A Message from the Chair:

Well, this is different.

I always take a minute when I write the chair's message for our newsletters to reflect on where I am and what I'm doing and how my experiences might be valuable to all of you. Once I was in New Orleans meeting some inspiring people. Once I was on a flight to Seattle talking with my seatmate about fear. Those experiences gave me pause and good material for my message to you.

Today, I'm sitting in the same spot I've been in for the last seven weeks...my house. You all know why; I don't need to elaborate. I want to write you something inspiring, but I have to admit, I'm not very inspired today. COVID-19 and all that comes with it has had an interesting effect on me, and I suspect on you as well. Some days are better than others. Some days I'm filled with hope and passion and I'm ready to embrace change and make this world better. Other days I sit and eat cereal and stare at the wall. I just finished my 3,000th zoom call and lamenting on the fact that we have to tell people not to drink bleach. I'm writing this while my one coworker (my 14-year-old son) plays his 12,132nd game of NHL2020 on the Xbox. Another coworker (my seven-year-old daughter) is sitting next to me drawing our dog for her 1st grade art project. A third coworker (my amazing wife) is recording her classroom lesson for tomorrow. The other colleague just got done howling at the mailman.

In other words, I'm running a little low on original, inspirational thoughts to share. So instead, I'll take a different route; I'll share how you've all inspired me.

(Continued on next page)
In the hours that followed the March 10 announcement that the semester was going online, I was flooded with email. But maybe not what you might expect. I received message after message from you all offering to help, with whatever you could offer. I received message after message of encouragement. I got thank you after thank you and nothing but support and care. I wish I had more time then to thank you and tell you how much all of that meant to me...but things were going pretty fast.

I've watched from my kitchen as you all came together, even while you are apart. You have found ways to contribute to your classrooms, your communities, your field sites, and your peers. You have been nothing short of amazing. We're all a little scared (and maybe some days more than a little). We're all confused. We're all staring into an unknown with very little power to do much about it. Some of you have family or friends to fear for; some of you have your own fears too.

But through it all, you have been inspirational. Your professionalism is unrivaled. Your creativity is amazing. Your patience is remarkable. Your care, for each other and for your faculty, has been truly awesome.

Each and every one of you have inspired me this semester, and believe me when I tell you that it's helped. I know, without any doubt in my mind, that when we come out of this (and we will come out of this), that you all will make this world a better place. Because the world is going to need you, and you're absolutely up to the task.

So thank you. Be well. Stay safe. Stay home. And keep inspiring.

Dr. Owens
A Note from Dr. Dickinson

A few thoughts about the second half of the semester...

When things are different, when we are asked to change, it can be scary – we don’t want to lose what we have, what we can predict. How, then, do we grow in perspective, in experience?
I missed seeing you in the hallway, however I got to see you in your home environment, learning more about you as a person.
I missed sharing pretzels and mints during each class, instead we shared our self-care tips, photographs and well wishes.
I saw fear, frustration and angst be overcome by flexibility, creativity, collaboration and care for others.

I see people who are training to walk along with students and clients during difficult times, not only walk alongside each other, but walk alongside me.
Let’s continue to walk with each other and stay connected, wherever we are -
“And as we let our own light shine, we unconsciously give other people permission to do the same...”

Looking forward to seeing you all in the future! Dr. D. 😊
Some resources for you and your clients/students!

- Try some continuing education through webinars!
  - American Psychological Association: https://www.apa.content.online
  - American Counseling Association: https://www.aca.digitellinc.com/aca/
  - If you are a member of Chi Sigma Iota, you also have access to helpful webinars through the CSI website: https://www.csi-net.org/page/Webinar_CE_Hours
  - http://creativeplaytherapist.com/teleplaytherapy/

- Helpful Websites
  - https://www.mhanational.org/mental-health-month
  - https://coronadosafe.org/blog/face-covid/#.XrXQfhNKg1h

- Apps
  - Headspace
  - The Mindfulness App
  - #SelfCare App
COVID-19 and Counseling Themed Word Search

*Note: Some words are backwards!

<table>
<thead>
<tr>
<th>ANXIETY</th>
<th>COUNSELING</th>
<th>DIRECT HOURS</th>
<th>DISTANCE</th>
<th>EMAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESSENTIAL</td>
<td>GARBO</td>
<td>PAJAMAS</td>
<td>QUARANTINE</td>
<td>WIFI</td>
</tr>
<tr>
<td>REMOTE</td>
<td>TELEHEALTH</td>
<td>WEBINARS</td>
<td>ZOOM</td>
<td></td>
</tr>
</tbody>
</table>

DEPARTMENT OF COUNSELOR EDUCATION
Gratitude Scavenger Hunt

◊ Find something that makes you happy.

◊ Find something to give someone else to make them smile.

◊ Find one thing that you love to smell.

◊ Find one thing you enjoy looking at.

◊ Find something that’s your favorite color.

◊ Find something that you are thankful for in nature.

◊ Find something that is useful for you.
Closing Remarks and Reminders:

◊ First of all, congratulations to all for making it to the end of the semester during this time of global crisis.
◊ A second congratulations to all of the spring and summer 2020 graduates!
◊ Make sure to check your West Chester email for any updates that may come during the summer.
◊ Don’t forget to renew any clearances for the fall! Follow the guidelines from Candidate Services that will be sent via email.
◊ File for degree candidacy before starting your internship semester. See the Student Handbook and Field Manual for further instructions.
◊ Apply for graduation the semester before you plan to graduate on myWCU!
◊ If you have any news or announcements that you would like to be featured in the next newsletter, please email GA’s Elizabeth Swierczek (ES917241@wcupa.edu) or Lauren Zazzarino (LZ917375@wcupa.edu).