



# SPRING FEVER



## Ways To Beat That Spring Fever

Advice from Kean University, by Kemy Clermont

The flowers are blooming, the sun is shining, the birds are singing and the classrooms are bare. Yes, it's that time again, Spring Fever. Somehow spring time has become synonymous with playing hooky. There has been a negative correlation between sunshine and class. It seems that the moment spring comes around, classes become the very least of our concern. It is not that we become lazy and sleep all day, we actually become more active. We attend more events, go to the beach, social events, movies, even school; but we do not go to class. Now as college stu-

dents, we usually plan for Spring Fever. Most of us attend all our classes til after Spring Break and then can afford to slack. But those who have been slacking since the beginning are in for a rude awaking. So what can you do? Well here are a few solutions that will give you a balance.

**First and foremost, develop a support group.** The first step is to admit to your friends and/or roommates that you do have a problem. Now that you have gotten that off your chest, breathe; there is hope. If you are the friend, make sure you do not

pass judgment. **DO NOT PERSECUTE YOUR FRIEND.** Spring Fever is a very important issue. It causes incompletes in classes, dropping classes to the point you become a part-time student and lose your housing, low test scores and even failing classes. So yes you do need that support group—remember friends do not let friends fail school.

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**Spring Fever is a very important issue.**



## Chi Sigma Iota News

### Students Volunteer Career Fair 2008

The annual Education Career Day was held at the Penn Stater on April 7th.

Counseling students volunteered to welcome guests and helped out with the fair (100+ schools were in attendance). This was a great opportunity for counseling students to

familiarize themselves with the career fair and school districts!

See the Chi Sigma Iota bulletin board for upcoming events!



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*Spring is nature's way of saying, "Let's party!"*

*Robin Williams*





# Technical Breakdown: A need for human connection

by Terry L. Pertuit

Remember when Caller ID and cell phones weren't an everyday necessity? We got by just fine without them. Writing letters and waiting for replies that seemed to take forever held tremendous anticipation of information. Funny, but sometimes I wax nostalgic and think that we're all a little oppressed by the wealth of contact and information available to us in a mere second or two. There was a time when it was easy to disappear for an hour or even a day, but quietly disappearing is no longer possible, or so I thought. Then one day the shock of losing connection hit me like a sledge hammer.

I talked to my mom the day, in 2005, just before Katrina struck. She said there "was a storm a

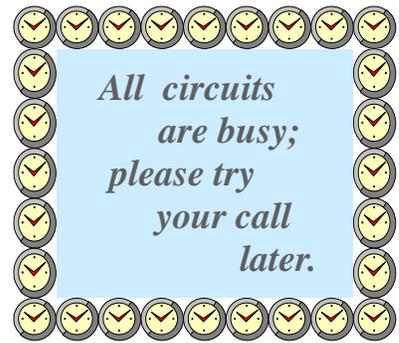
coming." This traditionally meant that dad was boarding up the living room picture window, packing potted meat, saltine crackers, a couple gallons of water (the Cajun's hurricane survival kit), and heading to my house—just 60 miles north of *Newalins*.

"Mama, how many times have we packed up and evacuated?" (*The only thing that's changed is the suitcases went from paper to plastic.*) I was nodding over the phone and thinking *too many to count*. This time, when she ended the conversation, I had a sinking feeling in my stomach. What if this is *the one*? I hung up thinking this is just me catastrophizing again. *They'll be okay*, I thought and flipped the

channel to something more interesting than the pre-storm commentary on CNN.

By the next morning, Katrina was rumbling off the shores of the Gulf Coast. A couple of hours later there was no Gulf Coast. I tried calling mom. *All circuits are busy; please try your call later*. It was an annoying message but I listened repeatedly to it for the next twenty-eight days.

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## Climate Committee

The Climate Committee is responsible for improving the climate of the department by working in an advisory capacity to encourage the positive development of the department climate.

The committee hosts several social and educational events throughout the academic year such as the *Welcome Back Event* and the *Annual Tail Gate Event*, co-sponsored with Chi Sigma. This year the committee also held a variety of "brown bag" seminars addressing various

diversity topics: *Disability Defined* and *Parenting in the African American Community*.

The Climate Committee is composed of faculty, staff, and students from each program in the department—Elementary and Secondary School Counseling, Counselor Education, Rehabilitation Services and Counseling, and Counseling Psychology.

