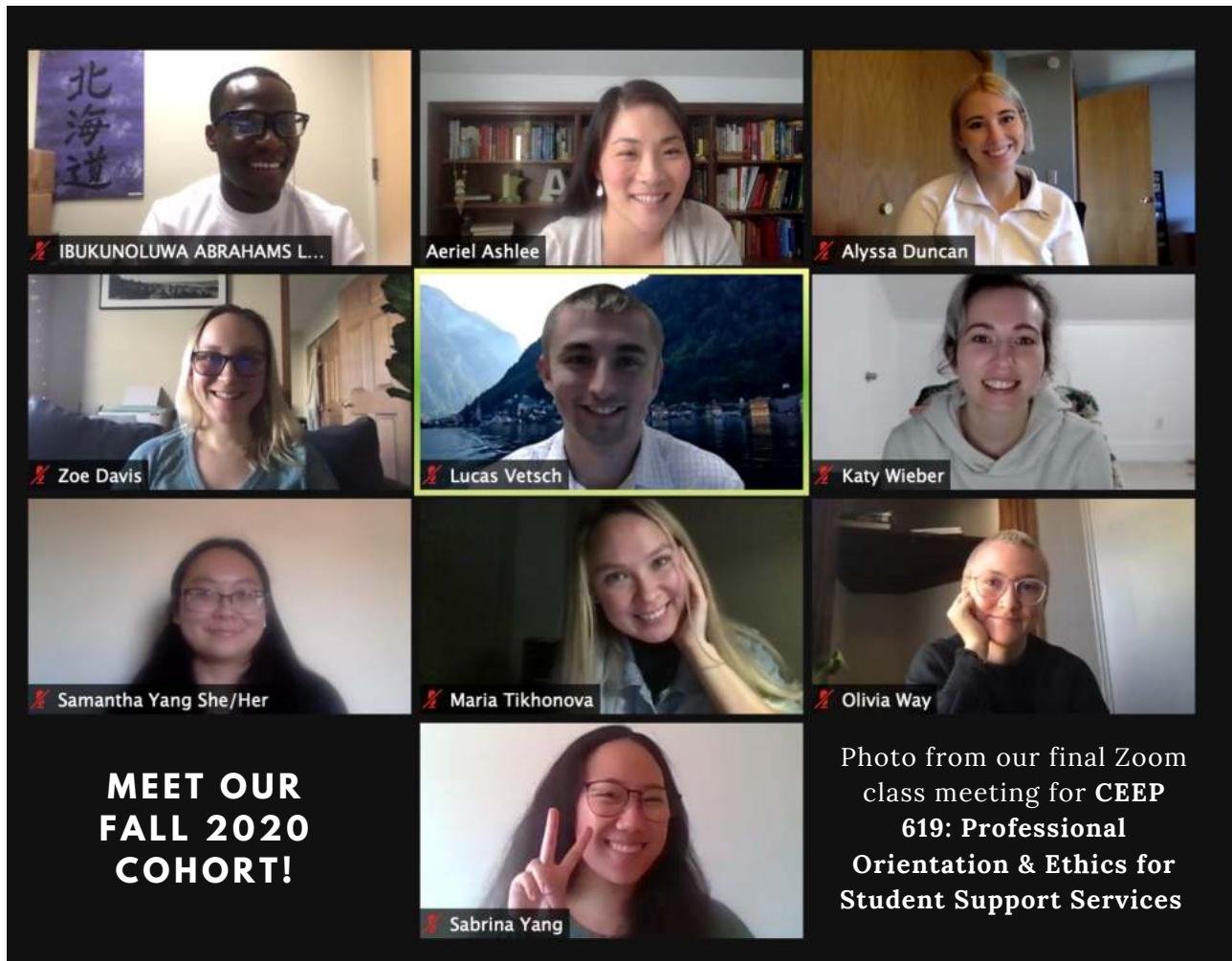


COLLEGE COUNSELING & STUDENT DEVELOPMENT NEWSLETTER



Greetings from CCSD!

