



# The Insight

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Chi Omega Chapter

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## A Brief History of Chi Omega

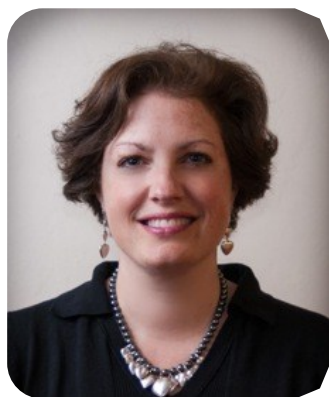
By: Dr. Kenneth Oliver

The Chi Omega Chapter of Chi Sigma Iota, International Counseling Honor Society, was initially chartered in February 2010. Originally, I envisioned the Quincy University chapter as a mechanism to promote leadership, service, and professional development for exceptional students enrolled in the Master's of Science in Education in Counseling (MEC) program. As the founding Chapter Faculty Advisor (CFA), it has been both humbling and exhilarating to see how

far this endeavor has come in such a short time. The Chi Omega chapter has experienced significant growth, both in terms of membership and opportunities for professional engagement, since the chapter's inception. I credit CSI membership, particularly the work of the executive council as well as the steadfast determination of my Co-CFA, Dr. Andrea Fifield, with the continued growth and plentiful success of the chapter in the past 3 years. Since its modest beginnings in 2010, the Chi

Omega chapter has received several notable accolades including CSI Leadership Contest, Counselor Bookshelf Contest, and Professional Development Grant Awards. With a continued commitment to service, leadership, and professional development, the Chi Omega Chapter of Chi Sigma Iota will undoubtedly have a tremendous impact on the future Chi Omega members, the local professional community, and possibly the counseling profession as a whole.

## A Greeting from our President



Dear Members of Chi Omega,

First and foremost, I would like to welcome all of you to Chi Omega, Quincy University's chapter of Chi Sigma Iota, counseling academic and professional honor society. Your promotion of scholarship, research, professionalism, excellence in counseling, and high attainment in academic

standing have earned you membership. You should all be proud!

These last few months have been an exciting time for our chapter. In October we elected our chapter officers who currently reside on our executive committee. This past November we held our new member induction ceremony, where we were honored with a dinner and awards. In addition, several of our members have been busy presenting as advocates for rural and small community counseling at the Illinois Counseling Association's Southern conference and just recently at the 64th annual conference in Springfield.

We also got busy fundraising for our chapter, where members of our counseling program sold

raffle tickets for holiday gift baskets. This was a stunning success! The proceeds will not only benefit our program, but we were also able to donate a portion of our earnings to a local non-profit organization. In continuing our fundraising efforts, several of our members contributed reviews to the Chi Sigma Iota Counselor's Bookshelf contest, and our chapter won first place, resulting in a monetary award! As president of the chapter, I am so proud of our efforts. This upcoming April we will have another opportunity to raise funds by holding a rummage/bake sale in Quincy University's Hall of Fame room. I expect that this too will be a smashing success.

Although we all know how to work hard, we took time out to celebrate with a holiday party

this past December in Quincy University's Hawk's Nest. Food was eaten, prizes were won, and it kicked off a wonderful holiday season. We can all look forward to a spring gathering this coming March with more food, games, and frivolity.

I would like to acknowledge our chapter advisors, Dr. Andrea Fifield and Dr. Kenneth Oliver. Without their constant efforts, advice, and support, our chapter would not be as successful. Thank you for always encouraging us! Let's all continue to work hard, lead by example, and make our chapter one of the best small chapters Chi Sigma Iota has ever had. We are certainly on our way.

Sincerely,

Belinda Hughes Cullo  
Chi Omega President

# The Insight

## Chi Omega: Establishing a Tradition of Servant-Leadership

By: Dr. Andrea Fifield

In the two years since Chi Omega inducted its first members, our chapter has endeavored to address the needs of the community and area professionals in various ways. Beginning in the Fall of 2010, Chi Omega held two donation campaigns: a food drive to collect items for a local food pantry, as well as a toy drive for the Salvation Army Toy Town project. In 2011, with the introduction of our holiday fundraising project, we were able to raise enough money to make a donation to QUEST stables, and our recent 2012 holiday fundraiser has allowed our chapter/program to make a donation to the Well House.

