



Counselor Organization for Professional/Personal Empowerment



November 2009 Newsletter

In this issue:

- **Silver for St. Lucia**
- **Students present at VCA**
- **VCA membership information**
- **Operation Christmas Child**

Silver for St. Lucia





**Every little
bit helps!**

COPE is collecting donations to aid in rebuilding efforts of a hospital in St. Lucia. Recently, one of the three area hospitals on the island burnt down. Faculty from the Counselor Education Program work closely with people on the island and several students from St. Lucia are currently enrolled in various graduate programs at Lynchburg College. Counseling students will be collecting donations throughout the semester outside the cafeteria on campus. If you would like to make a donation, please contact any COPE steering committee member. Your generosity is truly appreciated!



Lynchburg College Students to Present at VCA Conference

Malayna Ford and Thom Field plan to present at the annual VCA Conference in November with the help of Dr. Booth. Below is an interview regarding their upcoming presentation.

Q: What is your presentation about?

Malayna: Our presentation is entitled "Parental Interventions for Families of Children with Autism Spectrum Disorders." We wanted to focus on what counselors could do in terms of interventions for parents of children with autism. Often times when a child has autism the focus is on the child and the disorder exclusively, but it's important to realize that the parents and siblings of the child with autism have to deal with the disorder as well. So we researched what families have to go through when a child is diagnosed with autism and then came up with interventions to help the families.

Q: How are you preparing for the presentation?

Thom: Most of the core material was compiled for the VACES presentation we did in spring 2009 (Virginia Association of Counselor Education and Supervision). I am researching some video clips to augment the original material for the VCA

workshop. They only give you an hour, so the material has to be fairly concise. During the few weeks prior to presenting on Thursday 11/12/09, Malayna and I will do a few timed practice runs to gain confidence and make sure we are within the time limit.

Q: Why did you decide to present at VCA?

Malayna: We decided to present for the experience, professional growth, and the opportunity to research a subject of interest in greater depth. I know for me at least presenting is something that is hard for me to do, and I wanted to challenge myself to do something new and different (and I think Thom would say the same thing too)! VACES is a good place to start with this. The faculty at LC thought that our presentation was good enough for VCA, so we decided to go for it and challenge ourselves by presenting there as well.

Q: What advice would you give to other students who are thinking about presenting?

Thom: I think the most important advice is to first find a topic that genuinely interests you. The research and preparation can be fairly time intensive, and you will lose momentum if you are not committed to the topic. Malayna and I also started researching early, during Winter break of 2008. Giving yourself plenty of time to piece together the presentation helps reduce stress levels. Also, begin with small steps. We presented at VACES first, which is the convention for Counselor Ed. graduate students. If you enjoyed the experience at VACES, then consider applying for VCA. That way, you will have experience in presenting your topic and will have the opportunity to fine tune the presentation before taking it to the "major leagues". The faculty at LC will encourage you in all phases of the process, so don't hesitate to ask if you need assistance along the way.

VCA Annual Convention

NOVEMBER 11-14, 2009 ~ Williamsburg

<http://www.vcacounselors.org/displayconvention.cfm?conventionnbr=6518>

VCA Membership

Are you a member of VCA? Do you need to renew your membership?

What are the benefits of being a part of VCA?

- VCA provides professional development opportunities
- VCA produces its own journal with professional articles
- VCA offers discounted Professional Liability Insurance
- And much more!

Please follow the link to join

<https://www.paymyassociation.com/displayemailforms.cfm?SessionId=2B44B0E9-F66F->

[3694-3116BD5CE7D56986&emailformnbr=36540](#)

Operation Christmas Child



This organization serves to enhance the holiday season of children from impoverished nations. COPE will be passing out shoe boxes to students who are willing to fill them with small toys, books, and treasures that will be sent to children who would otherwise not receive anything during the holidays. Another way to help this great cause is to donate money. A small monetary donation can feed a family for quite some time. Please take time to help children in need and to do your part! COPE steering members will be handing out shoe boxes in class (around the first week of November), but feel free to donate an old shoe box and fill it with presents. COPE plans on hosting a pizza party for all those who donated or plan to donate. Check your email for the date and time of this event! Your generosity will be appreciated by many. See <http://www.samaritanspurse.org/> for more information:

How to help:

- Please label the gender and age group on top of your box. (2-4, 5-9, or 10-14).
- Fill the box with gifts such as:
 - Toys: small cars, balls, dolls, stuffed animals, kazoos, harmonicas, yo-yos, jump ropes, and toys that light up or make noise.
 - School supplies: pens, pencils, sharpener, crayons, stamps and ink pads, writing pads or paper, solar calculators, coloring books, ect.
 - Hygiene items: toothbrush, toothpaste, bar soap (in a plastic bag), comb, washcloth, ect.
 - Other: hard candy (double bag all candy), mints, gum, t-shirts, socks, hats, sunglasses, hair clips, toy jewelry, watches, flashlights, batteries.
 - You may also include a personalized note to the child as well as a photo of yourself and your family. If you include your name and address, the child may write back.
 - Do not include: used items, war-related items such as guns, chocolate or food, liquids or lotions, medication or vitamins, breakable items, or aerosol cans.
- Please donate \$7 or more for each box. This will help cover the shipping costs.



A special **good luck** to those taking their comprehensive exam this month!

*If there are any professional development experiences that you know about and would like to share with your peers, please do not hesitate to contact COPE! Also, if you have a story or information you would like published in the next newsletter, please let us know.

As always, please contact lccope@gmail.com, or by emailing any of the steering committee members at their LC email addresses with any questions, concerns, inquiries, or suggestions:

Thom Field (Secretary) field_t@students.lynchburg.edu
Rebekah Melton (Faculty Liaison) melton_r@students.lynchburg.edu
Malayna Ford (Social and Service) ford_mr@students.lynchburg.edu
Jessica Revay (Professional Development) revay_j@students.lynchburg.edu
Dana Zinn (Newsletter Coordinator) zinn_d@students.lynchburg.edu