This has certainly been a unique year, like none that I have seen in my 25+ years in the profession. Among the many challenges that we have faced during this time, there have also been some tremendous learning opportunities. While student affairs and higher education as a field may never go back 100% to the way things were (and while many of us are growing weary of Zoom) we have also learned a lot about how these virtual platforms provide opportunities to serve students who might not otherwise be able to come to campus or engage in student life. I have been impressed and inspired by the positive attitude and commitment our students have shown to their personal and professional growth during these challenging times. As we move into 2021, there is reason to hope that things will improve soon. The CCSD program presses on and we plan to continue to provide high quality educational experiences both in and out of the classroom. Please enjoy the latest addition of our CCSD newsletter, and send us updates as to how you are doing so we can include your accomplishments in future editions.



-Dr. Dan Macari, CCSD Program Director

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My Experience as a COLL 150 Graduate Teaching Assistant

By: **Taryn Hersch**, 2nd year CCSD student

This past semester, I had the unique privilege of being a part of the re-designed CEEP 681 group practicum course. Through the experience, my cohort mates and I were graduate teaching assistants (TA) for a first-year course called "Discovering the College Experience," which focused on serving students who were a part of St. Cloud State University's Academic Collegiate Excellence (ACE) program. Over the course of the semester, I was able to lead my own small group of four students through discussions and activities on navigating campus life and resources, personal identity development, and cultivating awareness of and fostering skills related to diversity, equity, and inclusion. Through my experience as a graduate TA, I

was able to strengthen numerous facilitation skills, ranging from cultivating rapport with and amongst small group members by utilizing intergroup dialogue techniques to help build a network of peer support and a sense of belonging on-campus, encouraging reflection and meaning-making of students' curricular and co-curricular experiences, and the value in having a toolbox of questions to prompt further reflection and discussion. I am looking forward to continuing to strengthen all of these small group facilitation skills and incorporating them into my future work. In addition to my role as a small group facilitator, I had the great pleasure of being a lead TA twice throughout the semester. Through my experience as a lead TA, I was able to co-create lesson plans and co-facilitate large group learning and discussions with one of my cohort mates. As a whole, my time as a graduate TA

"My time as a graduate TA has been one of the most rewarding components of my program experience thus far."

has been one of the most rewarding components of my program experience thus far. Not only have I gained relevant facilitation skills that will help me be successful in my future career in student affairs, but I was able to be a part of each of my small group members' journeys during the first semester of their undergraduate education. Being able to bear witness to their individual experiences and the opportunity to aid in their growth and development has been a phenomenal and heartwarming experience. Not only was I able to guide my small group members through reflecting critically on topics of diversity, equity, and inclusion, I was also able to learn from them through the experiences, wonderful connections, and thoughts they shared. I am truly grateful for the ability to be a part of the re-designed group practicum course. All that I have learned from my time as a graduate TA will be carried with me as I move through the final semester of the program and beyond as I look to begin my career as a career counselor.





INTERNSHIP

Internships are an integral part of the CCSD master's program. Finding the right internship is essential; some students want to maximize their experience in one area, while others look to get complimentary experience to support and supplement the work that they have already done. There are significant advantages to completing an internship; from providing students with practical experience in real-world settings to narrowing down the kinds of positions that students will be looking for upon graduation. Through the internship component of the CCSD master's program, students have the opportunity to network with various student affairs professionals in the field, develop skills around professionalism and navigating work-place dynamics, as well as receive and respond to feedback from on-site supervisors. Internships help CCSD students understand their strengths as emerging student affairs professionals and provides them with opportunities to work on areas of growth, all while engaging them in meaningful experiential learning.

Current CCSD Intern Placements

Our current 2nd-year CCSD students are interning with a variety of campus programs and offices at St. Cloud State University and beyond. If you see them around campus, please be sure to say hello and ask them about their internship experience!

