

GRADUATE COUNSELING NEWSLETTER

A semesterly newsletter highlighting Rosemont College's Graduate Counseling student projects, news, updates, upcoming events & more!

BROUGHT TO YOU BY THE RHO CHI CHI CHAPTER OF CHI SIGMA IOTA



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About Chi Sigma Iota (CSI)

Chi Sigma Iota (CSI) is an international honor society that values academic and professional excellence in counseling. Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. Rosemont College is home to the Rho Chi Chi Chapter of CSI.

[CSI's Official LinkTree with Advocacy Resources](#)



HELLO & WELCOME

Meet Missy Creedon, the Secretary of CSI and Graduate Assistant for the Counseling Department!

What inspired you to become a counselor?

After working with at-risk youth, I shifted towards a rehabilitative approach rather than implementing court sanctions. I focused on connecting with the youth and families I was working with, seeking to understand the factors behind a child's behavior, as their environment affects their decision-making. Throughout my career, I have been interested in advocacy for vulnerable populations and preferred direct interaction with people over paperwork to obtain services. I enjoy helping people realize their potential and navigate difficult situations.

What drew you to Rosemont?

Three coworkers graduated from this program and highly recommended it. With two and a half semesters left, I am very pleased with the impact the faculty and students at Rosemont have had on my life. This program has offered significant opportunities for professional and personal growth.

Which class has been your favorite so far?

Each class has impacted me differently. I particularly enjoyed Grief and Bereavement, as it enhanced my understanding of trauma-informed care and contributed to my personal care journey.



What are some projects you've been working on as Graduate Assistant?

I am in the process of updating the practicum and internship site list to foster potential partnerships with organizations for our students. My objective is to broaden the resources available to our students, ensuring they have opportunities to secure a desirable site aligned with their interests.

What advice do you have for new students?

Work on your assignments for an hour each night. As a working mother of four, I have learned that managing your time is essential. Discipline yourself to read thoroughly. Share your experiences to improve understanding. Remember, the only silly question is the one not asked.

CSI INITIATIVES



Peer Mentorship Program

CSI's new Peer Mentorship Program connects student mentees to peer mentors from CSI!

Students mentees can discuss any topics or questions of interest related to Rosemont's Graduate Counseling program to be supported by their peer mentors. Students will be matched with peer mentors in part based on current or desired practicum, internship, and professional environments so that mentees can get the best advice/feel from their peer mentors!

If you are interested in connecting with a peer mentor, please fill out this [Google survey](#) and CSI will be in touch! Please feel free to email [Steph Iozzia](#) with any questions!

Fall Semester Mixer

What: Enjoy some snacks and chat with CSI before your fall classes begin!

When: **Monday, August 25th** from 4:45-5:15 and 7:00-7:30 P.M.

Where: 2nd floor of the Sharon Hirsch Community Center

INTERESTED IN JOINING CSI?

Requirements:

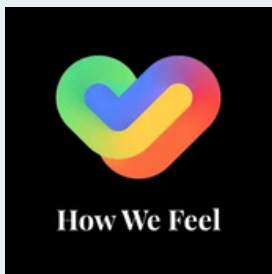
- Must have completed at least one semester of full-time graduate coursework at Rosemont
- Must have earned a grade point average of 3.5 or better
- Must be approved for membership by Rosemont's Ro Chi Chi Chapter

If interested, please email [Dr. Carrie Cottone](#) and [Dr. Thomas DeGeorge](#) for approval, and then fill out the [CSI Application Form](#). You will be reimbursed for the \$50 membership fee!

SELF-CARE PRACTICES

Self-care is essential to reducing stress and enhancing your mental health and wellbeing. Hear from members of CSI about their favorite self-care practices!

Mindfulness & Meditation Tools



For self-care, I like to get outside, move my body, and get plenty of time under the sun. I find that outdoor time really helps to keep me calm and balanced!
- Molly McIntyre



I love walking, doing barre and pilates, reading, and finding new coffeeshops to try!
- Gillian Cedrone



In terms of self-care, I love watching one of my favorite comfort shows, which is Law & Order: SVU, getting my nails or hair done, or catching up with friends that I don't get to see as often!
- Tamani Smalls

I love to get my nails done, go for a long walk, or just listen to podcasts (usually Dateline).
- Missy Creedon

When I'm stressed, I love to listen to an ASMR (autonomous sensory meridian response) video of someone doing their makeup or pretending they're at the spa and reading NY Mag.
- Steph Iozzia

“You can't pour from an empty cup. Take time to refill yours with self-love and self-care.”

