

# Fall Student Newsletter

OCTOBER 2019

## *Letter from the Chair*

Happy fall to each and every one of you. It is the first day of fall, and time is passing quickly! Last spring, I reported that we were packing to leave our long-time home in Teachers College and move to the brand-spanking-new College of Health building, just a block down the street. That may not seem like much, especially when we just moved back into Teachers College 7 years ago. However, you can accumulate a LOT of stuff in a short period of time. The shredding alone was astounding. And some of us took the plunge and got rid of many of our old journals; finding place to take old journals was a bit more work than anticipated, but ultimately they went to the local mission to be recycled.

So, we are now in the College of Health, physically, as of July 31st. The photos do not do the building justice; most spaces have plenty of windows and light. The general comment has been that we didn't realize how dark it was in TC until we moved over here. The building has three separate roof gardens and a section of solar panels. And the practicum clinic staff and students are ecstatic by the windows in their first floor space - they are no longer in the lower level of TC! We are still waiting for some of the bugs to be worked out, as is true of any new building, and the carpenters are working hard to get shelves and suchlike hung in the building. The grand opening/ribbon cutting will be October 18th, so much of this should be done by then. I am hoping that November sees us feeling settled in our space.

In other news, we are excited to have hosted our first two functions in the new space. First, we hosted a reception for almost all of the psychologists at BSU (sadly, we missed a couple of folks I didn't know about until too late). There are about 60 of us on campus, covering five different Colleges and student affairs. It is really nice to see other folks and hear about the work they are doing; we do cross lines of research and practice more than we realize. This is a reception we try to do every five years or so.

The second reception, which you will see mentioned elsewhere in this newsletter, was in honor of the original director of our practicum training clinic, Dr. Roger Hutchinson. The Clinic is celebrating its 50th year this year, and Hutch was director for the first 19 years. We've only had five directors in that whole time, and all of them were at the reception on Friday afternoon. Even better, Hutch's children collaborated to create (one is an artist) and donate an amazing steampunk art piece to the Clinic in their father's honor. If you haven't seen it yet, be sure to stop by and check it out - it now pulls the waiting room together. It was lovely to see Hutch, his family, and so many of our past alumni and retired faculty in attendance.



BALL STATE  
UNIVERSITY

Of course, we also hosted the department fall picnic earlier in September. It is a chance to see people outside of the classroom, and to find out how many of you are very talented cooks! Look for our December celebration of the end of the semester.

One last thing – elsewhere in this issue you will see a welcome for our newest faculty member, Dr. Kelsey Thiem, and the beginnings of a farewell for our longest serving faculty member, Dr. Don Nicholas, who will be retiring at the end of the semester. More on the latter later; I can't find the words to convey my reactions right now. So much change happening this semester!

As ever, best wishes to you for a productive year.

Dr. Bowman



All Psychology reception,  
September 19th

Dr. Hutchinson reception,  
September 20th



## *News from the Doc Program*



Welcome to a new semester! It is officially well into the Fall 2019 semester, with major changes everywhere you look. Not only is it the start to a new academic year, but we begin this year in our new professional home – the Health Professions Building, in the College of Health. Embarking on a new year – whether it's your first or fifth (or 25<sup>th</sup>) – is a logical moment to pause (seriously – pause for a second) and assess your vision for the year.

For some of you in the doctoral program, that vision may include things like hammering out a research proposal (aka the start of your dissertation – hope you love the topic because you're going to live with it for 2+ years) in CPSY 753, learning clinic functioning in our new integrated practicum clinic space, adjusting to the pace of a PhD program, or applying for jobs post-internship. Regardless of where you are in the program, a new adventure always awaits in some way, shape, or form. Some may call these adventures “hurdles,” but calling them adventures is my attempt at a positive reframe.

These academic adventures (hurdles) range from exciting to anxiety-provoking, from frustrating to feeling accomplished. Regardless of their intrinsic meaning to you, the reality of a PhD program, and our professional lives, is there will always be another adventure to tackle – thriving in your first year, then internship applications, then licensure, then continuing education, job searching, promotion and tenure ...the list could go on. The point of me writing all this is that there will always be a new adventure to tackle – the goal is not to eliminate said adventures (well, except when you take the EPPP. Let's make that a one-and-done adventure.), but rather to figure out how to approach them with curiosity, resilience and perseverance, grace, and a strong dose of self-compassion.