- **Alyssa Bergland** & **Kacey Bostrom** are interning with **SCSU's Husky Advance Program**
- **Nathan Duncan** is interning with **SCSU's Admission Office**
- **Emily Hennes** is interning with **SCSU's Women Center**
- **Taryn Hersch** is interning with the **University of Minnesota's CLA Career Services**
- **Summaiah Junaid** is interning with **SCSU's Center for International Studies**
- **Dylan Koenig** & **Yuliia Sobko** are interning with **SCSU's Career Services Center**
- **Virginia Sumihi** is interning with **SCSU's Multicultural Student Services Center**

If you have an internship opportunity that you would like to share with our current students, or if you would like to discuss creating a CCSD internship in your office or on your campus, please contact ccsd@stcloudstate.edu.

CCSD Alum Spotlight

A conversation between Sabrina Yang (1st year CCSD student and CCSD Graduate Assistant) and Bee Vang (CCSD Class of 2010) about Vang's role as TRIO Upward Bound Director at the University of Wisconsin-River Falls, what it has been like navigating student affairs during COVID-19, and advice for future CCSD graduates...



Sabrina Yang, CCSD GA

CCSD GA: What do you do in your current job?

BV: I am the TRIO Upward Bound Director at the University of Wisconsin – River Falls. TRIO programs, funded under Title IV of the Higher Education Act of 1965, are a national initiative to provide access and opportunity to help students overcome class, social, academic, and cultural barriers to higher education. Upward Bound serves low-income and/or first-generation high school students in college through tutoring and academic skill-building, social and cultural activities, college and career awareness, and personal and academic counseling. My program strives to cultivate within our students the ability to develop a network of peers, professionals, and community members to leverage support for post-secondary success. We provide a framework for students to firsthand experience how to do this at the high school level that they carry with them into their future college campus. Early on in my career I took a huge risk and became a Director at 26-years-old, with limited experience. It was a steep learning curve, but I have no regrets.



Bee Vang, CCSD Class of 2010

CCSD GA: How has your CCSD graduate school experience influenced your professional practice in student affairs?

BV: The practical interviewing/counseling skills developed in graduate school still serves me today. The student development theories and philosophies are lenses that I use to develop authentic student-centered programming. Little did I know that the study abroad trip I chaperoned to Laos and Thailand with Multicultural Student Services would serve as a catalyst for me to continue taking students to visit numerous domestic cities; including New York, Seattle, Chicago, Orlando, Boston, and more.

CCSD GA: What have you learned while working during COVID? What is the most challenging obstacle you have faced while navigating through the pandemic? What unexpected innovations or opportunities have you come across during COVID?

BV: When the pandemic closed down schools I referenced to Maslow's Hierarchy of Needs to guide my actions in providing students with COVID-19 resource packs.

Alumni Spotlight continued...

BV cont'd: The most challenging and unexpected innovation was developing a six-week virtual summer program early on, informing my participants of the changes, and adapting the program as summer progressed. The most rewarding return was seeing my students stay engaged throughout the summer and for them to be able to earn up to a \$1,200 stipend.

CCSD GA: What advice would you share with Students of Color who are striving to find their place within the field of student affairs?

BV: The work you are striving to do will not happen overnight and you are needed more than you realize. Be ready for the long haul as the legacies that you build will remain long after you have moved on from your role.

CCSD GA: What are some things you wished you knew before graduating that would have served you well after graduating?

BV: I would have considered completing a dual-degree in counseling, built stronger networks among my peers, and practiced salary negotiations.

CCSD GA: Thank you for your time and insight, Bee!