The emphasis of Chi Omega's service activities has always been to help people in need. The Salvation Army's Toy Town project was established to help ensure that children from low income families have presents to open on Christmas morning. QUEST

stables is a local horse rescue that provides equine-assisted therapy to area individuals, including children with special needs. The Well House is a home for women exiting incarceration that helps them to reintegrate into the community by building a faith-based foundation, developing education and career goals, improving life skills, and nurturing strong mother-child relationships. All of these organizations rely on donations from the community in order to accomplish their missions, and the membership of Chi Omega has demonstrated an ongoing commitment to supporting these charitable efforts.

Chi Omega leadership also advocates for the counseling profession by providing professional development opportunities for area counselors. In 2011, Dr. Kenneth Oliver, Chapter Faculty Co-Advisor and MEC Program Chair, provided a supervision workshop for area counselors who serve as site

supervisors for MEC program interns. Dr. Andrea Fifield, Chapter Faculty Co-Advisor and Assistant Professor of School Counseling, provided a workshop on addressing relational aggression and cyber-bullying in schools. Both workshops were provided as part of the Quincy University MEC Program Professional Development Series. At these workshops, attendees learn valuable information and skills on specialized topics while also earning continuing education units (CEUs), which are required to maintain professional certification and licensure. In response to recent events such as the Joplin, Missouri tornado, Hurricane Sandy, and a rash of school shootings, Chi Omega is currently developing plans to host a professional development workshop in May 2013 related to helping children and adolescents cope with trauma, grief, and loss. Watch for more information about this professional

development opportunity as plans for the workshop solidify.

Chi Omega's efforts are consistent with Chi Sigma Iota's emphasis on leadership, advocacy, scholarship, and excellence in the counseling profession, as well as with Quincy University's emphasis on servant-leadership. Quincy University encourages faculty to incorporate Franciscan values into their teaching; values such as hospitality, respect, justice, and service to others. These two philosophies compliment one another, and through MEC students' involvement in Chi Omega, they are given the opportunity to live these values as part of their educational experience. Chi Omega gives MEC students an additional avenue for extending their learning beyond the classroom, and in doing so, to contribute to their local communities as well as to the counseling profession. In other words, they are not only students, but servant-leaders.



In 2011, students raised money to donate to QUEST stables. Dr. Fifield presented them a check of \$500.



Here students and Dr. Fifield are pictured presenting a \$300 check to Holly Whatley, manager of Well House.

# The Insight

## Alumni Spotlight: Chad Struck

By: Tiffany Rains

Chad Struck is a 2009 graduate from Quincy University's Counseling Program. Currently, Mr. Struck is in his second year as a high school guidance counselor at Quincy Senior High School. Chad didn't always want to be a counselor. In fact, he began his career as a physical education teacher. He decided to pursue his Masters in counseling because he wanted to work with students on their issues and guide them through to future career and college decisions. This is exactly what he does on a daily basis. One of the highlights of his career thus far was seeing students walk across the graduation stage that

he had started working with during his internship. This type of accomplishment makes the daily challenges that come with his job worth all the work in the end.

When it comes to his time at Quincy University, Chad said one of the best parts was developing a tight bond with the group of students he went through the program with. Also, he said that although they hated them at the time, the role plays in Dr. Oliver's classes ended up being very beneficial in the long run. When asked specifically about receiving his education through QU, Chad said, "It gave me the foundation and the opportunity to learn about the counseling field and offered me

the place grow into the counselor I am today."

Outside of school, you can find Chad hanging out with his wife and two daughters. Or, you might see him sporting his Blue Devil gear at any number of the students' events. He even showed off his dancing and singing skills at the faculty talent show in November. All of these activities speak to Chad's commitment to his students and school, which he says are essential in order to be a successful counselor.

When asked what advice he would offer to future counselors, Chad offered a couple crucial points. He spoke to the importance of

developing positive relationships with not only students, but with teachers and administrators also. Chad said, "Having these relationships will make your jobs much easier and enjoyable. At QHS, the administrators are always there to support counselors. The teachers are willing to work collaboratively with the counselors for the betterment of the student. Without this, my job as a counselor would be extremely difficult." The other piece of advice Chad offered was, "First and foremost, be true to who you are as a counselor. Be real and honest with students. Do what is comfortable to you and works well with students."

