



The Insight

VOLUME 3, ISSUE 1

Chi Omega Chapter

SPRING 2015

A Word from the President

Greetings Chi Omega!

Greetings Chi Omega!

What a year! Am I right? It seems like this year, above all, has been a companion to elevated stress! With graduation just a few days away, I hear the sighs of relief from my peers! This semester, and this year, have come to an end! Many of us are tying up loose ends to ensure our future careers, while others of us plan our schedules for the semesters to come. For those of you who will be joining me on stage May 17th, let me be the first to congratulate you for such an outstanding accomplishment! We made it! For the rest of our members, enjoy your time as student!

As many of us know, becoming a counselor is not a degree sought for money or glory. Rather, making this choice is a life-long commitment to helping and learning. Our time spent studying, re-

searching, developing, processing, and supporting each other simply follows us out of the academic setting, and into the professional world ahead. While we celebrate the final hours before we hold the diploma that represents the years we have spent tirelessly pursuing our passions, I implore you to devote that same work ethic and dedication to continued learning throughout your careers. We are fortunate to be products of a program that not only emphasizes life-long learning, but expects us to internalize the message illustrated by the great Albert Einstein who once spoke "Intellectual growth should commence at birth, and cease only at death."

Our program alumni epitomize the idea of continued learning and support. We are fortunate to have such an involved group of past graduates continue their involvement and dedication to Chi Omega, the Quincy University chapter of Chi Sigma Iota. In addition, many of our program alumni continue their dedication to our current and future students by volunteering endless hours of their time assisting students in their

internships and future endeavors. This type of continued commitment to the field exemplifies some of the many ways we can continue to help breed some of the finest candidates for this profession. It is also a testimony to the high expectations and close relationships formed within the Quincy University MEC program.

So, as we bring another successful year to an end, remember these words from the inspiring Julia Child, "You will never know everything about anything, especially something you love." Whether graduating, scheduling, or looking back, let this achievement be the foundation for a lifetime of growth, both personal and professional, as we move further toward the passions that brought us together.

Sincerely Yours,

Emily E. Lamb
President, Chi Omega 2014-2015

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Fundraising & Service

By: Lauren Aspel

It's hard to believe another school year has come and gone! Chi Omega has achieved great things in our fundraising efforts during the 2014-2015 school year. We jump started our fundraising efforts in July with the Chi Omega/ MEC Rummage Sale. We would like to thank all members and our families and friends who donated not only items but their time helping during the sale and also with the clean-up and tear-down. In the one day only sale we netted \$728 for Chi Omega. All of the remaining items from the sale were boxed up and then taken to charities for donation.

On October 4th 2014, we hosted our first Applebee's Flapjack Fundraiser at the Quincy Applebee's. Flapjack Fundraisers are pancake breakfasts sponsored by and held at local Applebee's Restaurants. They provide their restaurant,

food, and kitchen staff for the event, while the group provides wait service. This event called on full participation not only by Chi Omega members, but the MEC program as well. We thank everyone who helped to sell tickets and donated their time in serving at this event. Our Flapjack Fundraiser brought \$871 into our fundraising efforts. We gave back to the chapter and program by purchasing Chi Omega t-shirts for members and sponsoring four of our School Counseling track students to present at the ISCA Conference in Springfield in the spring.

Our last fundraising campaign of the year was our 4th annual Fall Holiday Gift Basket Fundraiser. With the help of the MEC program, students and faculty were able to obtain donations of merchandise and gift certificates from area businesses. The donations were then packaged into festive gift

baskets that were raffled off during our annual MEC Christmas party. For our 2014 raffle, we raised a total of \$1,120. Thank you to everyone who sold tickets and helped to make this fundraiser successful. As a chapter, Chi Omega made a donation with the proceeds to Horizons Soup Kitchen in Quincy. The area soup kitchens collaborate together, and so Horizons will use the money we donated to purchase food from Midwest Food Bank, and will share the food with the other area soup kitchens. Our donation will help even more people in that fashion.

