

Counseling & Development Group Recent Events:

It has been an eventful fall semester for the Purdue Counseling and Development (C&D) Student Group. We started off the semester with a Welcome Back Barbeque and we've been going strong ever since. Some other highlights of the semester include:

- The creation of two new officer positions: faculty representative and social chair
- Procurement of artwork for the oh so blank walls of the Purdue Counseling and Guidance Center
- The First Annual C&D Group Football Tailgate Party complete with hot dogs and lawn bowling
- A spookishly entertaining Halloween Party
- An updated web page and new C&D Yahoo Group
- Procurement of funds from the faculty for food at meetings and books for the recently formed C&D student book club
- Masters level vs. Doctoral level bowling night at the Union (Masters won!)
- Completion of a department wide survey to help better understand the needs of students in the department

Next semester looks to be just as busy so come out and get involved! The C&D Book Club will be starting up in January as well as a possible service project. Stay tuned for more information coming your way via email, poster or Yahoo Group!

Guest Speaker:

We'd like to welcome Dr. Nancy Pilotte of the NIH to Purdue University on December 11th, 2006! All of Dr. Pilotte's formal training has been in psychology, starting with a BA from Clark University (1971) through her Ph.D. in 1977. She's had two postdoctoral fellowships, one at the University of Texas Health Science Center in the OB-GYN and Physiology departments, and another at the University of Maryland School of Medicine, Department of Physiology. Both of these were in neuroendocrinology. She was also a member of the Pharmacology Department (at University of Maryland) until 1987, when she took a staff fellow position at the Intramural Research Program at the National Institute on Drug Abuse (NIDA). There she was able to conduct research on the neuroendocrine aspects of drug abuse and to identify long-term changes that occur in the brain as a result of exposure to repeated cocaine and its withdrawal. In 1995, Dr. Pilotte moved to an administrative position at NIDA, and in 2001 became the Chief of the Functional Neuroscience Branch, a position she holds today.


The National Institutes of Health (NIH) is comprised of 27 separate institutes and centers, each devoted to a specific disease or issue, and it funds about one-third of the health-related research that is conducted in the US (private foundations and pharmaceutical/biotech companies each fund one-third of this research as well). While the NIH funds a lot of the basic research, it also makes a large commitment to other aspects of medical research, including mental health, and what is called "translational research," by which they mean taking a concept from the bench and developing it into a mode of treatment. This can and does include most of the behavioral research and potential therapies that are of interest to counseling and clinical psychologists.

Of the approximately \$29 billion budget that the NIH has, about \$5 billion is spent on various ways to train scientists. Many scientists who are in the initial stages of their careers do not know that they can apply for money to help them with their studies, and for postdoctoral support and for their early research efforts when they obtain a position. The NIH also employs individuals as postdocs in its intramural research program, positions that can be extremely exciting and rewarding.

Dr. Pilotte will talk about the different ways that early career scientists can obtain support from the NIH. With questions, her presentation will last about 40 minutes and she would also be available to meet with faculty if anyone wanted to have a "captive NIHer" to discuss funding or research for a while or to answer questions about the grant process. She has commented that she is looking forward to this visit.

Meet the New Faculty

Dr. Carrie Wachter:



Before coming to the School Counseling program this fall, Dr. Wachter was a student in the counselor education program at UNC-Greensboro. She also taught high school math in her hometown of Vero Beach, FL.

Dr. Wachter discussed several interesting incidents in her life. For example, while dating a student at the Naval Academy in Annapolis, she was serenaded by the entire academy of Midshipman to the tune of “You’ve Lost that Lovin’ Feeling.” She was also a state champion rugby player in high school, and grew up with a monkey as a pet.

She cites her parents, both teachers, as a formative inspiration while growing up, and had the pleasure of working with them as a colleague. She also recognized Drs. Craig Caswell and Diane Borders (UNC-Greensboro) not only as mentors, but also as professors who were “really human” and “encouraged me to be myself.”


