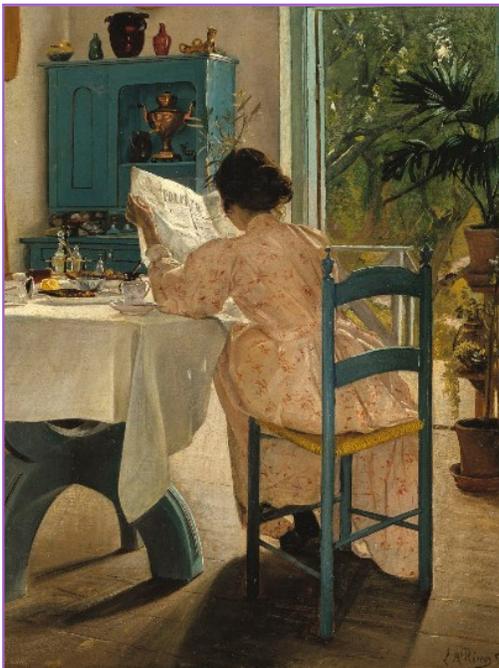




Counseling Connections

Farewell to the Editor



For the past year and a half, Rachel Henry has served as the editor of the counseling newsletter, 'Counseling Connections'. As editor she has kept us counseling students in the loop with program announcements and counseling-related events in the community. Rachel has managed to give us the facts in a creative way, with encouragement and humor woven throughout each issue. She cites her cohort as a source of inspiration for the newsletter. It is through conversations with her peers that she gets a sense of what the general needs and concerns are, which drives each issue in its unique direction. Rachel has enjoyed her time as editor, particularly because it has given her a space for creative expression, which is often lacking in the life of a graduate student.

Her path has been a long one, with travels around the world and around twenty different jobs! Originally from outside of Chicago, Rachel lived in California for thirty years before moving to North Carolina. Among her many jobs is her time as an economist in Nepal, and a milkmaid in Ireland. However, she concedes that most of her jobs centered on helping people, which is why she's here at Western Carolina University. After years of helping people in varied ways, she is on the counseling path, which she feels is the right path for her. It was a chance encounter with a deacon that set Rachel on her path to WCU's counseling program, where she is currently finishing up her second year in the Clinical Mental Health counseling program. Rachel recounts running into a church deacon who had recently completed a counseling program. At that time Rachel was in the process of looking at counseling programs, mainly in California, and was surprised to learn from the deacon that Western Carolina University had a laudable counseling program. She researched the program, applied, and was accepted, which meant a move across the country.

Continued . . .



Farewell (continued)

The move seems to have been a good one. Rachel considers Western North Carolina one of the most beautiful places she has ever been, which is really saying something considering her extensive travels. Aside from the alluring natural beauty of WNC, Rachel also enjoys the more agreeable pace of life (i.e. not a rat-race), and the fact that people are warm and friendly.

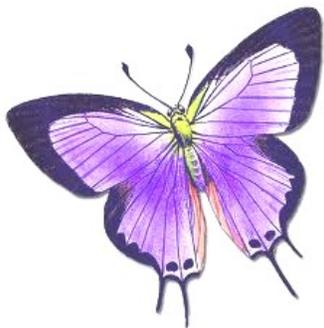
Additionally, the move from California to North Carolina has brought Rachel closer to her family. While the move to NC and going back to school have each been challenging in their own right, time management has been one of the most prominent hurdles for Rachel in graduate school.

I can confidently say that Rachel is not the only graduate student to struggle with time management. However, one thing she considers helpful in graduate school is compartmentalizing each day; dealing with one day at a time. Rachel's closing message to us: There is always time to have the life you're supposed to have. It doesn't matter how old you are, or how young you are, or what has happened to you, there is always time to have the life you're supposed to have.

~~ Vicki Mattei



Welcome and best wishes to the new editor of "Counseling Connections", Vicki Mattei. Vicki is from New Jersey (many of the best people are) and is going into her second year of the counseling program. She will be happy to take suggestions for the newsletter and answer any questions you might have. Good luck, Vicki! ~ Rachel Henry



Today is your day!
Your MOUNTAIN is waiting So...
get ON your way. Dr. Seuss

A big welcome to our newest professor, Dr. Melodie Frick who joins us from the great state of Texas. We look forward to getting to know her and to learning from her.



CONGRATULATIONS AND WELL WISHES TO THE THOSE GRADUATING THIS MAY AND AUGUST!!!! YOU TOOK THE ROAD LESS TRAVELED AND MORE RIGOROUS—WE ARE VERY PROUD OF YOU AND WISH YOU ALL THE BEST IN THE FUTURE!!

AND TO EVERYONE— HAVE A WONDERFUL, RELAXING SUMMER FULL OF FUN AND LAUGHTER AND STUDYING FOR THE NCE.