The funds we raise through our events have allowed Chi Omega and the MEC program to not only give back to the community but also to the chapter and MEC program. Our funds help our chapter to make donations to local service organiza-

tions, fund various Chi Omega programs, such as our annual Induction Ceremony and Awards Banquet, CSI/MEC social functions, and professional development workshops, and to sponsor Chi Omega members who wish to present at professional workshops in hopes of making these professional development activities more accessible. It is our hope that continued fundraising will allow our chapter to continue to give back and to enhance MEC students' educational experience at Quincy University.



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MEC Holiday Party

By: Rosemary Waelder

The Hawk's Nest was the site of the annual MEC Christmas party on December 7th, 2014. Students invited their friends, family, and significant others to the event. It was a great time to de-stress with friends. The event was a carry-in and lots of delicious food was shared by all. MEC student, Kristin, brought her dogs to share the stage with. A white elephant exchange was had. Most people picked the gift bags that appeared to be the

"prettiest." Inside some of the pretty packaging were candles, ornaments, candies, festive socks, etc.

The raffle fundraiser winners were also announced at the event. Based on our fundraising, we were able to make a sizable donation to the Horizons Soup Kitchen in Quincy. MEC student, Teresa Bertelli, sold a lot of tickets and had winners in several categories. This year there was some really great donations in the

packages. Jessica Baker was able to receive another Kindle to raffle off. There was a "Food and Fun" package that included local restaurants gift certificates, Casino Lane gift cards, passes to the Kroc and much more. The most popular basket raffled off appeared to be the "Date Night" package. There were movie passes, numerous restaurant gift cards, and wine. The "Casino Royale" package came in a close second for most popular raffle package, which included

\$100 in gift certificates for Mark Twain Casino. Finally, there was a "Health and Beauty Basket." This basket contained free NuFit classes, a Maurice's gift card, and an assortment of hair and beauty products. All the winners of these baskets helped out a great cause while enjoying their winnings.

We hope to see everyone back next year for another successful turnout to the party and an even more successful donation to another local facility in need. The raffle fundraiser has proven to be a great tradition every year within our program.



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Attending the Illinois School Counselor Association Conference

By: Emily Bond



Pictured left-to-right: Tara Claus, Emily Bond, Lauren Baker Zeiger & Teresa Bertelli

On April 10th, Lauren Baker Zeiger and I had the opportunity to attend and present a poster at the 2015 ISCA Springfield Conference. Our topic was Crisis Intervention in Schools. We volunteered to present after completing a partner project for our Schools I class this past fall semester.

I would like to take this opportunity to first thank Dr. Fifield for encouraging us to partake in the conference, and as well, thank you Lauren for entering into the journey with me! I really enjoyed working on the project. It was fun to see the original project come to fruition in the form of a completed poster on our topic. Also, a quick shout out to Tara Claus and Teresa Bertelli who are also from our program and presented a poster on Suicide Prevention and Intervention in Schools. Both of our presentations were well received by professional counselors at the conference, and several people even gave us their contact information so that we could email our handouts to them. Receiving such validation from professional counselors was awesome. It was a great experience outside of class with all of you ladies!

It was an amazing experience for me. I cannot personally express how glad I am that I volunteered and attended. Not only was it an enjoyable day filled with learning opportunities and valuable information, but it was as well a chance to be surrounded by passionate professionals currently working in the counseling field. The sessions that I attended throughout the day were filled with excellent information, handouts, and techniques.

There were 5 breakout session timeslots scheduled from morning through the afternoon that ran for approximately 50 minutes each. A break was scheduled for a nice sit down lunch that provided an opportunity to visit and network. During each timeslot there were 4-5 session topics to choose from depending upon your interests. I attended sessions with topics that included: suicide prevention, a mentoring program aimed at improving school culture, health education intended to empower teenage girls, and online behavior/resources. It was awesome to be able to share in the day and bring all of this back home with me to share with all of you.

In conclusion, the one thing that I would truly like to communicate is what a meaningful experience this was for me as a graduate student and counselor in training. Attending the 2015 ISCA Springfield Conference motivated me to come back and encourage all of you to take part in these opportunities if at all possible. Conferences are a great way to be surrounded by professionals currently working in the field, gain knowledge and tools, and network. I cannot express enough what an invaluable opportunity it was for me as a student. I cannot wait to hear about all of your conference experiences in the future!

