



GSO Newsletter

Counseling and Student Affairs Program

Volume 2 Issue 1

What is the GSO Newsletter?

Last year was the inaugural year of the GSO Newsletter. This newsletter is intended to be a way for graduate students in the CNSA program to communicate with one another, share information, and keep in touch with what is happening with the program.

Who can submit articles to the newsletter? Any-

one! Have a topic you are interested in sharing information about? Write an article for the newsletter! Want to share a professional success? Write an article for the newsletter! Recently attended a conference and want to share what you've learned? Write an article for the newsletter!

This newsletter is intended to be useful for everyone. The only way that can happen is if you submit articles, or even suggest topics for articles.

I hope you all find time this year to submit an article or topic suggestion to the newsletter. It will make it more interesting to read, and will

ensure that it continues to be published.

If you would like to submit an article or suggestion, please email it to Jasi O'Connor, GSO President, at oconor@cord.edu. I look forward to getting your submissions!



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GSO Social Activity

Thanksgiving break is fast approaching, and we've only had one GSO activity this year! Therefore, we will be having a GSO Social on Tuesday, November 20th at 5:30 p.m. at Buffalo Wild Wings in Fargo. Everyone is invited for conversation, hot

wings, and fun! Buffalo Wild Wings has \$.30 wings in Tuesdays, so I know you all can afford it. And I also know that no one has class that evening, so you have no excuse no to come! We'd love to see some of you first year students there!

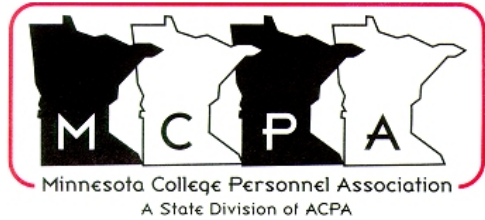
When: Tue. Nov. 20
Time: 5:30 pm
Where: Buffalo Wild Wings
1515 19th Ave. N
Fargo

Special points of interest:

- Two students attend MCPA conference
- GSO Social Tuesday Nov. 20
- NDSU Counseling Center holds open house 11/14/01

CNSA Students Attend MCPA Conference

By: Scott Haugen



CNSA students Mandy Parpart and Scott K. Haugen attended the annual fall conference of the Minnesota College Personnel Association (MCPA) in St. Paul, which was held October 22-23 at Metro State University- St. Paul campus. The theme of this year's gathering was "Strengthening Competency, Empowering Students, Crafting Policy, Redefining Tradition". Many of this year's presentations centered their attention on becoming more aware of issues relating to cultural diversity on campus, which reflects the current trend of a more culturally mixed student population.

Mandy hosted a presentation entitled, "Putting Student Development Theory Into Practice: Making Programming on a College Campus More Intentional." This was a well-attended session, and Mandy gave an overview of her leadership role in applying Arthur Chickering's "7 Vectors"

theory to Campus Activities Board (CAB) programming. I would encourage anyone thinking about theory-based interventions to check with Mandy on the success of this initiative.

The high point of the conference for me was the opportunity to listen to a lecture by Dr. Lee Knefelcamp, a prominent authority in the research of college student identity and moral development. Her speech was inspiring and heartfelt. Commenting on our roles as Student Affairs professionals, we can position ourselves to (quoting) "be a bridge between fear and understanding" in our college communities. Student Affairs professionals have the opportunity to play a vital role in education and intervention strategies to bring about greater understanding within our diverse college environment. Dr. Knefelcamp is a graduate of the University of Minnesota and Macalester College, and is presently Pro-

fessor and Chair of the Department of Organizational Leadership at Teachers College, Columbia University, in New York City.

I encourage anyone in the CNSA program to be involved with MCPA. Membership is quite inexpensive as a student, and one of the many benefits is receiving the Journal of College Student Development delivered right to your mailbox!

Next year's MCPA conference will be hosted by Minnesota State University Mankato, October 21-22, 2002.

