativity has really added to my time in Mu Chi Alpha. Whether it was designing an information flyer about Chi Sigma Iota/Mu Chi Alpha or for the International Webconference, it has given me such joy to give back. As my time comes to a close, I am hopeful that I can carry what I learned with me as I continue along in my journey in life after Messiah.”



Amber Nutter,
Vice President



“ As Professional Development Committee Chair, I worked closely with one of our chapter faculty advisors, Dr. Maya Georgieva, to plan the 4th International Counseling Web conference. I assisted in creating a planning template with the actions needed to plan and run the event and created deadlines for each. These actions involved collaborating with the leadership members of Mu Chi Alpha to choose the date and theme for the conference and identifying potential speakers. I then reached out to potential speakers and invited them to interview with Dr. Georgieva to share their experience and see if they were a good fit for our conference.

Once speakers were approved, I confirmed their participation and obtained from them their headshots, bios, session descriptions, and learning objectives. Next, a save the date flier was distributed and a registration page created (with the requested information on all the speakers) with the help of our chapter vice-president, Amber Nutter. Reminders for the conference were shared by email and social media. During the conference I was traveling, but normally I would have been taking attendance. Finally, honorariums were requested and provided to conference speakers.



Kristen Hayden,
Professional Development Chair

MCA Induction

Ceremony

April 2023



Meet our Mu Chi Alpha past and present members!



Bill Jordan
President



Amber Nutter
Vice President
(Position is open)



Alissa Ford
Professional Members
& Alumni
(Position is open)



Dr. Andrea Burden
Mentoring Chair



Rachel Feidt
Scholarship Chair



Gloria Washburn
Advocacy Chair
(Position is open)



Louisa Oswald
Social Media Chair
(Position is open)



Haley Adams
Social Events Chair
(Position is open)



Angela Elkerton
Past President



Dr. Stephanie DePalmer
Chapter Faculty Co-advisor



Dr. Maya Georgieva
Chapter Faculty Co-advisor



Kristen Hayden
Professional Development
Chair
(Position is open)



Noah Krieg
Treasurer



Katherine Loaiza
Newsletter Chair

*Thank you for
staying till the end!*

If you or anyone you know is interested in serving in any of the Mu Chi Alpha committees, please reach out to Dr. Georgieva at atmgeorgieva@messiah.edu or Dr. DePalmer at sdepalmer@messiah.edu.