## Taking Advantage of Conferences and Trainings: Presenting at an ICA Conference

By: Donna Holtmeyer

This past November, I was given a great opportunity to present at the Illinois Counseling Association's fall conference held in Springfield, IL. Dr. Fifield, Belinda Cullo, Denise Drebes, and myself collaborated together on a proposal related to mental health in rural areas. Dr. Oliver was in assistance to this project as our statistics consultant. This project had originally started as a class assignment in the introductory counseling course. The original assignment students completed in our class was just a regular assignment, but because of it and a lot of ambition, we are now looking at the distinct need and possibility of adding a new focus group relating to Rural and Small Community Counselors, within the Illinois Counseling Association. We eventually would like for this focus group to become a

division under the Illinois Counseling Association and then ultimately, we would love for this to become a division of the American Counseling Association.

Presenting at the conference and being part of this collaborative team that is proposing such an idea was an amazing opportunity and experience. I know that being part of this team will also benefit my resume. However, that was not the only perk of attending the conference. I was able to attend other sessions at the conference that were of interest to me. This included going to sessions related to specific school issues, discipline issues, as well as current counseling issues. Throughout the conference, we had the opportunity to

collaborate with professionals that were working in the counseling field and learn from them.

Another great asset to this opportunity was getting to know my fellow classmates and professors on a different level. We spend a great deal of time together in the educational realm, but the drive to and from the conference was an opportunity to get to know them as individuals.

Overall, the conference was a way to challenge myself in a professional capacity as well as see our profession from another side. It also allowed for personal growth and to develop an understanding of the professors in the program. I would recommend and encourage anyone to take advantage of the trainings and presentations that might be available in our field.



Pictured are the presenters left to right Dr. Oliver, Belinda Cullo, Donna Holtmeyer, Denise Drebes, and Dr. Fifield

# The Insight

## Fundraising Efforts off to a Promising Start



Pictured is Nita Scherer, 2011 winner of the MEC Gift Basket

By: Dr. Andrea Fifield

Chi Omega, in conjunction with the MEC program, began its fundraising efforts in Fall 2011 with its first annual Holiday Gift Basket fundraiser. MEC students and faculty were able to elicit donations of merchandise and gift certificates from area merchants, which were packaged into a festive gift basket that was then raffled off in time for Christmas. This initial fundraising effort brought in over \$500 to the chapter. The 2012 Holiday Gift Basket raffle was even more successful, with students collecting enough donations from area merchants to

include eight gift baskets in the raffle. Student raffle ticket sales increased as well, with the 2012 raffle bringing in over \$1300. Our thanks go out to all MEC students who participated in these fundraisers, with a special thank you to Shandi Joubert-Kanz, who sold the most tickets during the 2012 raffle. These funds have allowed Chi Omega and the MEC program to make donations to local service organizations in 2011 and 2012. The remaining proceeds have funded various Chi Omega programs, such as our annual Induction Ceremony and Awards Banquet, CSI/MEC social functions, and professional

development workshops. The funds have also allowed us to sponsor Chi Omega members who wish to present at professional workshops, making these types of scholarly and professional development activities more accessible to MEC students. To date, Chi Omega has sponsored three student members who presented at two Illinois Counseling Association conferences in 2012. It is the hope of the Chi Omega leadership that continued fundraising will allow our chapter to persist in offering activities that augment and enhance MEC students' educational experience at Quincy University.

## “Been There, Done That”: Advice from an MEC Alumna

By: Jeanna Parkhill

This time last year I was beginning my internship and excited to apply all the knowledge I had gained throughout the last 2 ½ years of coursework. As I began I quickly realized that the internship experience went far beyond that of working directly with clients at an outside agency

and coming to class once a week. It was a path of personal growth and daily reflection. It became my time to search for knowledge and personal understanding and realize the part I play in my success as a therapist in the future. I learned to become reflective in order to seek deeper meaning during a session. I worked on increasing my self-awareness

of how I impact the therapeutic relationship. To anyone involved in the program: integrate as much personal growth as possible. Be open, share experiences, and embrace every opportunity to grow and improve yourself as an individual. Be humble enough to acknowledge your weaknesses and apply your strengths. Don't worry about

always being right or not doing something the same way as someone else. Utilize your time amongst peers and use each other as stepping stones and support because it won't always be available to you. In fact, it is the support and safety of my peers and professors that I miss the most.