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2014 Induction & Awards Banquet: Celebrating the Accomplishments of Chi Omega

By Andrea Fifield

In October of 2014, Chi Omega held its annual Induction and Awards Banquet. It was a time of celebration and reflection as we inducted new members to our chapter, as well as recognized the accomplishments of our highly dedicated membership. MEC students, alumni, and their families enjoyed a buffet style dinner and spent time socializing, reminiscing about program and chapter activities, and making plans for the future, both individually and as a group.

In addition to inducting our newest members, we also swore in our officers for the 2014-2015 school year, and we presented numerous awards to some of our outstanding students, alumni, and supervisors. As an organization, we owe so much to the contributions of these individuals, whose hard work and dedication helps us to exemplify the missions of CSI, Quincy University, and the MEC program. This is a CSI chapter that we can truly be proud of. Please join me in congratulating our newest members, our officers, and our award winners.

New Members:

Emily Bond
Courtney Miller
Renee (Shade) Hummel
Hayley Stoneking
Lauren Baker Zeiger

Officers (2014-2015):

President: Emily Lamb
Past-President: Shandi Joubert-Kanz
Secretary: Lauren Aspel
Treasurer: Emily Bond
Members-At-Large: Renee Hummel & Lauren Baker Zeiger

2014 Award Recipients

Outstanding Graduate Student (PSC):
Outstanding Graduate Student (CMH):
Outstanding Alumni:
Outstanding Leadership:
Outstanding Mentor:
Outstanding Service to Chapter:

Sam Houghton
Stacey Soliman
Belinda Cullo
Shandi Joubert-Kanz
Kendra Tiemann
Lauren Aspel

The Insight

Private Practice Panel

By: Lauren Baker Zeiger

During the first week of May, past and current students of the program were invited to attend a private practice panel organized by Dr. Oliver. The event was funded through the support of the Coleman Foundation, being that the MEC program was awarded a generous grant to carry out events and activities for our program. Many alumni and current students were in attendance and were eager to pick the brains of our private practice panel. The area of private practice is one in which many counselors strive for; however, it can be difficult to establish and maintain. Asking our questions to the panel was extremely helpful in that we were able to see how individual clinicians approached this daunting task.

We were very grateful for the willingness of our panel to share their knowledge and experience in the area of private practice. Four unique and geographically diverse clinicians served on the panel. One such panelist was Dora Mitchell, a 2009 graduate of the MEC pro-

gram. She shared with us her experience in starting her own private practice coined Advanced Counseling Services in Hannibal, MO. Dora shared that she was able to start this practice with a former colleague and close friend. Another panelist in attendance was Ed Esselman of Esselman Counseling Services in Quincy, IL. Ed gave us tips on how he advertises and shared with us the hard work and investment he has put into his website (check it out at <http://www.esselmancounseling.com/>).

Mike Maher, of Counseling Associates, Inc., discussed the differences that come into play for his practice, being that it is established in the state of Iowa. Maher shared that he went into his practice with two partners and that their practice has expanded to two locations: Keokuk and Fort Madison. He also mentioned they are hiring. Lastly, Penni Ippensen was in attendance. She shared her difference in education in that she has obtained a Master's in Social Work. Penni discussed that she likes the flexibility of her private practice. She told us that she chooses to work part-time because she values spending time with her family while she is not working. The diversity of our private practice allowed us to see differences in practice based on state, with the

inclusion of the three states of Missouri, Illinois and Iowa. In addition, the diversity in panelists allowed us to identify differences in the organization of one's private practice. Some of the panelists went into their venture alone, whereas others started with one or more partners. In addition, some of the panelists work in a practice that has expanded and includes a large working staff.

The private practice panel was a very informative and eye-opening experience. I, myself, have thought that establishing my own private practice would be something I might strive for in the future. Discussing the basic steps that the panel had taken, including tasks as simple as finding office décor was valuable. Further discussion of the issue of being both a counselor and a business person was an area that I continue to reflect on. On behalf of the students, I would like to thank Dr. Oliver for organizing the event and putting together the panel, and thank the panelists for taking the time out of their schedule to attend.

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

~Mark Twain

The Insight

Internship Spotlight:

Stacey Soliman & Emily Lamb

By: Samantha Houghton

Spotlight: Stacey Soliman

What track are you? Clinical Mental Health

Briefly describe your site: I had two sites. Blessing hospital and Transitions of Western IL. They were totally different from each other. Inpatient setting was fast-paced while outpatient was the long-term treatment.

