



MU CHI ALPHA 2023 Fall Newsletter

for everything you need to know!

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 162,000 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 **88** 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!

If you or someone you know is interested in joining Mu Chi Alpha and meet the eligibility requirements, chances are that you have been sent an invitation to join. All you have to do is respond expressing your interest! We would love to connect and get to know you so please reach out if you have any questions: muchialpha@messiah.edu

ELIGIBILITY REQUIREMENTS

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

We have two induction ceremonies per year by invitation only so be on the lookout!

Upcoming Induction Ceremony..

- *Saturday, December 2nd, 2023.*



MESSIAH UNIVERSITY, GRANTHAM, PENNSYLVANIA, ESTABLISHED IN 2012



Mission Statement

“ 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





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Bible verse of the *Week*

The grass withers and the flowers fall, but the word
of our God endures forever.

Isaiah 40:6-8



Pennsylvania Counseling Association Conference

Being held in Messiah's backyard, the Pennsylvania Counseling Association (PCA) is having its annual conference in Harrisburg, PA on **November 3-5, 2023**. Cost for PCA student members is \$200.00 and \$250.00 for non-member students. This conference promises a strong Messiah presence, and our own Dr. Giovannetti is a keynote speaker!

Conferences

remaining in 2023



Connecticut Counselors Association Conference

Located in Wallington/Meriden, Connecticut, this association is hosting a conference on **November 3rd, 2023**. Total cost for registration is \$35, and there is a volunteer discount of \$30 if you chose to do so. Check out this [link](#) to register.

Association for Play Therapy International Conference

Are you in the Palm Springs California area? If so, don't miss out on this opportunity happening **October 10-15, 2023**. Although the opportunity to volunteer and apply for scholarships have passed, it's not too late to register at www.ap4t.org for \$25.00.



The Association for Creativity in Counseling

The association for creativity in counseling (ACC) is hosting their conference on Melbourne Beach, FL on **November 2-4, 2023**. They are currently offering both in person and **virtual** options! Registration fee ranges from \$160-\$185.

ALL Ohio Counselor Conference

All Ohio Counselor Conference (AOCC) is taking place in Columbus, OH on **October 16-18, 2023**. Check out their flyer [here](#) for more information on pricing which ranges from \$50-\$160, with options for volunteering in exchange for reduced prices!

"I want students to know that there are a lot of opportunities out there for volunteering (give-a-day / get-a-day or a set number of hours in exchange for time in sessions) and scholarships offered for conferences"

*Deidra Logue
Professional Development Chair*





Mentoring

for you!

Organizational Meeting: Peer Support and Mentorship Group for Graduate Counseling Students

Mu Chi Alpha, Messiah's chapter of Chi Sigma Iota, is hosting an inaugural Peer Support and Mentorship Group meeting Thursday November 2 at 7:00 p.m. via Zoom.

The group is in its formative stage and seeks to provide peer to peer support and mentoring to graduate counseling students. Ultimately, we hope to build a durable helping structure to pass on to future students. We are looking for people to partner with us on this journey.

Zayna Al-Husein and Bill Jordan from chapter leadership will facilitate the initial meeting. As the group progresses, other students, faculty and alumni may run the group.

"We are looking forward to creating an environment of peer support and collaboration through the Mentorship Committee of Mu Chi Alpha! Our prospective plans include creating a virtual peer support group that meets on a regular basis. Our hope is that students will find the peer support group to be a place where they can process, ask questions, and share advice about their experiences in the graduate counseling program"

Zayna Al-Husein
Mentoring Committee Chair

Be on the lookout for a Zoom invitation!



NCE Study Sessions

Join us!

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, are offering one-hour-long Zoom sessions during the Fall and Spring Semesters!



The goal of these meetings is to alleviate test anxiety by sharing resources and tips for success. Students also have a chance to work through sample questions from each one of the eight content areas. Topics that have been covered include Research and assessment, Social/cultural diversity, professional orientation and counseling theory, along with group and career counseling.

If this sounds like something you would be interested in, please don't hesitate to sign up for the Spring 2024 study sessions.



Spring 2024 sessions:

- *January 22, 29 with Dr. G.*
- *February 5th and 12th with Dr. DePalmer*
- *Time: To be announced*

"If everyone is moving forward together, then success takes care of itself."

Henry Ford

Mu Chi Alpha Leadership



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Chairs that are currently open:

Professional Advocacy Chair

Social Media Chair

Social Events Chair

Professional Members
& Alumni

Counselor Community Engagement
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 or Dr. DePalmer.*

Let's Stay Connected

Mu Chi Alpha wants to connect with you! As we strive to promote more professional development and community engagement, we are eager to learn more about you and what you want to see on our quarterly newsletters. Have ideas or suggestions? Don't hesitate to reach out to us and let us know what you think!

Also, don't forget to follow us on FB!  @muchialpha