## Chi Sigma Iota Officers 2012-2013

*President: Belinda Cullo*

*Secretary: Sherre Mobley*

*Treasurer / Newsletter Editor: Denise Drebes*

*Members-at-Large: Kyle Brown and Jeanna Parkhill*

# The Insight

## Pointers for Practicum & Internship Students

By: Kyle Brown

During your practicum and/or internship experience, effective communication with your site supervisor is key. It can help to establish ground rules and expectations for both parties. For a satisfying and successful experience, communication with your site supervisor must be honest, frequent, and respectful. In order for communication to be honest, it has to be authentic. Just like any other relationship, time and effort has to be put into it so that it can grow. A way to be authentic is to just keep it simple; be you.

Regarding frequency of communication, it is a good idea to do weekly (or even daily, if necessary) checkups to touch base about what is going on and how your experience is going as a whole. These checkups are hopefully covered in weekly supervision and can help to catch any problem that may need to be talked about so it can be resolved in a timely fashion. Regular communication with your supervisor is like preventative maintenance for your relationship and your practicum/internship experience.

Also, be proactive. If you think there is an issue that needs to be addressed with the supervisor, then address it as soon as possible. Be an advocate for yourself. You, the supervisee, may have to take it upon yourself to communicate with the supervisor if you feel something is just not being met in your experience. Aspects like these have to be addressed right away because letting them stew inside just hurts your perceptions of the supervisor and the experience gained. In my case, I regret that I waited so long to address an issue that came up, and the time that I waited was harmful to the relationship.

While honest and frequent communication is important, you still have to be respectful. Don't let your emotions and your opinion of your supervisor get in the way of effective communication. Be very cognizant of how you approach your supervisor, especially if problems arise. After all, she/he is still your supervisor, so show them respect. Also, if

you work with a new supervisor then cut them some slack, because they may be in the same boat as you related to experience with supervision. Some supervisors may feel just as lost as you. Again, daily or weekly checkups with continuous communication and feedback is vital, and it is important for you to be open to your supervisor's feedback. Feedback is vital to a healthy, honest, and authentic relationship;

sometimes we do not know where to grow until concerns have been brought to both parties'

attention.

In addition to maintaining effective communication with your site supervisor, you also need to accept responsibility for your experience. Own your mistakes, but don't beat yourself up too much. I believe one should focus mostly on the positive aspects of any situation and to take out what one has learned from the experience as a whole. Try not to beat yourself up if things don't always turn out how you expected; if we try everything in our

power then there is nothing wrong with that.

Finally, it is important that we recognize our accomplishments in our practicum and/or internship experience. Focusing on what you have learned and achieved as a supervisee is very important for the growth of you, the person, and for this profession. Take comfort in knowing that no matter how your experience turned out, you can be proud of what you have achieved and what you will achieve from the experience gained. When I speak to accomplishments, I am not speaking only in terms of academics or to the effectiveness of being a counselor as a whole. I feel that the personal growth and self awareness that is gained from your experience should be applauded. No matter what you encounter on your journey to be a counselor, there will be times when we surprise ourselves. When we realize that we are willing to change and shape ourselves from our experience gained, then we can feel more confident about going out into the community and being the best counselor that we can be.

**“Effective communication is key”  
-Kyle Brown**

# The Insight

## Holiday Cheer

By: Belinda Cullo

Ho Ho Ho...Green Giant. Wait. That's not right. Ho Ho Ho...and a bottle of rum. Hmmm....getting closer. Ho Ho Ho...Merry Christmas! Ah, finally, and a merry time was had by all. Last December we held our holiday party at Quincy University's own Hawk Nest, an onsite party room and server of libations. Our party was open to all students in the counseling program, and was a great way to mix things up. We started the evening with conversation and cocktails before moving on to our latest fundraiser raffle drawing. Our program students did an awesome job of selling tickets, and eight

baskets of goodies were dispersed to a few lucky winners. A huge shout out to Shandi Joubert-Kanz for selling the most raffle tickets! Shandi won a \$50 gift card to her merchant of choice. You go girl!

Next up we took time to eat and shared in a potluck dinner that everyone contributed to. Some awesome baking was done the night before, but frankly I'm a tad hurt that no one ate my lemon bars. Well, except me of course. Next party I'm bringing a chocolate fountain as big as the one in the movie Bridesmaids. You won't want to miss it.