Favorite colors: red, deep blue

Favorite city: Greater Washington, D.C. area

Dr. Wachter’s words of wisdom:

- “Don’t lose who you are in the process of becoming a counselor ... maintain perspective on your life and keep in mind what you bring that is unique.”
- “Don’t forget that you have a ‘real life,’ too, and that doesn’t have to be mutually exclusive [with being a grad student].”

Dr. Alex Hall:



Before joining the CSP program this fall, Dr. Hall was an associate clinical professor at IUPUI, teaching urban school counseling. As a faculty member there, she pursued interests in social justice and academic self-efficacy of African-American and Hispanic students.

Dr. Hall’s personal principles revolve around the Centering Philosophy – the idea of being committed to the common good, being the author of one’s own existence, and seeing the beauty of a life lived simply and well. She connects this philosophy to her love of building things, like “ideas, families, friendships, careers, and houses.”

While Dr. Hall identifies several professional mentors who were instrumental in her career, one of the most influential was Dean Betty Nelson. Nelson, Dr. Hall’s internship supervisor at the Dean of Students’ office in the early 1980s, encouraged her to apply for her Ph.D. in counseling. Dr. Hall also recognizes her mother-in-law, Barbara Kelly, as another notable mentor. These are only a few of Dr. Hall’s mentors, and she cites all of her influences for their “gifts of encouragement and support, as well as their vision for maximizing talent.”

Favorite color: burnt amber, along with other Tuscan colors

Favorite city: Chicago

Dr. Hall’s astute guidance:

- “Take care of yourselves, manage your careers (don’t let them manage you), build your relationships, strengthen your family networks, live a balanced life, and take time to meditate and play. The rest is unimportant.”
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Dr. Bill Hanson:

Before joining as a full-time counseling psychology faculty member this fall, Dr. Hanson was a visiting professor in counseling psychology here at Purdue; prior to that he was a counseling psychology faculty member at the University of Nebraska-Lincoln.

In college, Dr. Hanson was a 4-time Academic All-American and played in three NCAA golf championships. He's also skydived solo and snorkeled with barracudas off the coast of Cozumel, Mexico.

Dr. Hanson described feeling supported and encouraged throughout this career by his family, his dog KJ, and his new fiancé, Tiffany. Professionally, he identified three important influences: his undergraduate mentor, Dr. Ken Keith, his doctoral advisor, Dr. Chuck Claiborn, and a close friend of his, Dr. Doug Olson. He explained that all three modeled integrity and balance in their lives, and that all three affected him significantly.

Favorite color: French roast brown, pennywise orange
Favorite city: Las Vegas

Dr. Hanson's sage-like advice:

- "Work hard, adjust to challenges and obstacles, and – no matter what – maintain balance and perspective in your life."
- "Focus on the process, as opposed to the outcome, of graduate school."
- "Make a splash" and have some fun while you're here... you'll be much more content and satisfied with things if you do."



Dr. Ayse Uruk:

Before joining the counseling psychology faculty this fall, Dr. Uruk was a student at the University of Memphis.

Dr. Uruk grew up in Izmir, Turkey, a port city on the Aegean Sea, and has traveled extensively in Europe. Some of her favorite spots to visit include Florence, Italy, and Nice, France. She also used to practice traditional Turkish dance, and participated in several dance competitions in Europe.

She identifies two people as important influences in her life. The first is her father, who taught her to work from the heart, and not to give up. The second is a former professor and mentor, Dr. Lynette Bikos, who she described as "like a family member." Dr. Bikos' dedication to Dr. Uruk was illustrated when she flew from Seattle, WA all the way to Memphis to attend Dr. Uruk's dissertation defense.

