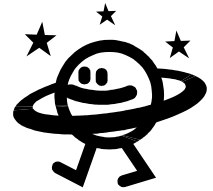




# The **SPACE** Place

School **Psychology** And **Counseling** **Events**



Volume 2, Issue 3

April/May 2008



## Upcoming Events:

- April 7-17 – Fall Registration
- April 25 – Honors Convocation
- April 25-27 – Spring Family/Hot Dog Day Weekend
- May 5 – Last Day of Classes
- May 7-12 – Final Exams
- May 17 – Commencement

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## CONGRATULATIONS Matt Nelson ! Alfred University's All-Star, raising over \$2,500!!!



Relay For Life All-Stars are the most committed Relayers -- those who achieve extraordinary results in fundraising to support the American Cancer Society through Relay For Life. The All-Star program was created to recognize individuals who go above and beyond in their efforts to help eliminate cancer as a major health concern. All Stars receive a Relay For Life Navy Blue Hooded Sweatshirt and a Commemorative All Star Pin!

Our "All-Star", Counseling student, Matt Nelson raised over \$2500 for the Relay For Life event at Alfred University held this past weekend.

At first Matt just wanted to reach the "All-Star" status by having raised \$2500, but as Matt was going around raising funds his mindset changed. He didn't have any family members who were affected by this horrible disease and he really didn't know of anyone, but as he went around asking for donations, he was told many stories of people affected by cancer. Whether they were a survivor themselves, a caregiver of someone suffering or had suffered from cancer, or a friend or family member who knew someone who had cancer. After hearing these

heart-wrenching stories, Matt decided that he couldn't just stop at the \$2500 needed for "All-Star" status. He wanted to keep on going because he knew he could do more and he wanted to fight back! Matt raised a total of \$2800. Phenomenal job Matt!

## Relay Idol Contest Judges



Matt Nelson as Randy Jolene Woleben as Paula Sabah Lodhi as Simon

## School Psychology & Counseling Relay For Life Team



On Friday, March 28, 2008 over 100 participants gathered in the McLane Fitness Center gymnasium to be part of the 12-hour Relay For Life event.

Relay For Life is an organization that raises funds, as well as awareness about cancer. Participants walk laps to celebrate survivorship and remember those lost by this terrible disease.



The walk began at 7:00pm with the survivors and caregivers taking the first lap and it finished the next morning, 12 hours later at 7:00am. At least one member of each team walked at all hours, while others enjoyed activities, performances, slept or visited the concession stand or bake sale table.



One of the activities that evening was a Relay Idol Contest. Our own survivor of childhood cancer, Alisa Makson, a School Psychology student played the part of Ryan Seacrest. Matt Nelson, a Counseling student was Randy Jackson, and School Psychology students Jolene Woleben and Sabah Lodhi were Paula Abdul and Simon Cowell. There were about six different contestants and/or groups that they judged. They did a terrific job playing their parts.



Another activity that evening was called Project Relay. Teams were given last years leftover Relay For Life t-shirts and were asked to create a costume out of them. Each team then had to model their unique design. Matt Nelson was generous enough to be our team's model. Matt sported a fabulous yellow mini-skirt and while on stage he showed us his moves (the bend and snap

from the movie Legally Blonde)! It was unforgettable!

The School Psychology and Counseling team hosted an incredible bake sale which consisted of cookies, brownies, cupcakes, various breads and other goodies as well as healthy choices such as popcorn, celery & carrot sticks, cheese & crackers and grapes. Our team also set up a craft table selling raffle tickets to win one of five homemade afghans. We also sold hemp bracelets, hemp necklaces, and a variety of homemade cards at the craft table. Our team raised \$136 on the bake sale and \$130 at the craft table.

Prior to the Relay For Life event, the School Psychology & Counseling team hosted a series of about six lunches and one breakfast. The teammates brought in a dish to pass and charged \$3 per person for an all you can eat meal. Through the lunches the team together raised about \$460. The School Psychology & Counseling faculty and staff even got in on the fun by bringing in the food for one of the lunches (on St. Patrick's Day) to give the team a break.

The School Psychology and Counseling team finished in first place having raised over \$4700! Incredible!