If you are interested in serving on the Climate Committee, elections for new memberships will take

place in late August. Nominations and ballots are circulated through the department listserv. So, keep your eye out. We are always looking for new ideas to sustain a positive, welcoming climate in the department.

For further information on upcoming events, please refer to the Climate Committee bulletin board located in the CEDAR Building.



# There's A "Celeb" Among Us~\*

*Story by Terry L. Pertuit*

I have a friend in New York City who's constantly calling me in Happy Valley to relate her latest "celeb" sighting at Joe Allen's or in Soho. "New York's just the place to be," she crowed the last time my cell phone jingled with "NYC" in the caller ID window. Imagine her surprise when I just as easily let it slip that here at Penn State we've got a celebrity among us!

I was driving to class last week

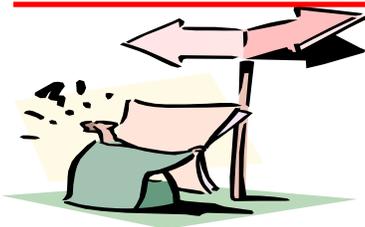
amidst the wintry mix that's dogged us all this semester when I pulled into Sheetz on Allegheny Road. It was my usual stop for coffee or a sugar-free hot chocolate – dark with banana – when I noticed an oversized poster with an eerily familiar smiling face emblazoned with "Works for Me" across the top. Reflexively, I smiled back and headed in for that cup of Joe. I was lost among the choices of coffee flavors



*Lauren Robinson*

searching for that elusive medium roast and a little hazelnut creamer when it hit me. I knew that girl on the poster. She was standing behind the register in this very Sheetz.

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## Cheering You On

**April Campbell**

*by Terry L. Pertuit*

Counselor Education students are often concerned and/or in a quandary about where to do their required internship, so we thought we would talk to someone currently involved in the process.

April Campbell is working on her master's in counselor education in secondary school counseling here at Penn State. April is presently interning as a school counselor at Penns Valley High School in Springs Mills, PA. A former Penn State cheerleader, April is also an assistant coach for one of the "all girl" squads here at Penn State that cheer primarily for the women's Volleyball team that recently won the NCAA championship in Sacramento, California. "Cheering taught me how to communicate better in general," she stated in an interview, "and coaching has helped me to counsel academic and personal issues."

April is doing her internship in

school counseling at a relatively small school with a student body of approximately 850 students from seventh to twelfth grade. She knows many of the teachers personally, and praises her site supervisors and the school's principal for being "very supportive" and "incredibly helpful." She cites her practicum experience for being "definitely the most helpful" in preparing her for her work at Penns Valley — "having a graduate student helping me, peers involved in the process, watching videotapes of myself and applying the knowledge to real situations because college students and high school students' problems are very similar."

April cites general depression, self-esteem, and relational bullying as the most common problems in public schools today. "Just fitting in is still a problem." In addition, she notes that the Annual Yearly Progress exams are "extremely stressful" to teachers, counselors, and students. Unfortunately, suicidal ideation is also something that April has had to deal with as a counselor intern. "At least three cases since October." While all of these issues are trying for everyone, April feels confident that having counselors in



place within the school system is a major help to these students.

To mark her transition from student to intern, April acknowledged the work of Dr. Trusty, Dr. Downs and her peers and supervisor stating that, "Staying connected is very important." In fact, her advice to all who are about to start the internship is to, "be very proactive about accomplishing your goals and achieving your hours, stay connected to faculty and peers and never fail to ask a question if you need guidance." In addition, April states that "getting to know your site supervisor very well" is of the utmost importance.

April is now preparing for the National Counseling Exam to become a National Certified Counselor. Her interest lies primarily in school counseling, and we wish her well.



# Dr. "Liz" Mellin: On Youth Mental Health

by Elizabeth Mellin, PhD

My area of research focuses on training both bachelor's and master's level students for work with youth who have mental health and/or substance abuse concerns. Agencies that specialize in youth services often have a difficult time finding people who want to work with children and adolescents and who have the skills to do so. Many of these agencies have begun hiring graduates of rehabilitation and human service programs to provide psychoeducation and case-management services to young people; however, many undergraduate programs in rehabilitation and human services primarily train students for work with adults. These skills are not readily transferable to children and adolescents because of their different developmental needs, involvement in multiple systems (e.g., schools, juvenile justice, child welfare), and the role of families. It is unclear, therefore, how well-prepared graduates of these programs are for work with young people.