Radical Hope

By: **Dr. Aerial A. Ashlee**

Amidst two pandemics (COVID-19 and systemic racism) it was my privilege to teach CEEP 658: Multicultural Counseling. Over the course of the semester we critically examined our own positionalities, situating ourselves within inherited systems of power; such as racism, sexism, and classism. We

examined our implicit biases, explored the relevance of cultural humility in engaging and unlearning our own internalized dominance, and studied multiple theoretical perspectives (including critical race theory, intersectionality, and interconnectivity) to inform our work with diverse populations. We practiced mindfulness techniques to stay grounded in our bodies and the present moment, and in spite of an incredibly challenging and unprecedented time in history, together we cultivated radical hope for a more inclusive and socially just future for ourselves and our communities. *To the students of CEEP 658: Thank you. I am grateful for the healing and liberatory learning community we co-created together.*



Alumni Updates



Above: Congrats to **Carly Mcniece (CCSD Class of 2020)** on her new position as an Academic Advisor at Utah State University in the College of Engineering. Carly also rescued an 8-month old Aussie-Border Collie mix! We are so happy for your exciting new personal and professional adventures!



Above: Congratulations **Nathan Brown Jr (CCSD Class of 2020)** on his new position as the Associate Director of Career Development & Coaching at St. Olaf. We wish you well as you transition to your new campus home with Ole the Lion, and assume your new leadership role as Co-Chair for the MCDA Mentoring Program in Minnesota!



Above: Congrats to **Der Yang (CCSD Class of 2020)** on her new position as a One Stop Counselor at the University of Minnesota Twin Cities! The Golden Gophers are lucky to have you!



Above: Congratulations to **Scott Vosen (CCSD Class of 2020)** on receiving the Student Veteran of the Year Award from the HomeFront Resource Center and on his new position as an Academic Advisor at the University of Wisconsin-Superior!

We are so proud of our CCSD alumni!



Left: Congrats to **Lauren Krznarich (CCSD Class of 2012)** on her new position as Associate Director for Experiential Learning at the University Texas-Arlington!

Alumni Updates continued...



Above: Congratulations to **Christine Koch (CCSD Class of 2020)** on her new position as a Student Success Advisor, specially working with master's students of Social Work at Walden University! She also got married to her partner, Matt, in October and she got a golden retriever fur baby named Goose. So many exciting new life developments!



Above: Congrats to **Brandon Byrd (CCSD Class of 2020)** on his new position as the Programming Coordinator for the Office of International Students and Scholars at the University of New Hampshire.

Shout out to **Brandon Bryd & Liz Hwang (both from the CCSD Class of 2020)** who co-facilitated a workshop at the 2020 Midwest Asian American Student Union (MAASU) virtual conference in October titled, *Bursting the K-Pop Bubble: South Korea and Its Ongoing Struggle with Racial Injustice*. We are so proud of you for sharing your passion for global perspectives on racial justice with current student leaders!



CCSD Student Org Update

The **Organization for College Counseling and Student Development Scholars** (CCSD's student organization) is proud to announce their newly elected officers: **Lucas Vetsch** (1st year CCSD student) as President, **Zoe Davis** (1st year CCSD student) as Vice President, **Sabrina Yang** (1st year CCSD student) as Treasurer, and **Alyssa Duncan** (1st year CCSD student) as Secretary. These rising CCSD student leaders will serve in their new roles in the 2021-2022 academic year. In the meantime, **Alyssa Bergland** (2nd year CCSD student) [pictured above] the out-going President writes, "as an organization, we will be celebrating these election results and the end of the fall 2020 semester with a virtual game night extravaganza! If any CCSD alumni are interested in connecting with us for this game night, please email me at alyssa.bergland@stcloudstate.edu. We wish everyone a fantastic holiday season with health and happiness!"



Finding Joy Amidst Challenge

By: **Dylan Koenig**, 2nd year CCSD student

I decided to make this year even more challenging by proposing to my partner! Lindsey and I are very excited about our July 10th, 2021 wedding day. The best thing about Lindsey is her constant support of my career decisions. Now is the time where I am beginning to look



for jobs at a variety of different universities. She has told me that she is ready to go and adventure out to wherever I can land a job. We are beyond

excited to search for places in the country where we can both have careers while also enjoying our passions. We are currently looking for anywhere that has hiking opportunities around where we would work. Thinking about the future can be scary, but it is a whole lot easier with someone like Lindsey by my side.