Dressing Matt for  
Project Relay



Survivors & Caregivers Lap



Alisa Makson & Jolene Woleben



Chillin'

# Life Lessons Through Running

By Dan Moore



The sun is setting. It is getting dark. The temperature is about 45 degrees. It has started to rain. Rain and sweat are dripping from my forehead onto the gleaming track as I hunch over. My heart rate is around 190 beats per minute. My lungs feel like they are going to burst. I can hardly move my legs. I have 30 more seconds of rest until my next half mile interval. Now 15 seconds. I do not know how I am going to finish my last two intervals. Ten seconds. I jog to the starting line. Five seconds. I take a deep breath, close my eyes. Beep. I explode off the starting line. At this point in my workout the only way I will hit my time is by starting off fast and getting slower and slower. One lap complete. I am dizzy. I can hardly breathe. I feel like quitting but something keeps me going, fighting through the paralyzing pain that is creeping over my body. I feel as though I am losing control of my body. I do not know what is keeping my legs moving. I hurl myself at the finish line, trying not to fall. Sixty seconds of rest. I have one more interval to go. I check my pulse. Nearly 200 beats per minute. Thirty seconds remaining. It is pouring now. Fifteen seconds. I can see steam vaporizing out of my body. I am cold and wet and my body is screaming at me to stop. I think about lying on the saturated ground and terminating my workout. How can I do the last interval? Ten seconds. I have nothing left. Somehow I find myself venturing toward the starting line once again, knowing it will be my last interval. I think to myself that somewhere in this world, someone like me is going to do the last interval. How can I compete knowing this? Five seconds. I hate myself right now. Beep. I explode off the start line for my last half mile repeat. How can my 60 seconds of rest go by so fast, but time goes so slow as I punish myself to complete these last two laps. It defies physics. One lap to go. My body forces me to slow down, almost to a stop. I give in for a second, but relinquish the idea of quitting and pick up the pace, angered at myself for almost giving in. I turn off my mind and just run, all that I have left, for one more lap. I cross the line and collapse. A wave of relief rushes over my body. I completed the workout. A feeling of satisfaction engulfs me, a feeling that only a few people will ever feel. This feeling is what fuels me to complete all last intervals. As I lay limp on the track, no one is there to help me up. I scrape myself off the track, feeling exhausted, but at the same time like I can accomplish anything. This "runner's high" is

indescribable. No one is there to share it with me. I would have it no other way. I slowly begin to jog again, thinking about what I had just done, and think about what I will run tomorrow as I begin my four mile cool down run.

I am a second year school psychology graduate student. Running defines who I am. I base my life around the lessons I have learned from the countless miles I have run. One of the lessons I have learned from running is what it means to be successful. To me, being successful is looking back at your actions when you know nobody else was watching and being pleased with what you did. Running has taught me this. I am able to apply this definition to graduate school. I consider myself to be successful in graduate school not because of the numbers on my transcript where anyone can see them, but because of the time and effort that I put into obtaining the grades that no one knows about. Giving all that I have is to be successful. I have found a way to balance the demands of graduate school with running 70 miles per week. I compete for a running club team named the Genesee Valley Harriers. I competed at the United States of America Track and Field (USATF) Cross Country Club National Championship meet this past December. I finished first for my team. This past February, I competed in an indoor race at Boston University in the 5000 kilometer race. I ran a personal record (PR) with a time of 15 minutes and 6 seconds. This means I ran an average of about 4 minutes and 49 seconds per mile for 3.1 miles. I consider this to be very successful not because of the time, but because I can look back and cherish what I did to earn this, and to be pleased, while keeping up with my course work. This is success. With graduation around the corner, I have been looking back at my graduate school experience. I remember the seemingly endless hours I spent reading, studying, and report writing, and I have realized that it has not been done in vein. Although it sometimes seems like it at the time, much like running intervals by myself at night in the cold rain, I have gained more than a letter grade. I have developed tools that I can build with for the rest of my life. Running has helped me keep my focus and concentration about my future as a school psychologist. The tools I have developed at Alfred University and the values I have learned from running have equipped me to be successful.

## Gwen Gagne Visits Advanced Developmental Psychology Class



Gwen Gagne, 21 months, shows off her fine motor talents for Dr. Lauback's Advanced Developmental Psychology class February 6th. Gwen was invited to the class to help the school psychology students learn firsthand about development of young children. Gwen danced to her favorite music video, showed off her sign language (hand to her ear means "I want my blanket right away please"), demonstrated how far from her mother, Dr. Gagne of the Psychology faculty, she was brave enough to venture, played ball with her favorite babysitter, Laura Veon, and allowed Sherry Dougherty to hold her after passing the "are you a real mom?" test.

