



CSI Retreat Minutes
Saturday June 6, 2009
12:00 PM-5:00 PM

Present: Cheryl Wolf, Ryan Reese, Jessica Young, Carrie Swango, Elisa Mott, Arianne Smith, Tracie Rogers, and Lauren Schommer.

The retreat started with lunch, introductions and ice-breaker to get to know each other better.

Group Process: CSI serves as bridge for academic, community, and professional worlds.

- **Small Group Processes**

- Group 1 (Cheryl Wolf, Ryan Reese, Arianne Smith, and Lauren Schommer): CSI can bridge the gap between career and their desire to leave their mark. CSI is also a means to building your resume. In the community, what do we want CSI to be?
- Group 2 (Jessica Young, Tracie Rogers, Elisa Mott, and Carrie Swango): CSI is a means to give back to the Counselor Education department and to build up our own Counselor Education Community. CSI is a way to compensate for the COE department creating our own support and community.

- **Committee Ideas: Where do you want to go?**

- Treasurer: Keeping the records clean and the checkbook balanced.
- Fundraising: Raise money and be able to continue offering the scholarships and events for students. Also reach out to alumni and professionals in the community through the silent auction, newsletters, etc... for those who continue to support CSI.
- Newsletter: Sending the newsletter as a hardcopy to alumni, but where would we get the money to fund it? Another option would be to send an alumni email to determine if people would want to subscribe (& pay) to the newsletter. An email would also allow for a quick update of what is being offered and going on with CSI.
- Wellness: To branch out and effect all aspects of life. Important to poll the Counselor Education Community on possible interests. Wellness should reflect something that is structured yet appears unstructured. It would also be beneficial to focus on 2-3 areas that is not something you have to do, but do already. Examples: running club, yoga, breakfast club, book club, fishing,

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surfing, and being willing to include others. It is important that this allows people an opportunity to not process things, but tend to their wellness. A possible needs assessment would allow information on how often and what people would like to do. It would also be important to tie wellness activities back to CSI. We could ask people to post the activities they are already planning to do and allow others to join them. This would also provide a means of outreach allowing anyone to lead. It would include a random wellness topic/activity each month.

- Community Service: Important to see who is already participating and helping to share the leadership opportunities. It is important to expand beyond TCBY to do it more often. What happens if no one shows up? How to do it without being discouraged? Solutions: having others come up with ideas of what they want to do, provide a limited amount of community service opportunities so students do not feel overtasked, and provide support for those currently in leadership roles.
- Chapter Ideas: Letter to faculty and department – how the faculty can show their support or get involved with CSI. Incentives for students (e.g., extra credit) and faculty (e.g., host a faculty breakfast) to boost involvement. Community town hall to provide a forum to discuss departmental issues. Face-to-Face recruitment efforts: having a CSI representative speak to all Intro to Counseling courses to promote involvement. Having a “Passion” talent show that showcases the talents of students in the department. What can we do to follow through with CSI activities? Solution: important to make it fun and not another obligation.
- Chapter Meetings – To encourage participation from our members who are not stepping up to be on in leadership roles, we may consider holding monthly networking/chapter meetings where all members may get together for an activity and/or speaker. A needs assessment was suggested to determine if there is interest. Suggestion to have someone (i.e., or organization/agency) host it somewhere special, or have a speaker so people want to be there. It is important to make all activities count and to provide quality instead of quantity.

- **Themes**

- Community –COE, faculty, students, alumni.
- Reaching Out.
- Needs – What are needs of all involved?
- Opportunities – Creating it for all.
- FUN!
- Advocacy and empowerment to help create community.

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- **CSI Vision for 2009-2010**
 - Creating a community in counselor education and beyond. All in favor.

- **How can CSI support you?**
 - Needs Assessment
 - Welcome Week
 - Expectations that allow others to not feel obligated to attend.
 - Local Opportunities