Social Media & Student Affairs

By: **Samantha Yang**, 1st year CCSD student

I am a Graduate Assistant for Healthy Huskies at SCSU. Students receive a lot of their information from social media. Currently with the pandemic, I have seen social media as a way for students to communicate and engaged with one another. As part of my GA role, I trained the Healthy Huskies staff on content creation using the Reels function on Instagram. In the 15 and 30 second videos, an education or advocacy message is shared. The videos are generated in a creative way that captures the attention of viewers and allows students to think about different ways that they can share knowledge and information. Through my GA, it has been amazing to learn the impact social media can have on educational content and outreach to students.



My Journey so far in CCSD

By: **Ibukunoluwa Abrahams Lijadu**, 1st year CCSD student

My journey so far into the College Counseling and Student Development (CCSD) master's program has been a very challenging yet fulfilling one, owing to the impact of the pandemic and its effect on learning and higher education. I learned about CCSD through my Academic advisor, Xee Vue, during one of my sessions with her while we talked about my passion helping students, finding my purpose and clarity, and my personal project "Niche Finder" (a tool created to help struggling students find their unique purpose and clarity).



It was Xee who convinced me that my passion to help might be fully expressed through the CCSD master's program. Indeed, it has been a perfect match for me, and I am grateful to her for guiding me along the path of my passion and purpose. Coming into the program, I had very high expectations of the content of the courses, the effectiveness of the teaching methods, and the mutually respectful relationship between students and academic staff. So far, I can only be grateful that I was accepted into CCSD and given the opportunity to learn under the tutelage of very inspiring and amazing lecturers in a very conducive environment that is sensitive to my specific needs as an international student. As an international student, I am favoured to have been awarded a Graduate Assistantship with the Multicultural Student Services (MSS) under the supportive supervision of Angie Witte. I have been privileged a lot from my assistantship like event planning and student support services. Through MSS, I have been able to practice some of the theories and helping skills acquired in class and I have a better appreciation of the important role of student affairs practitioners in the overall development of students in higher education. In conclusion, I would say every part of the program so far, has lived up to my expectations as I continue to grow in my appreciation for the role of student affairs practitioners in the developmental process of students; and overall student success.



Angie Witte of MSS & Ibukunoluwa Lijadu

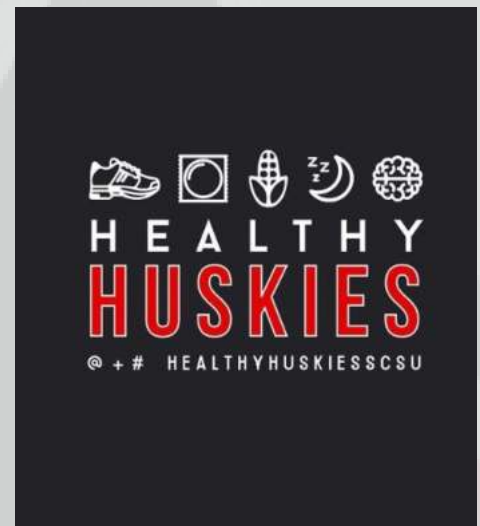
"Through MSS, I have been able to practice some of the theories and helping skills acquired in class and I have a better appreciation of the important role of student affairs practitioners in the overall development of students in higher education."

CCSD & Healthy Huskies

By: **Jen Johnson**, CCSD Class of 2012 & Interim
Director for Alcohol & Other Drug Prevention

I am thrilled to get the opportunity to share about a new partnership between Healthy Huskies and CCSD! Healthy Huskies has often had Graduate Assistants from CCSD who have expressed how valuable working with students on health and wellness has been to their graduate school experience. Health is a basic human need; educating students about the importance of health and taking care of themselves is important work that we take very seriously.