Not only is the Fall semester an excellent time to take stock in where you are and where you are going individually, but this year is a banner year in the doctoral program – we have our APA self-study and accreditation visit. This is essentially a programmatic assessment of where we've been for the past 7 years, where we are, and where we're going. This year is an opportunity to engage in self-reflection and self-assessment, embrace change, and dedicate yourself to self-growth – both individually, but also at a broader structural level. As we move through the re-accreditation process together, I will be reaching out to students in particular to get your input around this latter point – what is YOUR vision for the department when you are done and off doing fantastic things?

Dr. H

## *News from the Social Psychology Program*

### **News from the Social Psychology Program**

This is an exciting time for the Social Psychology Program. We have moved to Ball State's Health Professions Building and the new space is fantastic. The social psychology research lab has space for conducting small group and individual-participant research and can be used for small group meetings. Throughout the building are spaces for our students to meet and collaborate, including an inviting seating area right outside our department's main office.

We are delighted to welcome Kelsey Thiem, Assistant Professor of Social Psychology, who began her tenure-track appointment this fall. Read about Dr. Thiem's teaching, research, and personal interests in the interview included in this newsletter. Five students are new to our Master's in Social Psychology Program: Sydney Hughes, Colette Kramer, Austin Podlesak, Nathaniel Roth, and Eric Wilken. We also have five new students in our Master's of Social Psychology and Clinical Mental Health Program, Hannah Drake, Sara Groth, Sean Hall, Teal Rousseau, and Nicholas Yergens. Welcome to Ball State! Dr. Thiem and I look forward to getting to know all of you both inside and outside the classroom. You can also take courses from one of our affiliated faculty, including Lindsey Blom from the Department of Kinesiology, and Andy Luttrell, Stephanie Simon-Dack, and Michael Tagler from the Department of Psychological Science. Many of you will take a statistics course from one of our affiliated faculty from Educational Psychology, Jocelyn Bolin or Holmes Finch.



## *News from the Social Psychology Program*

Dr. Thiem and I hold a bi-weekly meeting for the students in both programs on alternate Wednesdays at 2:00 p.m. in the department conference room (HB 444). It is important that our students attend these sessions as we discuss strategies for success within our program and after graduation; the topics we address will not be covered in your courses but are essential to making the transition from undergraduate to graduate education. If you have a professional issue you'd like to discuss this semester, please email me at [mkite@bsu.edu](mailto:mkite@bsu.edu).

We are also proposing revisions to our Master's in Social Psychology program; although these changes are pending university approval, we are hoping to offer new courses on contemporary issues in social psychology by next fall. Our revised program will also emphasize statistics and research methods skills, which are key to success in both applied jobs and admission to PhD programs. Stay tuned. Finally, consider "liking" our program's Facebook page to learn about our students' research interests and to receive program updates. <https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity/>

Wishing everyone a happy, healthy, and successful semester.

Mary E. Kite, Social Psychology Program Director



## *News from the Rehabilitation Counseling Program*

Welcome to all new and returning students!

### **News**

Our RC program is a CACREP-accredited program. Please let me know if you want to know more about our program. If there are people you know who may be interested in getting a degree that enables them to effectively work with people with disabilities, please spread the word and let them know about our program.

Dr. Tschopp is on sabbatical this semester. Please feel free to contact me with any rehabilitation counseling related questions.

### **Internships**

The second-year rehabilitation counseling students are serving individuals with disabilities/chronic illnesses, their families, and communities at various internship sites. Thank you to all of the agencies and the on-site supervisors hosting our students during their training!

IU Ball Memorial Hospital - Cancer Center

Butler University Counseling and Consultation  
Services

Hillcroft Services



### **Comprehensive Exam**

Rehabilitation Counseling students have the option of completing the program-based comprehensive examination or the national Certified Rehabilitation Counselor Examination (CRCE) administered through the Commission on Rehabilitation Counselor Certification (CRCC). Please remember to review the options and contact me with your intentions. Note that the application deadline for the CRCE is approximately five months before the examination period. See [www.crc certification.com](http://www.crc certification.com) for examination information and deadlines.