All of that eating gave our ugly Christmas sweater contest participants a chance

to fill out their jumpers. Thanks to DJ, Samantha, Jill, Deanna, Jessica B., and Dr. Fifield for participating. Wait a minute, Dr. Fifield. That's not a Christmas sweater, but it does qualify as ugly (I am so getting an F on my next paper!) Oops. My bad. Our grand prize winner was Jill Stull who won with her Christmas nightgown. She got extra props just for having the nerve to wear it in public.

We then moved on to our Dirty Santa gift exchange. This is where everyone brings in a wrapped gift and gets to choose the one they want with the caveat that anyone else can steal it from them. The most stolen and desired gift was wrapped in a brown paper

grocery bag, which ultimately was taken home by Steve Fifield. Wow Steve, we all really hope you liked your bag of Schlitz and Olde English 800 beer! As for me, I got a singing toothbrush by my not favorite artist Lady Gaga. Knowing I would never use it, I gave it to Tiffany, who went, well, gaga over it.

As some of our friends headed home with visions of sugarplums in their heads, the rest of us diehards stayed for a game of Apples to Apples. I think Sherre won, and all I have to say to you, is next time you're going down! Not that I'm competitive or anything. Well that about wraps up our recent party. See you all at the next one.

## Holiday Happenings



© Stephen Cullo

# 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, Chapter Faculty Co-Advisor

**Hometown:** Hannibal, MO

**Currently location:** Quincy, IL

**Position:** Assistant Professor of School Counseling

**Family:** Married to Steve Fifield

**Education:** Ph.D. in Counselor Education & Supervision - Auburn University

**Reason for becoming a counselor educator:** I had the opportunity as a Master's student to assist one of my professors when he taught a counseling skills course for another university. I fell in love with it, and I knew that I would become a counselor educator one day.

**Hobbies:** Home Renovation, Books, Music, Movies

**Fun Fact:** Sci-Fi Nerd; APA/Grammar Nazi



**Name:** Dr. Kenneth Oliver, Chapter Faculty Co-Advisor

**Hometown:** St. Louis, MO

**Position:** Assistant Professor of Counseling and Graduate Counseling Program Director

**Family:** Married with three children

**Education:** MA in Community Counseling from Southeast Missouri State University and PhD in Counselor Education from Southern Illinois University

**Fun Fact:** Founder of Chi Omega

# The Insight



**Name:** Jill Stull

**Current location:** Fort Madison, IA

**Current Employment:** Holy Trinity Catholic Schools as a K-12 counselor, 7-8 Social Studies, HS track and volleyball coach

**Education:** ELED from Western Illinois

**At QU,** in 5th semester in the School Counseling Track

**Anticipated Graduation:** NeVeR

**Interested in becoming a counselor because,** I loved teaching but felt I could only touch the surface of being able to really help the kids who need it the most...

**Hobbies:** Cooking, running, coaching, Pinterest

**Fun Fact:** I plan on being fun again when/if I ever graduate:)



**Name:** Donna Holtmeyer

**Hometown:** Quincy

**Current employer and position:** Executive Administrative Assistance in the Office of Student Affairs at Quincy University