*MCPA Conference 2002
Minnesota State University
Mankato
October 21-22*

New Face in CNSA

You may have seen a new face around the CNSA department this fall. John Achter agreed to teach CNSA 612— Individual Appraisal this fall.

John Achter is a native of Sauk Centre, MN (boyhood home of author Sinclair Lewis). He received his B.A. in Psychology from Concordia College in Moorhead, and his M.S. and Ph.D. in Counseling Psychology from Iowa State University. He completed a pre-doctoral internship at the Ft. Meade VA Medical Center in western South Dakota. He is a licensed psychologist in Minnesota and currently works full time at the Concordia College Counseling Center. As a counselor/therapist, he considers himself a generalist, with special interests in depression and anxiety, relationships, gender and sexuality, career and life planning, intellectual giftedness and mental health, and psychological testing. He has published research articles in two differ-

ent areas: 1) the educational and career development of intellectually gifted persons and 2) the impact of distress disclosure tendencies (i.e., either to disclose or conceal personal distress) on help seeking and the counseling process. Currently, he is working on a project to study the effects of a resiliency skills group, intended to prevent depression and anxiety and to promote persistence among college students. John is married and has two children, ages 6 and 3. Leisure interests include spending time with family, bike riding, playing basketball, and involvement in church activities.



What: Research Seminar

When: 1st and 3rd Tuesdays, 2:00-3:00 p.m.

Where: Lommen 202

When: 2nd and 4th Tuesdays, 4:30-5:30 p.m.

Where: Lommen 210

Who: Everyone who's working on or thinking about a thesis!

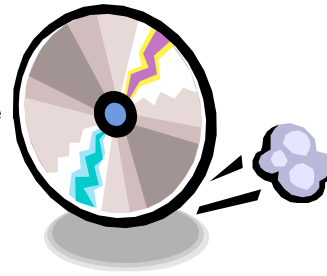
One Advantage of Being a Grad Student

While we know that there are many, many good things about being a graduate student, there is one thing in particular that has delighted me recently. I was lucky enough to receive in my mailbox an advertisement. Now I know what you're thinking—why would I be excited to receive ads in my mailbox? Well, this one was special. Because I am a graduate student, and also work in higher education, I am eligible (as are you) to receive computer software at discount prices! Ok, so maybe some of you out there aren't as excited as I am about this, but believe me, after you see this discounts, you won't be able to hold

back your enthusiasm!

In all honesty, these really are great deals, and if you are in need of computer software, you should check this out. You can access their website at www.edu-software.com.

The discounts are very good, and the software is the exact same software as you could buy in the store. I have purchased from this company, and the software has been great and delivery was fast. The only catch is that you need to



fax them a copy of your student ID card so they can verify you are a student.

If you have any questions about internship sites or requirements please contact Pat Neuman or Wes Erwin.

NDSU Counseling Center Open House

By: Wes Erwin

The North Dakota State University Counseling Center had an open house on November 14, 2001 for students who were interested in internships at the center. The open house provided an opportunity for students to meet the counselors, see the layout of the center, and to enjoy apple cider and sweets.

The Minnesota State University Moorhead, North Dakota State University, and Concordia College counseling centers are potential internship sites for students in two Counseling and Student Affairs tracks. Students in the Student Affairs in

Higher Education - College Counseling track and students in the Community Counseling track can both select a college counseling center as an internship site.

There are many other sites besides the college counseling centers that students can select as internship sites. Student Affairs internship possibilities include such sites as financial aid, the union, the advising center, and the international student center. Community Counseling internship sites may include The Village Family Service Center, South-

east Human Service Center, and The Rape and Abuse Crisis Center. School counselors can choose from a wide range of schools in both Minnesota and North Dakota.

If you have any questions about internship sites or requirements please contact Pat Neuman or Wes Erwin.



What is research seminar?