## 2009 American Counseling Association Conference



You are invited to explore the world of counseling with us in 2009 as we share insights and expand our knowledge. With the message of "One Counselor, OneWorld," we will seek out the best ideas, research and wisdom from across the globe to our own backyard.

ACA 2009 Annual Conference & Exposition, Charlotte, NC; March 19-23, 2009. The event is co-sponsored by the North Carolina Counseling Association and they are ready to welcome thousands of counseling colleagues to their beautiful state. Online registration begins on April 3<sup>rd</sup> or you may download a registration form at [www.counseling.org](http://www.counseling.org) or call 800-347-6647, ext. 222 to register.

**ACA's Annual Conference & Exposition always delivers the highest value with:**

- More than 400 Education Sessions
- Advanced level programming
- Inspirational Keynote Speakers
- Opportunities to earn more than 30 CE credits
- The largest Expo dedicated to counseling resources

Plus, career opportunities/job interviewing, networking events, special pre-conference Learning Institutes, and much more!

### Proposal Timeline:

**April 9, 2008:** Online proposals open

**June 2, 2008:** Proposal Submission Deadline (9:00 p.m. ET)

**August 15, 2008:** Acceptance/rejection notices by email

**November 1, 2008:** Scheduling notices by email

## 2009 American Psychological Association Annual Convention

**APA Convention in  
Boston, MA  
Aug. 14-17, 2008**



The American Psychological Association is pleased to announce the 116th Annual APA Convention, August 14-17, 2008, Boston, MA. THE Psychology Show! The Boston Convention & Exhibition Center will be the site of most of the divisional and APA convention activities.

APA has invited a broad array of speakers to present at its Annual Convention, Aug. 14-17, in Boston. The presentations and speakers include: "Up Close and Personal with Robert J. Sternberg, PhD"; Drew Westen, PhD, on the "Inside the Mind and Brain of the Voter: The Presidential Campaign of 2008"; Kelly D. Brownell, PhD, on "Do We Have the Courage to Change the Nation's Diet?" and many others.

2008 Convention registration and hotel reservations will open on Tuesday, April 15. For more information, log onto [www.apa.org](http://www.apa.org).

## Relay For Life Lunch Recipes

We've had some fantastic food brought in for our Relay For Life fundraising lunches. If you didn't join us, you surely missed out. Here are some of the recipes from that great food:



### Italian Style Green Beans

Alisa Makson

- 1 lb frozen green beans
- 1 large can diced tomatoes
- 1 small bottle Italian salad dressing
- Salt & pepper, to taste
- Medium onion, diced (optional)

In large pot, boil green beans until tender. Drain. Add tomatoes, 3/4 of bottle of Italian dressing, and onions to green beans. Heat through, stirring occasionally. Add salt and pepper to taste. May need to add more Italian dressing as necessary to coat all ingredients.

### Auntie Cynny's Cake Cookies

Alisa Makson

- 1 box prepared cake mix, any flavor
- 3 tbsp. flour
- Egg(s), oil, water as according to directions on cake box.
- Frosting, sprinkles, decorations

Prepare cake mix according to directions on the box, adding 3 tbsp of flour to the mix. Drop rounded spoonfuls onto cookie sheet. Bake for 6-8 minutes in 350 oven. Frost with desired frosting, sprinkles, etc. Enjoy!

### Au Gratin Potatoes

Lisa Sanford

- 5 lbs potatoes (peeled, sliced)
- 2 c (8oz) shredded cheddar cheese
- 1 c (4oz) shredded swiss cheese
- 1 can (10.5oz) cream of celery soup
- 2 tbsp butter or margarine
- 3 tbsp flour
- 2 ½ c milk
- 2 tbsp dijon mustard
- ¼ tsp salt
- ¼ tsp pepper

Melt butter in medium saucepan over medium heat. Stir in flour; cook 1 minute. Stir in milk, mustard, salt and pepper; bring to a boil. Reduce heat and cook; stirring constantly until mixture thickens. Stir in cheeses and cream of celery soup. Stir in potatoes. Pour into greased baking dish. Cover with foil and bake at 400 degrees for 30 minutes. Remove foil and continue to bake 15 to 20 minutes more until potatoes are tender and top is browned. Remove from oven and let stand 10 minutes before serving.

