

RMHC Newsletter

INTRODUCTION

This fall, 15 students began a journey of self-discovery and professional development. It has been months of delving into the foundations of the helping profession, the research that propels the field forward, the psychosocial aspects of the clients that we will be working alongside, and the introduction to the actual methods and procedures of vocational rehabilitation to work with individuals with disabilities find gainful employment. This quarter we had the opportunity of completing a job shadow in various Vocational Rehabilitation offices all around Oregon. This experience gave great insight into the field beyond meetings and paperwork. The class of 2017 is continually building relationships with each other, the faculty and staff, and professionals out in the field on a daily basis as we move toward our professional development.

The second year cohort, the class of 2016, is making great strides towards their future as professional counselors. Providing wonderful speakers during lunch hour for both cohorts, the class of 2016 has introduced us to different organizations like Canine Companions and the LIFE program. Having presentations during our lunch hours from different organizations and community members helps students collect resources and build relationships for future fieldwork and service. Moving into the winter term, second year students will be starting their internships in various capacities around Oregon and Washington State. While their education on campus may be coming to a close, their experience and growth are soon to evolve and blossom as interns in the field!

RECIPE OF THE TERM

Buttery Shortbread Cookies

Ingredients: 8 Ounces (2 sticks) butter, room temp., 2 cups cake flour (all purpose flour OK, cake flour makes softer cookies), $\frac{3}{4}$ cup confectioner's sugar, $\frac{1}{2}$ teaspoon baking powder, and $\frac{1}{2}$ teaspoon vanilla extract.



Combine all ingredients; use hands to knead until ingredients are blended. Press dough into ungreased pans. Before baking, mark rectangle cookie lines with knife, or mark as desired for decoration.

Bake at 325 degrees for about 20 minutes, or until lightly browned. Don't over bake!

Credit: Pinterest- Kari's Cooking Blog

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SPECIAL POINTS OF INTEREST

- Parting Advice from Dr. Julia Smith
- Blind Spots
- Introducing the Class of 2017
- Importance of Self-Care



MEET THE CLASS OF 2017



Hello! I graduated from WOU with a degree in Business Administration. I love to explore and enjoy backpacking and hiking. I am a big Blazers fan. I like spending time with my cats and dog. I love to watch documentaries in my free time.

-Stephanie Renard



Bachelors from Western in Community Health Education, was awarded Outstanding Major of the Year within community health. Was President of Green Dot, a club focused on preventing violence

within the community through the power of bystander interventions.

I love working with and for people which is why I choose to continue my education in becoming a Mental Health Counselor. I love to travel and explore the world, as well as spending time with my family. I also love home cooked meals.

-MaryLynn Ahrensbach

"There's an old saying that it's hard to know what you don't know, the premise being that when you're ignorant about something, you aren't likely to realize your blind spots. But I'm not so sure. Sometimes, knowing what you don't know just requires a certain degree of humility." -Tim Wise

BLIND SPOTS

Through working together as a cohort in role-play scenarios, every student continues to work on understanding the self and identifying blind spots.

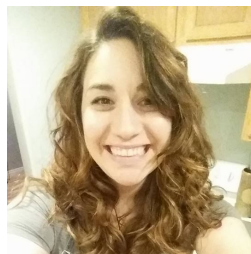
This process has helped our cohort grow closer together and begin to see ourselves as resources for our own development. The positive atmosphere in the classroom helps turn our setbacks into learning opportunities.

There is always more to learn about oneself and the journey has only begun. Helping one another identify and understand these blind spots will help us grow into the role of a counselor.



My name is Ronald Cruz, I have a bachelor in psychology. For the last three years I have worked as a Family Advocate. Through this I have had the privilege of working with the monolingual Spanish speaking community, providing resources and advocating for their needs. I have also had the privilege of supporting those that have disabilities and assisting them in reaching their goals. I look forward to learning and growing in the Rehabilitation Counseling program here at Western Oregon University.

"Always be in the posture of learning." (Mentor)

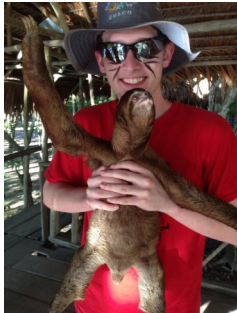


Ciara Meyer is a happy member of the 2017 RC Cohort. She plans to work in the mental health field and is especially interested in helping others as they heal from trauma and explore their identity. Ciara values empathy, information, and creativity. In her free time, she enjoys painting, dancing, cooking, and writing.



Hello! My name is Cheryln Elisabeth McCarry. I was born and raised in San Jose, California and moved to beautiful Oregon four years ago to attend Western Oregon University for my undergraduate in American Sign Language with a minor in Psychology. I graduated in 2016 I just couldn't leave WOU! I have a wonderful fiancé and a fur child named Emma. My hobbies included, but not limited to, reading, hiking, hanging out with friends, meeting new people, wedding planning, studying, and sleeping. My hope after graduating with my MS is to move to La Grande, Oregon to better serve the rural Deaf community within the VR setting and hopefully setting up my own private practice based on the needs of the community. -Cheryln McCarry

INSIDE STORY HEADLINE



Hello all, my name is Justin Johannson and I am an ever curious and avid learner. I entered the RMHC program because of my passion for mental health, hopefully helping to pave the way in uncovering the secrets left before us in the field of psychology. I am an animal lover and a huge sports fan, my favorite hobbies are video games, reading and writing. My favorite things are making others laugh and having deep philosophical conversations with close friends.