Currently, Dr. Hunt and I are completing a study about how undergraduate students in rehabilitation and human services programs are trained to work with children and adolescents. This survey asks program coordinators about the number of students interested in work with youth, how many

faculty have experience working in this area, what child and adolescent topics are included within existing courses such as case management, and whether programs offer students the opportunity to specialize in this area. The findings from this study will be used to help ignite discussions about offering opportunities for students to specialize in this area.

I also teach two courses in the undergraduate program—*Case Management and Case Recording and Working with Children and Families in Rehabilitation and Human Services*. I teach *Case Management and Case Recording* in both the spring and summer. I find this class is very interesting, and it provides students with the opportunity to actually complete intakes, design treatment plans, do crisis intervention, and meet with mock clients throughout the course. If you are interested in working with young people, the *Working with Children and Families in Rehabilitation and Human Services* course provides an introduction to a variety of opportunities for employment in juvenile justice, child welfare, school, social service, and mental health settings. Additionally, this class examines family problems such as addiction, poverty, and violence and also introduces some initial skills for work with youth and families.

This course will be offered in fall 2008.



## Ways To Beat That Spring Fever:

## Advice from Kean University

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**Second, you must go to class. I know you are thinking,** "But I got Spring Fever. I can't." Even if you have to go late, still go. That 20% for attendance can make a huge difference in your final grade. If that's not enough to get you to class, sometimes professors will extend deadlines for papers and exams. Now if you are not in class, how will you know? If you feel you really can't go to class, make a bet with all your friends. Whoever misses a class has to place a dollar in a jar. The person that has missed the least amount of classes gets the money. Another idea is to wake up early. Tell your roommate to set your

alarm ahead and not tell you. The earlier you start your day, the more you will get accomplished.

**Last, take your books with you.** I know you can't take them to the clubs or parties, but you can take them to the beach and cafeteria. Most of us who are suffering from Spring Fever sit in the cafeteria from morning 'til it closes and then go to the game room or den. It's not at all that terrible if you take your books with you and study every few hours. You can even walk around with index cards and study that way.

It's hard, but if you follow these instructions you can do this because if you

don't, it's going to be harder going to class when you have to explain that "I", "W" or worse, "F," on your transcript. It's not too late. This system can help you with going to class, work and even if you are suffering from that "senioritis." So when Spring Fever hits, switch it up and use all that energy for something positive—when you're walking at graduation, you'll be glad you did.

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Imagine functional hysteria. I had it. I was glued to a television set watching my hometown drown. For every person crying, I was crying. While people were screaming at the cameras for help, I was sitting in Pennsylvania wondering if something in the water had made me hallucinate. How could this destruction and disregard for human life be happening in my hometown? I saw the stop sign where I used to wait for the streetcar to take me to the Quarter. It was submerging inch by inch. The Whole Foods Market where I used to shop had the doors thrown open and people scurrying around with the inventory. The street I used to work on was washing away. How could this be happening?

The media was covering the Superdome and the Convention Center, but there are so many other places where people were fighting for their lives, like the levee in St. Bernard and at the Lake Front. So much just wasn't being covered by the media even though it was being covered with water by Lake Pontchartrain and the Mississippi River.

Every few minutes I would pick up the phone and call my mom, my friend Dee or Bo or Harry or Mary or Wendy or Deborah or ..... —*All Circuits are busy; please try your call later. All circuits are busy; please try your call later. All circuits are busy; please try your call later.*

It was maddening. What was going on? Did they evacuate? Why didn't I call each and every person I know before the storm? Why

didn't I know exactly where each and every one of my loved ones were? *All Circuits are busy; please try your call later.* I'll admit I have a temper sometimes—*All Circuits are busy; please try your call later*—but I've never broken a phone before. *All Circuits are busy; please try your call later.* By the hundredth time I heard that antiseptic, monotonous repetitious message, I wanted to throw the phone on the floor and stomp it like it was a cockroach. But, it wouldn't have mattered because I, of course, have a cell phone. I rooted through my purse and hit the automatic dial for home. *All Circuits are busy; please try your call later.* Was there a home left?