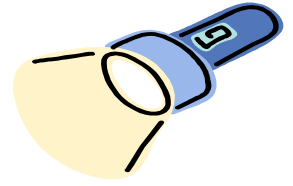
Favorite colors: burgundy, dark blue, black
Favorite city: Izmir, Turkey

Dr. Uruk's wise counsel:

- "Enjoy your life, it's not all about getting a degree."
- "Enjoy what you're doing. If you're not enjoying it, it's not worth your time and energy."
- "Be proud of your program."



Student Spotlight



David Stuebing, 2nd year - College Student Affairs Program

After being an RA in Tarkington for 4 years, he realized he didn't want to be a CS major and get shoved in a cubicle upon graduation, so he changed his major to Psychology. Now he is a graduate student in the CSA program, and a Staff Resident, or supervisor of RAs at McCutcheon Hall.

His future aspirations include working with International students, and this decision is largely a product of growing up in Zambia, Central Africa. His roots there are strong after being born there and living there for a total of 14 years. Even with long stretches of living in the US, he will always look towards his African influences for a feeling of belonging. He really likes the large numbers of international students in West Lafayette because they keep life interesting, but he could do without some of the cold weather. He was spoiled with the weather in Zambia, which doesn't get any hotter than Indiana does in the summer. David describes the weather there as perfect.

If David was a fruit, he would be a banana because they make you smarter. You may not know that his middle name is "Kondwa" which means "happy" in several Zambian languages. He attempts to live up to that mantra every day. David advises us all, "If you ever get a chance to visit Africa- don't pass it up!"

Michael Wilkins, 3rd year - Counseling Psychology Program

He will complete his required course work by the end of May 2007, and will be taking prelims this January. He is working on writing the first three chapters of his dissertation and will give a proposal defense sometime next semester.

His wife loves the fact that he is studying to be a psychologist, because she was studying "marriage, family, and human development" when he met her. This mutual interest was the first step towards their marriage on Dec. 30, 1999. They decided Mike would continue to his degree in psychology at Brigham Young University, followed by graduate education, while starting a family. Andrew, their first son, was born in 2000 and two years later they had another baby boy named Ethan. A year after his birth, Mike was accepted to Purdue. He plans to graduate in 2009 and live near their extended families in Colorado, Utah, or Idaho. His goals include starting in a hospital setting doing therapy and gradually transitioning into private practice, though he realizes that plans change.

His favorite thing about West Lafayette is Wal-Mart and places to eat, but he is not a fan of the factory stink that occasionally permeates everywhere. He grew up near the mountains where fresh water rivers, pine trees, and fresh mountain air are abundant, so factory smell is not his favorite. He is a dedicated family man and he considers home to be where his wife and kids are.

If Mike was a fruit, he would be an orange because it is fresh, zesty, good for you, and wakes you up every time you have one. You may not know that he does not drink alcohol, coffee, or tea and that he likes to play chess and Settlers of Quetan.

Cristina Morales, 2nd year - School Counseling Program

She is currently also working for the Tippecanoe School Corporation as a School Community Liaison. She has worked in this job for 6 years, and works closely with ESL students, parents, and the Hispanic community. A major component of her position is the testing and assessment of students who are language minorities. After she completes the School Counseling program in May she wants to find a position as a school counselor at the elementary or middle school level. She originally studied psychology at the undergraduate level and then did graduate work in Sociology here at Purdue. Her undergraduate work was done in El Salvador, where Cristina is originally from.

She has a husband and two children, one girl and one boy. Her favorite part about Lafayette is that it is a peaceful and safe town. The small town feel of Lafayette is something that she appreciates because she came from a city environment in El Salvador. The aspect of Lafayette that she does not like as much is the weather. She misses the tropical weather and sunshine of her home.

If Cristina was a fruit, she would be a papaya because it is her favorite. It has a distinct taste and flavor that is always good and it is a healthy choice as well. You may not know, but Cristina completed her Sociology graduate work here at Purdue in 1999 and received both Master's and Doctoral degrees during her time working in that discipline.