

| NLU Counseling Connections

NEWSLETTER



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NOTE FROM THE GAS

WELCOME TO THE SPRING 2021 EDITION OF NLU COUNSELING CONNECTIONS!



GRADUATION UPDATES

FROM THE GRADUATION STEERING COMMITTEE

NLU wanted to provide an update on our combined 2020 & 2021 Commencement Ceremonies. The COVID pandemic continues to place challenges on planning a large event. Given the City of Chicago and State of Illinois projections for large events and vaccine distribution, we have made the difficult decision to again, postpone Commencement. We are confident that we will be able to hold a version of Commencement in Fall of 2021.

We share your disappointment in the unpredictable nature of the pandemic and it's continued impact on our ability to celebrate your accomplishment. We hope you all will join us in October 2021. We hope you will join us in June where we will recognize the accomplishments of our graduates and celebrate your achievement.

Please save the date!

NLU's 2020-21 Commencement Ceremony

Saturday, October 9, 2021

Graduate Students at 10:00 AM

Undergraduate Students at 2:00 PM

The Arie Crown Theatre, 2301 South Lake Shore Drive, Chicago, IL 60616

Please RSVP your Attendance for Illinois Ceremony:

We are asking that all students who will be participating in the October 9th Commencement Ceremony to please use the following link <https://nl.presence.io/form/2020-2021-commencement-ceremony-rsvp-form> to RSVP your attendance. Due to the combined ceremony, this additional step will allow us to plan more effectively with a multi-year ceremony.

Just some quick updates and sharing of information related to the upcoming commencement:

- Please let your fellow classmates know that the last day to complete the Degree and Finalization form to participate in the 2020-21 commencement is **Saturday, July 31st** via our commencement website <https://nl.edu/student-services/commencement/> and must RSVP via the link provided above by 7/31/21 to participate.
- Please remember to order your cap and gown at http://colleges.herffjones.com/college/_nlu/. You have until **Monday, August 30th** to order your cap and gown.
- Commencement ticket information will be released **after the first week of September**.

Save the Date- Commencement Fair

Saturday July 31, 2021

11am -3pm

Maggie Daley Park

A great opportunity to celebrate before the ceremony:

- Take a professional Graduation Portrait & Professional Photo by Grad Images (please bring your cap and gown because samples will not be provided for photos)
- Have a family portrait taken wearing your cap & gown
- Pick up your exclusive graduation gift (only available at the commencement fair!)
- Bring your cap and visit our cap decorating station
- Order college rings and diploma frames
- Celebrate with your fellow graduates!

You must RSVP for the Commencement fair <https://nl.presence.io/form/commencement-fair-rsvp-form> and yes your family is welcome to attend. Order your Cap and Gown early so you can bring it with you for photos (no gowns will be available on site).

For all FAQ's please check out our commencement website <https://nl.edu/student-services/commencement/faqs/>

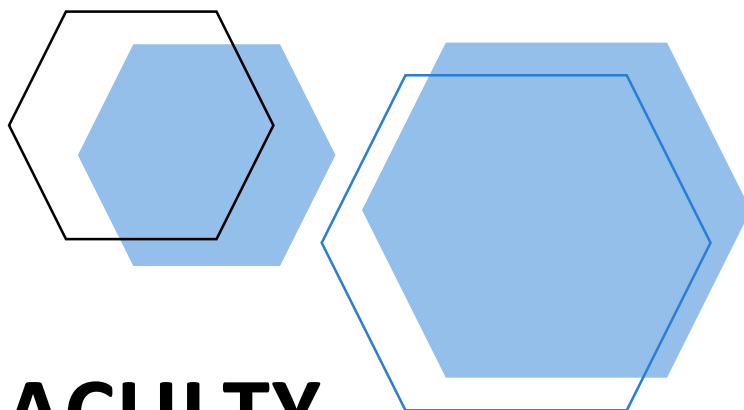
We appreciate your patience as we shift our plans to October. The Commencement office will be in touch in the Spring with more details around the ceremony plans and celebratory activities leading up to commencement.

