

National Louis Counseling Association (NLUCA)

11/05/2019

Minutes

Present:

Attended in person at Wheeling:

Anna Marie Yates, *Faculty Sponsor*

Natasha Schnell, *Faculty Sponsor*

Ali Mayer, *Vice President*

Stephanie Ashmore, *Student*

Nisha Patel, *Student*

Trisha Dean, *Professor*

Art Gonzales, *Student*

Attended in person at Lisle:

April Atwood, *Lisle Graduate Assistant*

Attended via Zoom:

Regina Verhelst, *Secretary*

Laurie Siegel, *Program Chair*

Lauren Wright, *Alumna*

Roy Eiermann, *Site Supervisor, Omni Youth and Family Services*

Jodi Keller, *Student*

Lisah Henderson, *Site Supervisor, Kenneth Young Center*

Patrick Kain

Monika Kordek, *Student*

Carol Briggs, *Student*

Carolyn Simon, *Student*

The meeting was called to order at **3:00pm**

1. Welcome and Introductions

- a. Anna Marie and Natasha will facilitate this meeting, and executive board will lead future meetings
- b. All students, alumni, faculty, site supervisors are members of NLUCA

2. Officers

- a. President - Erma Hill
- b. Vice President – Ali Mayer
- c. Past President – Sukhi Sandhu
- d. Secretary – Regina Verhelst
- e. Treasurer – Candy Lindgren
- f. Faculty Advisors – Anna Marie Yates and Natasha Schnell

3. By-Laws Revision

- a. By-laws have been revised, but they do need to be retyped
 - i. Regina will retype them and send them to Student Experience

4. Upcoming Events

- a. **ICA Annual Conference: November 7, 8, and 9 at Skokie Holiday Inn**
 - i. April Atwood will present a poster session on vision boards in collaboration with Professor Siegel
 - ii. Several students will be attending as volunteers
 - iii. IASGW is sponsoring a pre-conference workshop, lunch, and experiential group.
- b. **Eating Disorders 101: Nov. 14th at North Shore Campus 5:45-7:25pm**
- c. **CARE Fair-Equine Therapy: February 8, 2020**
- d. **Symposium/Alum Event with Dr. Sam Gladding: March 14, 2020**
 - i. Also included: Dr. Patrick McGrath Legacy Award
- e. **IMCHA Event – How to Open Your Private Practice**
 - i. NLU students will have a reduced rate
 - ii. More information to come

5. NCE Test Prep

- a. Clinical mental health students need to take and pass the National Counselor Exam (NCE) in order to apply for LPC license. LPC is needed to work in any setting as a mental health counselor.
- b. Flyer will be sent out to all students containing all dates and information.
- c. **Chicago: Jan. 31 and Feb. 1, 2020**
 - i. Third-year students only
 - ii. Live test prep workshop led by experienced presenter
 - iii. Fee is \$20 for 2 day workshop and test prep book
- d. **Wheeling: March 7, 2020**
 - i. All students are invited to attend
 - ii. Highly recommended to attend before the year you plan to take the test
 - iii. Will present the DVD recording workshop by Dr. Andy Helwig
 - 1. Can purchase the guidebook written by Dr. Helwig
 - iv. Can attend morning session, afternoon session, or both
- e. **North Shore: April 3, 2020**
 - i. See information about Wheeling, March 7, 2020
- f. **Lisle: February 15, 2020**
 - i. See information about Wheeling, March 7, 2020
- g. **Chicago: March 28, 2020**
 - i. See information about Wheeling, March 7, 2020

6. Counseling Program Goals & Learning Outcomes: Discussion and Feedback

- a. Outcomes from CACREP visit—feedback received from the CACREP review team was that NLU can improve in sharing program goals (PGs) and program learning outcomes (PLOs) with stakeholders (students, alumni, site supervisors, faculty) in order to solicit robust feedback and gain diverse perspectives regarding the PGs and PLOs.
 - i. **Student feedback:** When asked to provide general reactions to the PG & PLOs as a whole, students provided the following feedback: NLU's Counseling Program provides ample opportunity for self-reflection was provided and self-reflection in all areas of life was encouraged. Students reported that the work feels meaningful. Anna Marie Yates promotes professional development well and emphasizes the significance to students. Groups, theories, and ethics courses were very thorough and seem to have met the PLOs. Several students asked to include more opportunity to practice counseling (mock counseling whenever relevant), chance to see particular theories in practice rather than just reading or writing about them. Important especially before practicum. Want a chance to receive live feedback and make own mistakes. Watching videos does not have the same impact as practicing yourself. **Targeted feedback on PLO-1:** The Code of Ethics is covered well in every class. Professors are incorporating consideration of ethics in assignments and activities. **Targeted feedback on PLO-10:** Would be helpful if the research methods class was more technical related to statistical analysis. It can be difficult to interpret and understand studies without a more in-depth statistics lesson.
 - ii. **Site Supervisor Feedback:** Sometimes difficult to figure out how students can engage in activities to meet all PLOs. Can feel intimidating to meet all outcomes in one year in a practicum/internship setting. Helpful to receive guidance from school on how to meet the PLOs and how activities done in practicum/internship relate to PLOs. Need guidance on quantifying/assessing these in practice. PLO 9 discussed in detail regarding counselor self-awareness. Any reflective writing and discussions in supervision regarding countertransference, personal reactions, and personal skill assessment would relate.
 - iii. **Alumni feedback:** Well prepared in terms of self-reflection (**PLO-9**). Would like to see more emphasis on understanding how to treat different diagnoses or concerns and interpreting research on evidenced based methods and how they can be used with clients (**PLOs-6 & 10**). Emphasize to students the additional resources that can be used on class assignments.

- iv. Clarification of PG-1 (regarding technology): goal is for students to learn to utilize different technologies in order to record and document client information
 - v. Natasha explained how certain assignments are designed to connect with specific PGs and PLOs.
 - vi. Anna Marie explained how assessments are used during internship and practicum to understand how students are learning/meeting outcomes.
- b. Program goals and learning outcomes can be accessed on the NLU website and are based on the CACREP standards. Written feedback can also be submitted anonymously on the NLU website.

7. Next Meeting: December 3 at 3 pm, same locations

- a. On-Campus Locations:
NLU Wheeling, Room 348 & NLU Lisle, Room 850-225
- b. Zoom: <https://nl.zoom.us/j/662315314>
Phone: (646) 558-8656
Meeting ID: 662 315 314

Meeting concluded at **4:00 pm**

Minutes respectively submitted by Regina Verhelst