## *News from the Rehabilitation Counseling Program*

### **Professional Organizations**

Professional counseling organizations provide many resources and participation in such organizations can be a valuable part of developing one's professional identity. Counseling and rehabilitation organizations to consider:

American Counseling Association (ACA) <https://www.counseling.org>

American Rehabilitation Counseling Association (ARCA) <http://www.arcaweb.org>

National Rehabilitation Association (NRA) <https://www.nationalrehab.org>

National Rehabilitation Counseling Association (NRCA) <http://www.nrca-net.org>

### **Upcoming Rehabilitation Counseling Conference**

Fall 2019 NCRE/RSA/CSAVR National Rehabilitation Education Conference. Thursday, October 31 – Saturday, November 2, 2019. Renaissance Arlington Capital View Hotel | Arlington, VA 22202. Conference Theme: “Keeping our Eyes on the Prize: Achieving Vocational Rehabilitation Excellence”. The purpose of the National Council on Rehabilitation Education (NCRE) conference is to promote the improvement of rehabilitation services available to people with disabilities through quality education and research.

RC Program Director  
Dr. Chan



## *News from the Clinical Mental Health Counseling Program*

### **Welcome CMHC!**

A big welcome to our incoming CPSY Clinical Mental Health Counseling class and welcome back second year students! I hope your transition to school has been smooth and that you are enjoying your first few weeks on the BSU campus. As you are probably aware, we moved to the Health Professions Building (HB) this summer and our department is located on the 4<sup>th</sup> floor. If you have not already, come look at our new nice home!

### **Content Exam**

The content exam is administered twice over the academic year. The next administration will be November 1st. This is a reminder that all students in the Clinical Mental Health Counseling Program must pass the exam before graduation. You may take the exam once you have completed at least 30 semester hours of coursework. Please stop by the main office: Teachers College Room 605 to let us know if you plan to take the exam this semester.

### **American Counseling Association**

I encourage all CMHC students to become members of the American Counseling Association (ACA). It is important for future counselors to be involved in a professional organization. An added benefit to membership in ACA is that it includes malpractice insurance, which we require all students to carry once they begin their practicum and internship activities. You can enroll through their Website at <http://counseling.org/membership/aca-and-you/students>.

The American Mental Health Counseling Association (AMHCA) is also a professional organization worth joining as they focus solely on Clinical Mental Health Counselors <http://amhca.org>

Warm wishes,

Dr. Stef



## *Important Dates*

**November 8th:** Indiana Psychological Association Annual Conference  
Indianapolis, IN

**November 11th:** Fall 2019 Graduate School Final Product Submission Deadline

**December 1st:** Deadline to Apply for PhD Program

**December 2nd:** Deadline to Submit Programs for APA 2020  
Conference will be in Washington, DC on August 6th-9th

**December 10th-13th:** Final Exams

**December 14th:** December Commencement

**February 27th-March 1st:** American College Counseling Association Conference  
Washington, DC



## Keep in touch!

We love to hear what is going on in your life! Keep us in the loop with:

**Facebook:** [www.facebook.com/CPSYatballstate](http://www.facebook.com/CPSYatballstate)

**Twitter:** @CPSY\_BSU

**LinkedIn:** Counseling Psychology, Social Psychology, and Counseling at Ball State

### **Ball State University**

*Department of Counseling Psychology, Social Psychology, and Counseling*

Health Professions Building Room 434

Muncie, IN 47306

Phone: 765-285-8040

Fax: 765-285-2067

E-mail: [cpsy@bsu.edu](mailto:cpsy@bsu.edu)

## Content Exam Information:

The next administration of the Content Exam will be on November 1st, 2019. You must have completed at least 30 credit hours to be eligible to take the Content Exam. Only Clinical Mental Health Counseling and CMH and Social Psychology dual students must take the Content Exam. An email has been sent out to those eligible to take the Content Exam with further information.