If you have any questions or concerns please email us at commencement@nl.edu

Thank you,

NLU Commencement Planning Committee





FACULTY SPOTLIGHT

MEET JASON LANDRUM!

For those of you who may be curious to know who the person is that sends an abundance of helpful e-mails on behalf of NLU faculty, staff and students, we are pleased to introduce you to Jason Landrum. Jason's official title at National Louis University is Administrative Assistant III, and he has been working for the counseling program for the past nine years. Prior to working for the counseling program, Jason worked in another department at NLU for two years. He works with all Illinois NLU campuses and assists the faculty, staff and students at each campus in great capacity.

While most of us will see a variety of e-mails and notifications that come through from Jason, he shared that he does a lot of tasks behind the scenes, which students may not be aware of. Along with sending out e-mails related to counseling internship and job opportunities that he receives from counseling faculty members, Jason also assists with the operations of the newer internship management system, Tevera. Jason acts as a support for students and faculty who may need assistance with this system. Jason also creates a newsletter that goes out on behalf of CPSA. In addition, Jason assists the counseling graduate assistants (GA's) with sending out the GA-created MS counseling newsletter to students, faculty and staff. Jason also shared that recently he held the position of NLU Staff Council Chair for a year and half, where one of his main duties was to present the NLU Staffer of Year Award at the annual NLU Connection event.

In addition to an abundance of daily tasks and responsibilities, Jason has his hand in helping future students of NLU enter the counseling program. Pre-pandemic, Jason would set up in-person meetings for the applicant group interviews and now currently sets them up as Zoom meetings. He assists with updating the new student orientation paperwork for the Chicago campus faculty, though he also shared that the extraordinary Admissions, Enrollment and Advising departments at NLU play a major role also in assisting applicants, by helping them transition seamlessly into NLU. He shared that getting new students acclimated and accepted into NLU is a team effort.

When asked what he enjoyed most about his job at NLU, Jason stated that he gets to work with outstanding students, faculty and staff. He attributes the amazing people he communicates with daily as one of the main reasons he likes his job and shared that it might be a more difficult job if the individuals he worked with were not so amazing. Jason also likes that he has weekends off thanks to his job, and this perk has not always been the case for him in some of his previous roles.

Regarding his education, Jason earned his BA in 2003 from Marquette University in Milwaukee, WI, where he majored in Public Relations. In 2017, Jason earned his master's in Public Policy and Administration from NLU.

When Jason was asked if there was anything additional he wanted to share with students, outside of work-related information that students may not know about him, he shared a fun fact about one of his favorite foods. Jason enjoys eating fried alligator and said that it is delicious! He shared that while others may not partake or even be interested in fried alligator, he said that he sees it as a scrumptious delicacy, which tastes just like chicken.

The GA's hope that this feature article on Jason has provided students with greater insight into Jason and how much he does for NLU in his position. Thank you for all you do, Jason!

GET TO KNOW CAREER BRIDGE

2021 Graduates: Are you looking for assistance with future employment opportunities?

[Career Bridge at National Louis University Can Help!](#)

Career Bridge provides students with a plethora of resources for current and graduating students, which includes career advisors who can assist students with the following:

- Personalized Job/Internship search help
- Career Exploration
- Resume and Cover Letter reviews
- Interview Preparation Assistance
- Salary Information

Career Bridge also has Employer Relations Managers who can assist students with meeting potential employers. These managers also facilitate hosting employer events both on campus and virtually.

What can students be doing now who are seeking jobs:

- Continue to utilize Career Bridge Resources such as Career Advisors, Handshake, nl.edu/careerbridge
- Request informational interviews from industry professionals
- Work on building your network by making LinkedIn connections, following professional organizations online and by joining industry/professional groups
- Search various job titles and research professional organizations and employers



Quick Tips:

- Apply to a minimum of four applications per week
- Keep a spreadsheet with your applications that includes the organization name, position, location and other helpful information related to the job to make sure you know the details of the position if someone reaches out to you to set up an interview.

Job searching sites for students:

- Handshake- <https://nl.joinhandshake.com>
- Linked In- <https://www.linkedin.com>
- NPO.net- <https://careers.npo.net/jobseekers>
- Workforgood.org- <https://www.workforgood.org/>
- Indeed.com- <https://www.indeed.com>

Contact Career Bridge for further assistance!