An emerging trend in College Health Promotion is Wellness Coaching. Healthy Huskies, in partnership with several departments from the School of Health & Human Services, recently began a Wellness Coaching program; a free service for SCSU students to be able to discuss their personal goals in a collaborative and encouraging environment. Wellness coaches are graduate students who are trained in the skill of Motivational Interviewing (MI). MI is a collaborative conversation skill used for strengthening a client's own motivation around a self-determined goal.



Jen Johnson & Erica Karger-Gatzow of Healthy Huskies

This fall 2020 semester, Erica Karger-Gatzow and I have been co-teaching the CEEP 668 helping skills course. We have spent eight weeks teaching the core skills of MI. This has prepared current 1st year CCSD students for their spring 2021 individual practicum, which will be with Wellness Coaching! The CCSD students will get to implement the MI skills they have learned while coaching this spring. It has been a rewarding experience getting to teach in the program that provided me the strong foundation in student affairs on which my career has grown. MI is a valuable skill for anyone working in student affairs. It focuses on strengthening a client's own intrinsic motivation to change. MI is unique in the fact that it places emphasis on client's "WHY", before jumping to the how or planning phase. I encourage anyone working in student affairs to explore MI; it has positively changed how I work with students on a daily basis. Wellness Coaching is using MI skills and strategies to help students achieve their personal goals and to increase student belongingness at SCSU. Recent assessment data of our program reveal that 91% of students would recommend Wellness Coaching to other students and 80% have been able to maintain their positive behavior change because of Wellness Coaching. We are delighted to partner with CCSD graduate students as we continue to grow the SCSU Wellness Coaching Program. Take care, stay safe, and be well! **To learn more about Wellness Coaching & Healthy Huskies**, follow us on Facebook at: <https://www.facebook.com/healthyhuskiesSCSU>

Share the good news!

Attention CCSD alumni, we would love to hear from you! **Have you recently presented at a conference or published your work? Do you have a personal or professional life update to share?**

Submissions for the CCSD newsletter can be emailed to ccsd@stcloudstate.edu

Special thanks to our CCSD newsletter editorial team: Sabrina Yang (CCSD GA) & Dr. Aerial A. Ashlee



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facebook

Be sure to join our [CCSD Facebook Group](#) to stay up to date with all the latest happenings in the CCSD community!

#SApro #SAGrad
#studentaffairs #CCSD

"I love the cohort-based program! Having a group of great people to support you along the way has been great. I have met people that I hope to stay in contact with for life."

-Nate Duncan, 2nd year CCSD student

Here are what some of our current students have to say about their CCSD experience!

"I love that I can fully develop my professional-self cohesively with my personal life."

-Katy Wieber, 1st year CCSD student

"I love the applied skills we learn and practice, along with the intentional conversations we have."

-Lucas Vetsch, 1st year CCSD student

"I love that I am able to apply what I am learning in the classroom to the work I do in my Graduate Assistantship."

-Samantha Yang, 1st year CCSD student

"I enjoy the friendly environment and connection that I have with the members of my CCSD cohort. I've really learned to love the community aspect of our shared learning experience!"

-Olivia Way, 1st year CCSD student

"The CCSD program inspires me to release my full potential and discover new ways to benefit society."

-Mariia Tikhonova, 1st year CCSD student

CCSD Rolling Admissions for Fall 2021!

CCSD is now accepting rolling admission applications for our fall 2021 cohort. Please share our flyer (see next page) and help us recruit the next generation of CCSD students or submit a nomination online:

<https://tinyurl.com/CCSDnomination>





COLLEGE COUNSELING & STUDENT DEVELOPMENT

**MASTER'S OF SCIENCE
ST. CLOUD STATE UNIVERSITY**

Are you interested in a career in student affairs? Are you looking for a graduate program that blends student development theory, helping skills, and a commitment to social justice? Are you hoping for a cohort-based learning community with abundant opportunities for experiential education? Then CCSD @ SCSU might be just the program for you!



Now accepting rolling admission applications for our fall 2021 cohort. More information online:

<https://www.stcloudstate.edu/graduate/ccsd/>

Or contact us via email: ccsd@stcloudstate.edu