Who is your site supervisor? Jackie Garkie- Blessing Chris Parker- TWI

How far in advance did you contact this company prior to placement? Since I work at Blessing, I told the director about internship and practicum 3 months in advance but it only took me one day to get all necessary paperwork done since all my info was already in the system. I contacted TWI 2 months ahead of time. I got a phone call for the interview and within two weeks after that, they notified me that they were accepting me as an intern

What do you consider to be the most outstanding features of your internship?

Weekly supervision was very helpful especially at Transitions. I got a lot more training on progress notes and treatment planning at transitions. With Blessing, it was very awesome to get to sit down with a team of doctors nurses pharmacists activity therapists etc. Both were outstanding in different ways.

What is something that you have learned on site that you didn't necessarily know from classes?

Billing is very important in an outpatient setting. You are very much responsible of your services and make sure they are billable. In inpatient setting, you have to know the HIPAA. Very tricky on who you can release information to especially if the patient is admitted on a judicial writ or petition and certificate.

Advice to future interns?

I learned that no matter who you serve, you have to seek consultation if you are unsure of something. It is better to be safe than sorry. Ask question, try out your theory as soon as you start practicum. Do not wait until internship. LEARN FROM EACH OF YOUR SUPERVISORS

both classroom and on-site.

Spotlight: Emily Lamb

What track are you? I am both tracks.

Briefly describe your site: I am doing my internship at Beardstown Jr./Sr. High School in Beardstown, IL. The school serves a rural community of about 7,000 people. However, due to a large meat processing plant on the edge of town, we attract a very diverse population. Our high school student body is made up of about 60% non-white students, many of them do not speak English as a first language, or it is not the language spoken primarily at home.

Who is your site supervisor? My site supervisor is Eugene Link. I also work closely with another school counselor, Linnay Costello, and the school social worker, Mara Atkins.

“Try out your theory as soon as you start practicum. Do not wait until internship.”
- Stacey Soliman

The Insight

Internship Spotlight Continued

Spotlight: Emily Lamb

How far in advance did you contact this company prior to placement?

I talked to Eugene and Linnay about 6-8 months prior to the semester I was scheduled to take Practicum. I had several back up plans but this was my first choice, so I wanted to make sure everything was in place and the supervisors had a chance to meet with me several times prior to starting my work.

What do you consider to be the most outstanding features of your internship?

The most outstanding part of my internships is the kids. That may sound cliché but I have absolutely fallen in love with the students of BHS. I have had an opportunity to work with children from very diverse backgrounds and that has allowed me exponential growth as a socially aware professional.

What is something that you have learned on site that you didn't necessarily know from classes?

I have been trained in working with ESL (English as a Second

Language) and ELL (English Language Learners) students through my work at BHS and that has been invaluable as I move forward with my career.

Advice to future interns?

Find your site early, keep your options open, and dedicate yourself to your internship as much as you can. I was able to work at my site full-time during this last semester and that has really allowed me to become part of the school system. The students see me on a daily basis, the teachers have become comfortable with my presence in their hallways and classrooms, and referrals from office and other school staff have increased tenfold.

NBCC Grant Paves Way to Possible CACREP Accreditation

By Andrea Fifield

It's been a big year for the MEC program! We are the recipients of a National Board of Certified Counselors grant designed to help counselor training programs pursue CACREP Accreditation. Our program is one of only 15 to receive this grant funding. Funds will be disbursed in three phases as we progress through the accreditation process. We are currently in what is known as the pre-application phase, meaning that we are conducting our self-study. Phase two is the application phase, and we hope to officially apply for accreditation this fall. Phase three is the site visit phase, when a group of CACREP reviewers actually visit our campus to assess our compliance to CACREP standards. We are still very early in this process, but we are cautiously optimistic as we move forward.

While the NBCC grant is a huge first step, we have other reasons to be excited as well. This semester the board of trustees approved the addition of our third program track, College Student Personnel. This program track will be launching this fall. The addition of this third track necessitated the need for the MEC program to hire a third full time faculty member. We are currently in the process of interviewing candidates for the position, and we hope to have a third faculty on staff by the fall semester. This addition is important for two reasons. First, in a general sense, the third track will help us to grow our program and make us an even bigger positive presence in Quincy and the surrounding area. Second, one of the requirements for CACREP accreditation is that the program has a minimum of three full time faculty... This has been our biggest hurdle in our pursuit of accreditation, and we are now finally on the verge of clearing that hurdle!