-Justin Johannson



I am from Oklahoma, spent most of my life in the Mid-west. I received my Associates Degree in General Studies in 2003 from Butler County Community College in Eldorado Kansas. In 2014, I graduated with my undergraduate degree in Gerontology from Western Oregon University. I live in Woodburn with what we are calling a fur baby, Chi-Chi, she is a Devon Rex cat. She believes I am her human and has to spend 24/7 on my lap. I enjoy crocheting mostly fun things. I like learning new things. I shall try my counseling skills on my cat; see if I can get her to spend time, where else, besides my lap when I am trying to study. I shall let you know how that goes. -Valeta Weaver



Hello, my name is Sierra Roan!

I got my undergraduate degree at Western Oregon University in Psychology. Currently I work as a Support Staff at the Ron Wilson Center and as a Building Manager at the Werner University Center. Currently I live in Monmouth, only a few blocks away from campus. During my free time I enjoy watching my favorite TV show, going for a walk, crocheting, relaxing with friends and shopping.

-Sierra Roan



Hello everyone! My name is Chaniya Marshall. I am a 22 year old from Los Angeles, CA. I graduated high school in 2011, and shortly after, I moved to Tuskegee AL, where I attended Tuskegee University and obtained my BS in Sociology. I have held leadership positions on the executive board of the NAACP Tuskegee University Chapter as well as in the Tuskegee University Student Government Association. I have a passion for research and helping people in need. I am currently working toward my Masters in Rehabilitation Counseling. I am also the graduate assistant in our department. My office is 242. Feel free to stop by anytime! I hope to see you around!

-Chaniya Marshall

INSIDE STORY HEADLINE

Dr. Julia Smith spoke with the first year cohort this term and shared her invaluable advice for new counselors-in-training entering the field. The first year cohort was grateful for her words of wisdom.

Julia advised that counselors should

-Always be curious

-Always be yourself

-Watch your reactions

-Know your beliefs and biases

-Explore and understand yourself

-Remember that all experiences both positive and negative expand the foundation of a counselor's understanding of self and humanity.

We regret not being able to take classes taught by Dr. Smith as she enters retirement, but we embrace this advice as we continue in the program and develop of fledgling counselors entering the field.

Thank you Dr. Julia Smith

-Class of 2017

IMPORTANCE OF SELF-CARE

As students, we are repeatedly told how important self-care can be for us as academics and later as professionals. Simply put, self-care involves anything that makes you feel good and refreshed. It is vital to take time for yourself so that later, when many of life's stresses begin to infiltrate your well-being, you are better equipped to overcome them.

Self-care can present itself in many different forms, varying person to person. For some people, self-care may be going on a walk in the woods or at the beach. For some, it may be spending time with friends and family. It can even be something as simple as taking five minutes to sit and think. There is no prescribed activity that fits everyone's needs, as it largely depends on an individual's personal preference.

Self-care is an aspect of initial and continued development that plays a crucial role in the effectiveness of counselors and other future professionals in any field. As students, we are discovering what self-care methods work best for us as individuals so that we can come together and better serve our community in the future.

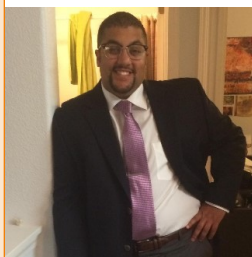


and is a place I'll probably end up going back to, to live in a cute, bright, multi-colored antique house. I am big into yoga, meditation, photography, painting, nature, and creative expression. I am wanting to complete the mental health counseling track. And eventually get training in hypnosis and Reiki and open a private practice (with other health care providers) providing acupuncture, counseling, Reiki, hypnosis, art therapy, and massages; a holistic healing center.

-Sarah Turner



leave the rest. Lastly, I would rather be happy than right. -David Lapham

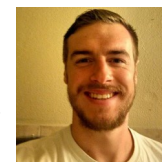


I graduated with my Bachelor's degree from Portland State University. Living in Portland for 2 years was a wonderful experience;



Elizabeth Mallery was born in Tulsa, Oklahoma and moved to Hawaii at the age of 2 years

old. She lived in Hawaii until 9 years old then left Hawaii with her mother and two siblings to go on the mission field to Japan with grandparents for three years. Elizabeth went on another mission field to Israel for one year with her grandparents at 18 years of age. She is the mother of two boys, two cats, and two 75 pound dogs. Elizabeth received her undergraduate at Western Oregon University. Her hobbies include scuba diving and 4 wheeling in Hawaii with brother and two sons. Elizabeth also enjoys jewelry making, writing short stories, reading, and irritating her younger sister!



I'm Jace from Washington originally though I moved to Monmouth one year ago. I received my undergraduate degree from the University of Washington for International Studies in

2014. In between graduation and beginning the program, I worked with individuals with intellectual disabilities at Partnerships in Community Living. In my spare time, I enjoy writing and playing video games and board games. I am excited to begin the program and a career in the helping profession. -Jace Cookson

I moved to Oregon from L.A. in 2013 and transferred to Western for the ASL Studies program. I graduated with my B.A. in 2015 and was accepted to the Rehabilitation Counseling Graduate program, the following term, as an RCD. I'm looking forward to seeing what this program has in store for our cohort and witnessing all of us evolve and prosper in our respective fields.

-Alex Brock



Hi, my name is Ashlee Nollette. I am 22 years old and from Port Townsend, WA. I received my BS degree in ASL/English Interpreting from Bloomsburg University in Bloomsburg, Pennsylvania. I am currently pursuing a career in the Mental Health field, working closely with the Deaf and HOH communities. I love being outdoors, traveling, and reading.

-Ashlee Nollette