NEWS & UPDATES

Preparing for Your Practicum/Internships

Practicum Recommendation Form:

Students planning to start their practicum in the summer must request a Practicum Recommendation form from their advisor.

Advanced Counseling Skills and Techniques:

Students must take the Advanced Counseling Skills and Techniques course concurrently with Internship I or Internship II. This course is replacing the CBT course.

Supervision Assist:

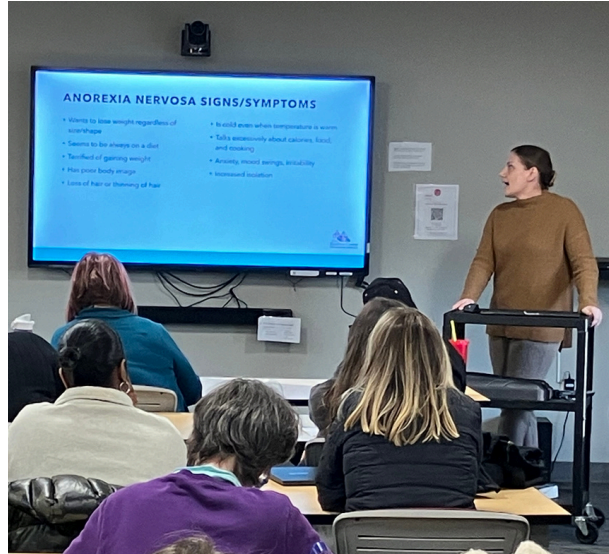
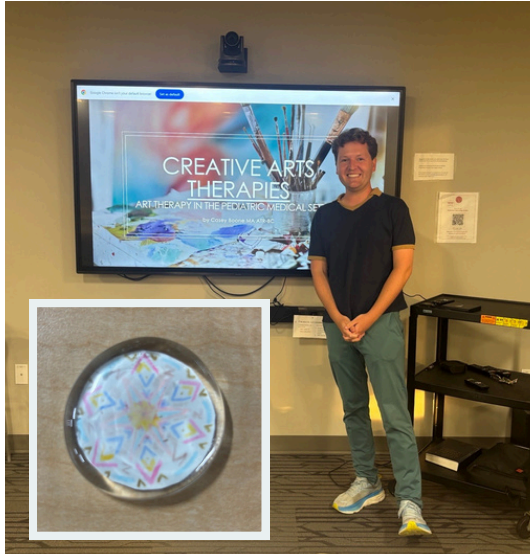
Supervision Assist is the platform Rosemont uses for practicum/internships. Once you secure a placement, please contact **Dr. Carrie Cottone** to gain access to Supervision Assist.

During the final 3 semesters of your program, you will complete 700 hours at a site in your field of interest.

**Practicum: 100 hours
Internship I: 300 hours
Internship 2: 300 hours**

Pro Tip: Start searching for a practicum/internship placement 6-9 months before your start date!





Resources & Information from the Counseling Department

Library Resource for Accessing Counseling Literature: Looking for a research article from a counseling journal?

[Access the Psychology & Counseling Library Guide](#)

Counselor Education Comprehensive Exam (CECE): The CECE is a free practice test for the National Counselor Exam (NCE). Taking the CECE is a requirement for Clinical Mental Health Counseling students, and it is optional for School Counseling students. Students can take the CECE up to **two** times. If you plan to graduate in May, you are required to take the CECE in April if you have not done so already!

[Request to take the CECE](#)

Attendance Policy: Practicum and internship students are allowed **one** absence per semester. If you miss more than one class, you will be required to make it up with another section. For other classes, if you miss more than **two** classes, you will receive a grade deduction. Please keep in mind that you need at least a **B (83%)** to pass!

Workshop Series: The Counseling Department offers workshops on specialized topics for students! Recently, Jessica Taylor, MA LPC presented on Eating Disorders, and Casey Boone, MA ATR-BC presented on Creative Arts Therapies (pictured above). We look forward to exploring additional counseling specialties in future workshops!

CONGRATS SPRING 2025 GRADUATES!



Would you like to contribute to our Fall 2025 Graduate Counseling Newsletter? Please email [Gillian Cedrone](mailto:Gillian.Cedrone) with any ideas or suggestions! Thank you!

**“Be kind to the parts of
you that are still
learning.”**



Book & Podcast Recommendations