As we move forward, and our program continues to grow, I strongly encourage you all to take a moment to thank Dr. Ken Oliver in his tireless efforts in securing our third program track and pursuing accreditation. He wrote the grant application that secured our funding. He served on CACREP site visit teams at other colleges and universities to learn more about the process. He was incredibly persuasive to the QU administration and board of trustees in explaining the third program track, as well as the importance and benefits of CACREP accreditation. As a program, we owe him a *huge* debt of gratitude. So thank you, Dr. Oliver! Your leadership in this process has been exceptional, and I so look forward to continuing our work toward making this program one of the premiere counselor preparation programs in the region!

The Insight

Sexual Assault Awareness Month 2015:

No More Silence

By: Belinda Cullo, M.S. Ed. PLPC

April was sexual assault awareness month, and Quincy Area Network Against Domestic Abuse (QUANADA), which offers free and confidential services to victims of domestic violence and sexual assault on a 24 hour basis just wrapped up with some very exciting events. The theme this year was No More Silence, as we partnered with the national campaign nomore.org for our billboard kickoff. We had five billboards in three different counties highlighting the need for ending the silence on sexual violence.

On April 4th, we held an art exhibit at Gallery Solaro in Quincy, and had a crowd of over 225 people in attendance. The moving exhibit highlighted artwork from both survivors and other artists who felt moved by the issue. It was a fantastic evening with Cheeks McGee, and David Fauble as the musical entertainment, and appetizers and libations provided by County Market Catering. The exhibit was up until May 2nd. On April 24th, we held an awareness concert at The Blind Pig, featuring St. Louis artist Beth Bombara, and our local musicians, The Avenue Beat. The wonderful music was enjoyed by all in attendance.

We wrapped up our month with a poetry slam held at Bailey's Fudge on April 30th, and heard some truly moving poetry from members of the Quincy Writer's Guild. The mission of QUANADA is something very dear to some of those in attendance, and made for a very emotional and empowering evening.

As an alumni of the QU MEC program, and the Sexual Assault Program Director of QUANADA, it was my pleasure to be part of these wonderful events, while helping to create awareness of a very difficult issue. Sexual assault, more commonly known as rape is a topic rife with emotion and divisive opinions. Much of my work focuses on supervision, education, and moving toward social change. I one day hope to live in a world where my job is no longer necessary.

The Insight

Meet Chi Omega

In an effort to introduce our chapter, please read through the following profiles of our current chapter members as well as our chapter advisors.

All of the following members have been inducted into this chapter of Chi Sigma Iota because of their academic performance and dedication to become stand out individuals within the counseling field.



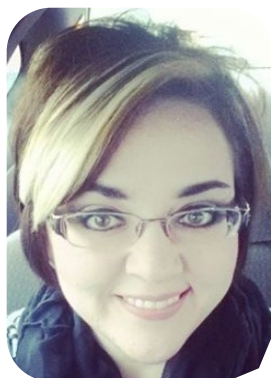
Name: Dr. Andrea Fifield
Hometown: Hannibal, MO
Current Location: Quincy, IL
Current Employer & Position: Quincy University - Assistant Professor of School Counseling
Past Education: Ph.D. in Counselor Education & Supervision - Auburn University
Time spent at QU (Semester or Year): 5 years
Track (School/Clinical/Both): I teach school and core classes.
Anticipated Graduation Date: HA! I don't have to worry about that anymore!
Hobbies: Home renovation/design, landscaping, books/movies/TV shows
Fun Fact: We just found out that one of our Fifield ancestors gave birth to SIX SETS OF TWINS. Wow!



Name: Dr. Kenneth Oliver, Chapter Faculty Co-Advisor
Current Location: Canton, MO
Current Employer & Position: Quincy University, Associate Professor of School & Community Counseling
Family: Married to Kelli Oliver. They have three children: Kaden, Kenna, and Kelsey. Also one kitty: Kacey
Education: MA in Community Counseling from Southeast Missouri State University and Ph.D. in Counselor Education from Southern Illinois University.
Fun Fact: Tenure, y'all!