**Family:** Husband Mark Holtmeyer for 23 years, Children: Erica, Bradley, & Rachel

**Education:** Psychology from Southern Illinois University

**At QU,** in 7th 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:** Denise Drebes

**Hometown:** Palmyra, MO/Hutsonville, IL

**Current Location:** Quincy, IL

**Current employer and position:** Quincy University Office of Student Affairs—Graduate Assistant

**Family:** Amazing Grandparents, OK Parents, one sister, three step-siblings, many small children

**Education:** Bachelors in Communication, minor in Graphic Design from Quincy University

**At QU,** in 5th semester in program in School Counseling Track

**Anticipated Graduation:** May 2014

**Interested in becoming a counselor because,** like the school setting, like students, and am a born helper

**Hobbies:** Event planning, photography, spending time with family and friends

**Fun Fact:** As a child, I had the best pet ever—a raccoon



**Name:** Deanna Sublette

**Hometown:** Palmyra, MO

**Current Location:** Palmyra, MO

**Current employer and position:** Blessing Behavioral Center; Clinical Intake Coordinator

**Family:** Married to John Sublette, no kids

**Education:** Bachelors in Sociology from Columbia College

**At QU,** in Clinical Mental Health track

**Anticipated Graduation:** May 2013

**Interested in becoming a counselor because,** I want to be an advocate for individuals with mental illness.

**Hobbies:** Crafts, reading, and decorating

**Fun Fact:** Huge Harry Potter fan



# The Insight



**Name:** Paige Nottingham

**Hometown:** Quincy, IL

**Current location:** Columbia, MO

**Current employment:** Assistant Manager of Deer Valley Apartment Complex

**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 semester in program, Clinical Mental Health track

**Anticipated Graduation:** May 2015

**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 Fact:** I have 1 blue eye and 1 green eye



**Name:** Kyle M. Brown

**Hometown:** Ewing

**Current location:** Ewing

**Current employer and position:** Job Coach/Offsite Coordinator at Wider Opportunities

**Education:** Psychology/Sociology from Northwest Missouri State University

**At QU,** in 7th semester in program, School Counseling track

**Anticipated Graduation:** Fall 2013

**Interested in becoming a counselor because,** I had troubles when I was in school and I always felt my school counselor did not help me when I needed her the most. This has been the passion and inspiration aspiring me to become a school counselor. I want to be there for my students and fight for them when no one else will, I wish that I had someone similar when I was in elementary/middle school.

**Hobbies:** Video games, fishing, poker, movies, hanging out, insightful conversations, dinner with friends, reading and going to social gatherings.

**Fun Fact:** I was voted most gullible in my high school. I originally went to Northwest Missouri State University to become a music teacher.



**Name:** Shandi Joubert-Kanz

**Hometown:** Lebanon, MO

**Current location:** Canton, MO

**Current employer and position:** The Child Center- Child Advocacy Center of Northeast MO., Forensic Interviewer

**Family:** 2 boys Tyler, 14 and Konnor, 2 Husband- Kristopher Kanz

**Education:** Psychology Degree from Culver-Stockton College

**At QU,** in 3rd semester Community Counseling Track

**Anticipated Graduation:** May 2015

**Interested in becoming a counselor because,** I love working with people for many reasons. Would love to work with sexually abused youth

**Hobbies:** Reading, watching Netflix

**Fun Fact:** I spend one weekend every six months at a Bed and Breakfast.



**Name:** Samantha Houghton

**Hometown:** Loraine, IL

**Current location:** Mendon, IL

**Current employer and position:** The Knapheide Manufacturing Company, Parts Coordinator

**Family:** Husband, JT Houghton, and 2 dogs: Abby and Ella

**Education:** Degree in Human Services from QU

**At QU,** in 3rd semester, Mental Health track

**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 Fact:** I really like to speak in accents even though I am a horrible impersonator. British and Australian are my favorite (and sound the same)

# The Insight



**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 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 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 Fact:** I was born in Brooklyn, NY and spent the first six years of my life there.



**Name:** Brandi Nichols

**Hometown:** West Point, MS

**Current location:** Pittsfield, IL

**Current employer and position:** Student and full time mom

**Family:** Chris Nichols, husband. Daughter Iris Nichols and son Lucas Nichols

**Education:** Degree in Family Studies from Mississippi University for Women

**At QU,** in 6th semester and concentrating in both tracks

**Anticipated Graduation:** 2015

**Interested in becoming a counselor because,** I've always wanted to do something with my life that would help people and make a difference. Becoming a counselor will give me the ability and skills to do that.

**Hobbies:** I love crafts and decorating! I love trying different types of art projects.

**Fun Fact:** I'm not very good at painting or drawing, but I love to do it anyway.

# The Insight



**Name:** Jeanna Parkhill

**Hometown:** Plainville, Illinois

**Current location:** Liberty, Illinois

**Current employer and position:** Recovery Resources, Outpatient Counselor

**Family:** I have been married to my husband Brennan for 4 ½ years. I have an 11 year-old step-daughter, Whitney and a 2 ½ year-old daughter, Leila.

**Education:** AAS in Addictions Counseling from College of DuPage and a BA in Human Services from National-Louis University

**At QU,** graduated in July of 2012 with an emphasis in the Community track

**Interested in becoming a counselor because,** I have always been passionate about embracing change and working to assist individuals to be the best they can be. Also I enjoy interacting and getting know people.