Research seminar is a meeting of students and the graduate faculty for the purpose of furthering student work on thesis projects. The advantages of research seminar are many: you have the undivided attention of the faculty, you have other students there for ideas and support, Wes is always there to hold you accountable for your goals, and it's a chance to see some of your graduate colleagues that you may not have in class! So it's educational *and* social.

Here's what some current and former research seminar participants have to say:

"it's not very often you get the full attention of 3 faculty members."

"It's just helpful in giving you good support, ideas, and guidance."

"It provides me with structure and incentives to keep going in the process."

"it's a very supportive atmosphere."

"It's just plain fun!"

"It's a great time to focus strictly on your thesis. We aren't often able to do that."

If you haven't been to research seminar, we encourage you to check it out! It really is one of the best ways to stay motivated to work on that pesky thesis! Even if you aren't sure about what's all involved in the thesis, this is a great way to learn. Anyone is welcome, regardless of where you are at in the thesis-writing process!

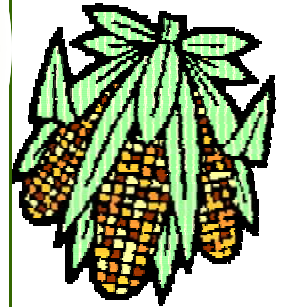
Counseling and Student Affairs Program

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Why do turkey always go
“gobble, gobble”?

Because they never
learned any table man-
ners.



Top 25 Things Your Boss Wants You to Know

I recently attended a conference, and went to a session about first-time supervisor issues. In the session, the presenter discussed the top 25 things your boss wants you to know. I have seen this handout before, but each time I pull it out, it is a good reminder. So in the next two issues, I will be presenting those 25 things. (Have to add a little suspense to keep you reading!).

1. **Forget about excuses.** With rare exceptions, such as truly life-and-death crises, no boss hears or cares why an assignment wasn't done. It's your job to get it done and get it done on time.
2. **Don't aim for perfection.** Getting it done well and on time is much more important than doing it "perfectly." To you boss, absolutely perfect performance counts against you if it interferes with you carrying your share.
3. **Simply carrying your share is not enough.** Doing only what is expected of you and no more sets you among the expendable mass of performers. Bosses value people who do their job and look around for or create or ask for more real work, not busywork.
4. **Follow through on your own.** Pick up the pieces; tie the loose ends of your assignments. Don't wait to be reminded, particularly by a supervisor.
5. **Anticipate problems.** Ask yourself what could go wrong? When your responsibilities depend on input from others, check their plans and understanding of what you're requesting. There is no substitute for having your projects come out right.
6. **Be resilient about foul-ups.** Part of carrying your responsibilities is understanding that commotions, mistakes, "unforeseeable" failures by others are normal.
7. **Take care of problems, don't take them to your boss.** Bosses have enough of their own. If you lack the authority, come prepared with solutions when you broach the problem. Even though your boss may not sue your solutions, you've made your point as a problem solver-not as a problem collector.
8. **Punctuality counts.** No amount of staying late make sup for your not being available when other people need you in order to do their work. And, as a boss, set an example: Let your staff know when you'll be late or have to leave early.
9. **Attendance counts.** People quickly become aware of who makes an effort to be there and who uses any excuse to miss a day.
10. **Don't be a squeaking wheel** As a daily work style, this approach is self-defeating. Don't be seen as "Here comes a problem."
11. **Don't carry grudges over routine losses.** You cannot win them all. No one can. Even Babe Ruth, Roger Maris, Hank Aaron and the other home-run champs were out at bat about 65 percent of the time. Expect to lose some. So don't squander your energy, the goodwill of your allies, and the patience of your boss by turning every issue into a crusade.
12. **Choose your battles carefully.** To decide if something is worth fighting for, ask yourself: How much difference does this problem really make in my job? Is it permanent or transitory? Is it worth making an enemy? And, most important, do I have a realistic chance of winning? Don't be among the astonishing number of people who fling themselves into no-win job situations.

Taken from: Fader, J. S. (1985). 25 things your boss wants you to know. *Dimensions, July-August.*