Chapter Advisors

Meet the Members



Name: Emily Lamb (soon to be Emily Hynek)
Hometown: Rushville, IL
Current Location: Rushville, IL
Current Employer & Position: School Counselor Intern at Beardstown Jr/Sr High School
Past Education: High School Diploma from RHS, Bachelor's of Science in Psychology - Western Illinois University
Time spent at QU : 3 years
Track : Both
Anticipated Graduation Date: May 17th 2015!!!!!!
Hobbies: Spending time with my fiancé and our 5 kids, attending their sporting and extra curricular events, photography, writing, cruising back roads, and eating.
Fun Fact: I'm getting married July 25th, after getting married my step-daughter and I will have the same name - different spelling. I love sting ray, and hope to someday publish my fiction book series.



Name: Donna Holtmeyer
Hometown: Quincy
Current employer and position: Executive Administrative Assistance in the Office of Student Affairs at Quincy University - 5 years
Family: Husband Mark Holtmeyer for 23 years, Children: Erica, Bradley, & Rachel
Education: Psychology from Southern Illinois University
At QU, in 8th semester in the School Counseling Track
Anticipated Graduation: May 2014
Interested in becoming a counselor because, I have always wanted to work with others.
Hobbies: camping , boating, water and snow skiing, four wheeling, hiking, biking
Fun Fact: Have 1,200 additional children who all attend Quincy University



Name: Stacey Samantha Soliman
Hometown: Tarlac City, Philippines
Current Location: Quincy IL
Current Employer & Position: Blessing Hospital - Inpatient Intervention Therapist / Transitions of Western IL - Mental Health Professional (MHP)/Intern
Past Education: University of Santo Tomas - BS Psychology
Time spent at QU : 3rd year
Track : Clinical
Anticipated Graduation Date: May 2015
Hobbies: Read fashion books, shopping, sing, dance
Fun Fact: In humans, dwarfism is sometimes defined as an adult height of less than 4 feet 10 inches. I am 4 feet 10 1/2 inches. Haha



Name: Samantha Houghton
Hometown: Loraine, IL
Current location: Mendon, IL
Current employer and position: Chaddock, Residential Therapist
Family: Husband, JT Houghton, and 1 dog: Abby
Education: Degree in Human Services from QU
At QU, last semester of program
Anticipated Graduation: Fall of 2014
Interested in becoming a counselor because, I want to help people. I like being honest with people and being that person who can help them through rough times in their lives
Hobbies: Playing with my dogs, spending time with family,
Fun/unique fact about yourself: I really like to speak in accents even though I am a horrible impersonator J British and Australian are my favorite (and sound the same)

Meet the Members



Name: Paige Nottingham
Hometown: Quincy, IL
Current location: Quincy, IL
Current Employment: Intern with Hopewell Clinical, Quincy IL
Family: 1 younger sister who is junior in college, mom and dad work and live in Quincy
Education: Psychology and Biology with a minor in Sociology from University of Missouri
At QU, in 3rd year in program, Clinical Mental Health track
Anticipated Graduation: July 2014
Interested in becoming a counselor because, I wanted a career that would allow me to have personal relationships with others, learn about people's lives, and really give back to others.
Hobbies: love to dance, cook, and read
Fun/unique fact about yourself: Recently became engaged to Chris, after 9 years!



Name: Renee Hummel
Hometown: Quincy, IL
Current Location: Quincy, IL
Current Employer & Position: Blessing Hospital, Clinical Intake Coordinator
Past Education: Associates in Psychology from John Wood Community College, Bachelors in Psychology from Western Illinois University
Time spent at QU (Semester or Year): Two years
Track : Clinical
Anticipated Graduation Date: May 2015
Hobbies: Anything outdoors, reading, time with family and friends
Fun Fact: I've never had stitches. Now I've jinxed myself.



Name: Shandi Joubert-Kanz
Hometown: Lebanon, MO
Current location: Canton, MO
Current employer and position: The Child Center, Inc., Forensic Interviewer
Education: Psychology Degree from Culver-Stockton College
At QU, It's my last year!
Anticipated Graduation: May 2016
Hobbies: Reading, watching Netflix
Fun/unique fact: I spend one weekend every six months at a Bed and Breakfast.