**Hobbies:** Playing volleyball and softball...really any sport. I also enjoy antiques and gardening.



**Name:** Tiffany Rains

**Hometown:** Coatsburg, IL

**Current location:** Quincy, IL

**Current employer and position:** Quincy High School, Special Education History Teacher and NuFit For You, Personal Trainer and Fitness Instructor

**Family:** I have an adorable niece and nephew that I spend a lot of time with

**Education:** Elementary Education and Psychology from Illinois College

**At QU,** in 6th semester in program concentrating in Community Counseling

**Anticipated Graduation:** May 2014

**Interested in becoming a counselor because,** I want to be a part in people becoming who they are. I believe everyone has potential, and I want to be able to help them realize that.

**Hobbies:** Art/Painting, Working out, Reading, Movies

**Fun Fact:** I love sushi and Starbucks.



**Name:** Kris Bridges

**Hometown:** Pittsfield, IL

**Current location:** Hannibal, MO

**Current employer and position:** Full time School Counseling Internship Student

**Family:** Married to Pastor James Bridges; two children, Ryan, 21, and Jami, 19, and a one-year-old grandson, Hunter. Thirteen godchildren with another one on the way!

**Education:** Bachelor of Arts degree in English with a Minor in History from the University of Missouri- Columbia

**At QU,** need to complete internship hours and will then be done with entire program.

**Interested in becoming a counselor because:** Help all kids develop emotional and social skills to be able to reach their fullest potential in life. To help empower children to believe in themselves. To help them learn how to get along with others. To teach them techniques to cope with stress in their lives. To advocate where needed.

**Hobbies:** morel mushroom hunting in the spring; walking along fields in the Illinois River valley looking for Native American artifacts; keeping up with family and friends on Facebook, traveling; watching documentaries.

**Fun Fact:** I have traveled to all 50 states, and during my senior year at Mizzou I studied abroad in London for a semester, spending the few weeks touring many countries in Europe.



**Name:** Ceara Alexander

**Hometown/Current Location:** Hamilton, IL

**Current employer and position:** Chaddock, Therapist

**Family:** Nathan, husband; Gavin 2

**Education:** Degree in Psychology from QU

**At QU,** graduated in May of 2012 with both tracks

**Interested in becoming a counselor because:** Helping & guiding others to facilitate positive change in their lives.

**Hobbies:** Reading, running, movies

**Fun Fact:** I've watched the Young and the Restless since I was 6.

# The Insight



**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 Fact:** In the year 2012 I visited seven countries. Love traveling, already saving up for my next big trip after graduate school is over.



**Name:** Lucinda (Cindy) Gilligan  
**Hometown:** New Canton, IL  
**Current location:** New Canton, IL  
**Current employer and position:** Chaddock as a Therapeutic Alternative Classroom Teacher and Counselor  
**Family:** Husband Barry (BJ) Gilligan. Children Alex 13 years, Hailee 12 years, Madison 11 years, Bradin 6 years, and Dameon 3 years  
**Education:** Degree in Elementary Education from Quincy University  
**At QU,** in final semester in School Counseling Program  
**Anticipated Graduation:** Already walked, will finish internship hours summer or fall of 2013  
**Interested in becoming a counselor because,** as a teacher I was always more concerned about who my students became as people and helping them get there rather than their grades.  
**Hobbies:** Volleyball, Reading, Watching NHL hockey  
**Fun Fact:** My ethnicity is Croatian.



**Name:** Sherre Mobley  
**Hometown:** Florissant, MO  
**Current Location:** New London, MO  
**Current employer and position:** Mentoring Director/Family Liaison @Ralls County School District  
**Family:** Husband David. Kids Austin (24); Ethan (22) and Kate(20)  
**Education:** Elementary and Special Education from Culver Stockton  
**At QU,** in 5th semester in Community Counseling Track  
**Anticipated Graduation:** Spring 2014  
**Interested in becoming a counselor because,** my current job gives me lots of opportunities to interact with kids and families in a helping capacity. I felt a counseling career might be a good step for me.  
**Hobbies:** reading; gardening; antiques; traveling (when I can!); cooking and trying new recipes; crossword puzzles; spending time with family  
**Fun Fact:** I make crazy good pies.

## Chi Omega / MEC Calendar of Events—Spring 2013

*March 22: MEC Game Night / Chi Omega Newsletter Launch Party*

*April 6: MEC/Chi Omega Rummage Sale*

*(50% of the proceeds will benefit the family of Shannon Peters)*

*May 10: Professional Development Workshop—“Helping Children and Adolescents Cope with Trauma, Grief, and Loss”*

*(CEU's available to workshop participants)*