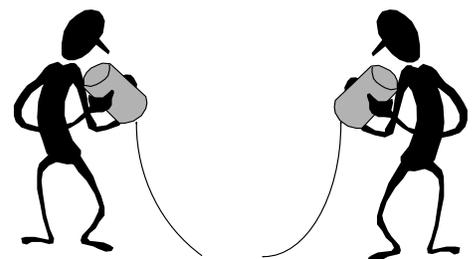
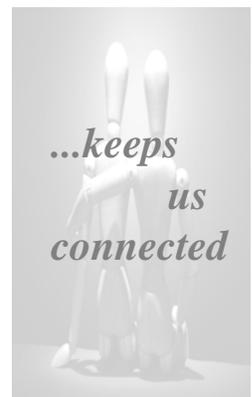
Back to the television screen: people living on top of roofs, and in hot and humid public buildings that were anything but safe. Absolutely no National Guard showing up—no FEMA—nothing but screaming and crying. I was so angry, so helpless, so paralyzed with horror and terror. I was 1200 miles away from the devastation, but could feel the unmerciful Louisiana heat, the desperation of being ignored, the anger swirling around every crowd. *All circuits are busy; please try your call later.* What was I going to do? Where were my parents and siblings? Where were my friends? Did anybody know? *All Circuits are busy; please try your call later.*

It took 10 days to get one message from someone in my family. My return message was from one of my sisters who said "mom and dad went to Baton Rouge," a town about 40 miles from my house, "to look for water. They've been gone all day and we're going to look for them." They were stuck on the interstate for nine hours because they ran out of gas because

there was none to be found.

I've never felt so relieved and so glad for modern technology. It was then I decided that technology wasn't oppressive unless it wasn't working. There's absolutely nothing wrong with being able to find someone at a moment's notice. Absolutely no one should simply disappear. Modern technology keeps us connected.

Most of my siblings lost everything: their homes and jobs. I still didn't know where most of my extended family was or nearly all of my friends. I know in my heart that every one of them is planning on returning to New Orleans because there's no other place in the world like it. I fear that our city will never be the same. A life I loved has become merely a memory. When I call home now, I usually get a person or their voice-mail, but more than once in the last week I've still heard: *All circuits are busy; please try your call later.* I'll keep trying.





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## There's A "Celeb" Among Us~\*

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Slurping toward the checkout, I smiled and asked, "Aren't you Lauren Robinson?" She smiled back and we got to chatting—a feat my NYC pal's never been able to pull off with Cameron Diaz. Lauren—who many know as Dr. Trusty's graduate assistant—let me in on the fact that she's working on her master's degree in counseling education/elementary education here at Penn State, and that she's been working at Sheetz for the last seven years since she was a high school student in Hollidaysburg, Pa.

"Why Sheetz?" I asked. "I mean, Sheetz is my absolute favorite stop for nonessentials and coffee, but why work here?" She chuckled and filled me in. "The hours are flexible because the store's open 24/7, and I'm getting tuition reimbursement. Besides, I'm able to hone my counseling skills here all the time – there's always conflict resolution

between employees and management, employees themselves, and on that odd occasion with customers. All in all, it's a great place to work."

"Is it hard, though" I queried "since you're somewhat of a celebrity?" Another chuckle brought stories of texts from friends with pictures of her poster, postings to her MySpace page of sightings, and old high school friends over spring break applauding her celebrity. "One friend even saw my picture on a Sheetz gas truck out of Clearfield, Pa." Imagine, out of left field comes a gigantic picture of a Penn Stater out of "Clearfield" — a nearby town. And it's hush-hush, of course, but Lauren told me there are rumors that a billboard with her picture may be going up in Hershey sometime soon.

A few minutes more of chatting had Lauren regaling me with the fun she has working at Sheetz in Happy Valley. During football season, she's one

of the first to scream "We Are" when the store is filled with Penn State fans more than ready to scream back "Penn State." She also has a corral of stories about store regulars who keep her on her toes and in stitches throughout her working day.

I grabbed my medium roast, half gone of course, and got back into the car on my way to another exciting day at Penn State. That's when I picked up my cell and called NYC, "You're not going to believe who I just talked to..."

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