Name: Jessica Dierker
Hometown: Quincy, IL
Current Location: Quincy, IL
Current Employer and position: Waitress at Blessing hospital Team room, and Substitute teacher at Quincy Public Schools
Education: Bachelors of Science in Psychology with a minor in missions from Evangel University, Springfield, MO.
At QU, in 2nd semester in program in the School Counseling track
Anticipated Graduation: Spring 2014
Interested in becoming a counselor because, I have always been passionate about education, and I want to help students reach their full potential when they are at school. I believe that getting my masters in school counseling will help me to inspire students to be all that they are meant to be.
Hobbies: I love history!!! In my free time you can usually find me either watching the History Channel or reading a biography on George Washington or the history of the Colosseum.
Fun/Unique Fact: In the year 2012 I visited seven countries. Love traveling, already saving up for my next big trip after graduate school is over.

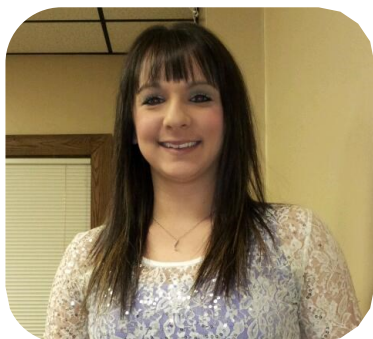
Meet the Members



Name: Belinda Hughes Cullo
Hometown: New York, NY
Current location: Quincy, IL
Current employer and position: Self. Somedays I am a Ninja, whereas other days I am a Wizard.
Family: Hubs for 20 years is Stephen Cullo, music composer. Son Christian, 15. Daughter Raven, 12.
Education: Liberal Studies with a Psychology and Sociology concentration from SUNY Purchase
At QU, in 2nd year of program Mental Health track
Anticipated Graduation: May 2014
Interested in becoming a counselor because, it's exceedingly fascinating.
Hobbies: organizing, financial paper chasing, reading, dinner parties, being awesome
Fun/unique fact: I'm funny



Name: Holly Dehner
Hometown: Lewistown, MO
Current location: New London, MO
Current employer and position: General Mills — Equipment Operator
Family: Husband Don and four adult children (ages 22-28)
Education: Degree in Art Education from Culver-Stockton College
At QU, in 6th semester in program in the Community (Clinical) Track
Anticipated Graduation: May 2015
Interested in becoming a counselor because, when you “see a need, you fill a need” 6 years as a high school art teacher convinced me that counselors are needed
Hobbies: art, reading, church activities (Southern Baptist)
Fun/unique fact: I can remember when gas was under \$1.00 per gallon and sodas and candy bars cost less than \$.25 apiece!



Name: Jessica Baker
Hometown: Canton, MO
Current location: Palmyra, MO
Current employer and position: Community Support Specialist at Mark Twain Behavior Health
Family: Will Baker, husband. Niece Sydni, Nephew Scott. Niece Ava
Education: Degree in Criminal Justice from Culver Stockton College
At QU, in 3rd semester and concentrating in both tracks
Anticipated Graduation: Fall 2014
Interested in becoming a counselor because, I've always wanted to work in a helping profession and really enjoy working with kids.
Hobbies: scrapbooking, shopping, doing crafty things to decorate my house
Fun/unique fact: I was born in Brooklyn, NY and spent the first six years of my life there.



Name: Hayley Stoneking
Hometown: Warsaw, IL
Current location: Quincy, IL
Current employer and position: Chaddock, Youth Counselor
Past Education: B.A. in Psychology from Eastern Illinois University
Time spent at QU, Will be starting my third year in the fall
Anticipated Graduation: Fall 2014
Track: Clinical
Anticipated Graduation Date: May 2016
Hobbies: traveling, spending time with my two dogs, baking, sports, drawing, crafting, spending time with family and friends

Meet the Members



Name: Lauren Aspel
Hometown: Lockport, IL
Current Location: Quincy, IL
Current Employer & Position: School Counseling Intern at Palmyra High School
Past Education: Bachelor's of Music Education 2008 from Bradley University
Time spent at QU: 3rd year- Final Semester!
Track: School
Anticipated Graduation Date: May 2015
Hobbies: Cooking, Scrapbooking, Planning a Wedding, Walking my two dogs- Shelby the happy Beagle and Asha the hyper husky-lab mix, and watching my hometown teams- the Cubs, Bears, Bulls, and Blackhawks!
Fun Fact: I spent 10 years as a day camp counselor at the same camp I went to as a kid.