Hours of operation:

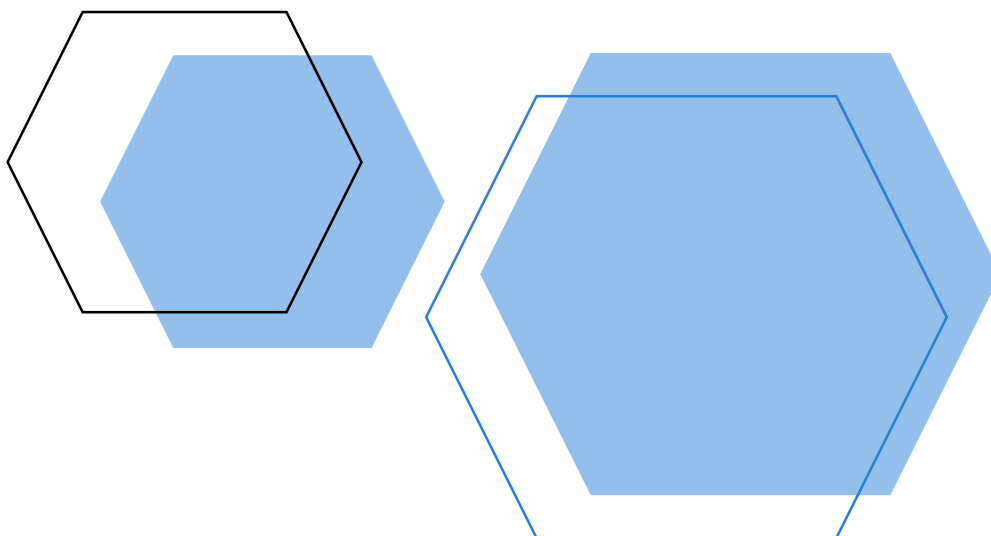
Monday, Wednesday & Friday: 9am-5pm

Tuesday & Thursday: 9am-6pm

Phone: 312-261-3270

E-mail: careerbridge@nl.edu

Website: www.nl.edu/careerbridge



IMPACT OF REMOTE LEARNING

Submitted by: Pamela Harkness (Lisle Campus) and Alexis Matijevic (Lisle Campus)

As counseling students, we certainly miss the personal contact and interaction in person learning creates. Many of us have had a year to develop helpful tips and tricks that make being successful at remote learning even more possible. Throughout the program, we worked with our cohort and learned from each other. Through each other, we developed tips and tricks to increase our chances of academic success even further.

- Ensure you have contact information, both email and phone number, for cohort members.
- Put your phone away and shut down the television, it is very easy to have other distractions when at home.
- Bookmark important pages/websites that you use daily. It helps you stay organized and reminds you of tasks that require completion.
- Create folders for each class under your documents or OneDrive. Save your homework, notes, and quizzes under the designated folders.
- Give yourself a break from the screen each day. Designate a certain time or step away during lunch to eat and go for a walk. Taking scheduled breaks helps you to refresh and provides motivation to finish the day!
- Set up a home office if you can, with a desk and chair, near a window. It helps you stay alert and awake, especially for that early morning or late-night classes.
- Be open to suggestions from your cohort, how they find success is a motivator.
- It is crucial to set aside an allotted amount of time each day where I can chip away at my homework and reading assignments. Doing a little bit each day helps to maintain focus and prevents feels of being overwhelmed. Remote learning doesn't have to be intimidating.

Submitted by Pamela Harkness (Lisle Campus) and Alexis Matijevic (Lisle Campus)



Illinois MS Counseling Faculty



Professor Siegel



Dr. Guglielmo



Professor Bryant-Edwards



Dr. Kirkpatrick Pinson



Dr. Schnell



Dr. Brown



Dr. Derweesh



Dr. Stewart



Dr. VanderSchaaf



Dr. Zavala

ENJOY THE REMAINDER OF THE SPRING TERM!

YOUR GRADUATE ASSISTANTS: ALISON M., KIMBERLY C., AND RYAN M.