Name: Courtney Miller
Hometown: Quincy, IL
Current Location: Quincy, IL
Current Employer & Position: Maurices, 1st Assistant
Past Education: Bachelors of Science in Psychology (QU)
Time spent at QU: Currently finishing up 4th semester.
Track: School
Anticipated Graduation Date: Fall 2016
Hobbies: Spending time with my son, bingeing on Netflix, reading, and traveling.
Fun Fact: Growing up I aspired to be a dolphin trainer.



Name: Emily Bond
Hometown: Quincy, IL
Current Location: Quincy, IL
Past Education: A.A. from JWCC 2006; B.S. Business Administration and B.S. Psychology from Culver-Stockton College 2008
Time spent at QU: This spring is my 5th semester in the MEC program.
Track: I started on the school track, and currently I am concentrating on fulfilling my core course requirements.
Anticipated Graduation Date: 2016-2017
Hobbies: Currently, one of my favorite things to do in my free time is to exercise: Spin classes, Zumba, Running, etc. I listen to music often, and I also enjoy movies and reading. But above all else, I love to spend time with my family and close friends.
Fun Fact: I am a huge karaoke fan.



Name: Rosemary Waelder
Hometown: Quincy, IL
Current Location: Quincy, IL
Current Employer & Position: Chaddock Foster & Adoption-Child Welfare Specialist
Past Education: University of Missouri-Columbia Graduate
Time spent at QU: started the program the summer of 2012
Track : Clinical
Anticipated Graduation Date: 2017
Hobbies: traveling, my puppies, working out, spending time with family and friends
Fun Fact: Laffy taffy jokes make me lol

Meet the Members



Name: Alix Brothers

Hometown: Hannibal, MO

Current Location: Hannibal, MO

Current employer and position: Hannibal Children's Center; Senior Teacher

Family: Boyfriend Will and his 1 year old daughter, Sophie

Education: Bachelors degree in Human Services, obtained at HLG in 2006

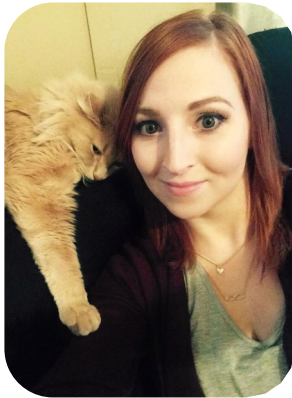
At QU, Since August 2012

Anticipated Graduation: May 2015

Interested in becoming a counselor because, I love learning about the human mind and how each person thinks and functions differently. I love making bonds with children and their families.

Hobbies: Reading, cooking, being outdoors, watching movies

Fun/unique fact about yourself: I am almost 30 years old and my current place of employment is the ONLY place I've ever worked... I've been there since I was 19 years old!



Name: Lauren Baker Zeiger

Hometown: Macon, MO

Current Location: Monroe City, MO

Current Employer & Position: Preferred Family Healthcare, Associate Counselor

Past Education: B.A. in Psychology from Truman State University

Time spent at QU: Finishing my second year

Track: Both

Anticipated Graduation Date: May 2016

Hobbies: Pinterest, Netflix, playing with my two cats and spending time with my husband

Fun Fact: My second cat, Mufasa, was adopted from the Quincy Humane Society

Chi Sigma Iota Officers 2014-2015

President: Emily Lamb

Secretary/Fundraising: Lauren Aspel

Treasurer: Emily Bond

Member-at-Large (Clinical Mental Health): Renee Shade

Member-at-Large (School Counseling): Lauren Baker Zeiger

Celebrations



2015 Graduates & MEC Faculty

Top: Lauren Aspel, Renee Hummel, Stacey Soliman, Emily Lamb, Sarah Therriault, & Sam Houghton

Bottom: Dr. Fifield, Renee Hummel, Lauren Aspel, Stacey Soliman, Sam Houghton, Emily Lamb, & Dr. Oliver