### Breakfast Fruit Squares

Matt Nelson

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1/2 cup white sugar
- 1/2 cup confectioners' sugar
- 1 egg
- 2 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon cream of tartar
- Whipped cream
- Fruit pieces (strawberries, blueberries, kiwi, raspberries, etc)

Preheat oven to 375 degrees. Lightly grease baking sheet. Cream butter or margarine, shortening, white sugar and confectioners' sugar together until light and fluffy. Beat in the egg and the vanilla. Sift the flour, baking soda, salt and cream of tartar together. Add the flour mixture to the sugar mixture and blend. Press dough onto baking sheet. Bake at 375 degrees for 10 to 12 minutes or until lightly browned. Cool. Spread with whipped cream and top with your favorite fruit pieces.



Alfred University  
Support Staff Council presents

## DUMP & RUN



### What is Dump & Run?

Bins will be placed around campus in May to collect and recycle unwanted still-usable items as students are moving out this spring. Students can dump items that they no longer want and/or can't fit into their car into the Dump & Run collection boxes. These items will later be sold at a yard sale and the proceeds will be donated to local charities.

Items accepted: basically anything that is still-usable, such as: clothing, shoes, books, electronics, kitchenware, decorations, school supplies, and furniture. Any non-perishable food will be given to a local food bank.

If you'd like to help and/or would like more information, contact Nancy Freelove @ x2658 or [Freelove@alfred.edu](mailto:Freelove@alfred.edu)

*Your trash could be someone else's treasure!*

### Etiquette Dinner and Fashion Show

Powell Campus Center, Knight Club  
Thursday, April 3, 2008  
6-9 p.m.

How do you get that last pea off the plate, eat French onion soup, carry on a conversation with a mouth full of pasta, and dress appropriately for all aspects of the job? Join us and find out.

RSVPs required through the Career Development Center, 871-2164 or [cdc@alfred.edu](mailto:cdc@alfred.edu)

### Rochester Teacher Recruitment Day and Teacher Recruitment Day USA

will be held on Wednesday, April 9, 2008 at Total Sports Experience, 880 Elmgrove Rd., Rochester, NY 14624. There will be two separate recruitment events occurring simultaneously at the same location. You may participate in one or both of these events. If you choose to participate in both programs, you must register separately for each.

**YOU MUST PRE-REGISTER. THERE WILL NOT BE REGISTRATION AT THE DOOR**

Link:

[http://www.racda.org/TRDUSA/TRD\\_Student\\_Info\\_08.doc](http://www.racda.org/TRDUSA/TRD_Student_Info_08.doc)

Contact Mark McFadden, [mcfaddenm@alfred.edu](mailto:mcfaddenm@alfred.edu).

## The Cattaraugus-Allegany-Erie-Wyoming School District Annual Job Fair CA BOCES Center in Olean April 25, 2008

**ALL CANDIDATES SELECTED FOR INTERVIEWS WILL BE NOTIFIED BY  
EMAIL ON OR BEFORE 4/15/08**

### Pre-Registration is Required!

- On-line registration and resumes **must be completed and received on or before March 14, 2008**. Registration received after that date will be put on a waiting list or called if an interview vacancy occurs.
- Upon receipt, resumes will be forwarded to the school district(s) of your choice for review.
- Each district will select the candidates they wish to interview.
- CA BOCES staff will contact the selected candidates and set up the districts' interview schedule.
- Candidates will be contacted no later than April 15, 2008.
- Candidates whose resumes are received after March 14, 2008 will be put on a stand-by list.
- If you are selected for an interview, please arrive one hour before your first scheduled interview and check in at the registration desk.

*The registration date has come and gone, but from info we have received, there is still a significant need.*

<http://sites.schooltools.us/sites/Fair/page.asp?PageID=1&SectionID=1>

## April/May Birthdays

Lauren Paladino 4/07  
 Noah (the dog) 4/12  
 Jessica Mooney 4/13  
 Allison Smith 4/16  
 Danielle Merrill 4/19  
 Emily Mishalanie 4/25  
 Michelle Scott 4/27



Heather Pryslopski 5/05  
 Shawn Day 5/12  
 Heather Coles 5/15  
 Matthew Nelson 5/19  
 Katherine Curran 5/27  
 Sherill Anderson 5/29

### April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Counseling Practicum Supervisor Luncheon	5
6	7 Myra Batista Dissertation 3:30pm Powell Institute	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 <b>Earth Day</b> 	23 <i>Administrative Professionals Day</i> 	24	25 <b>Intern Day</b> Honors Convocation	26
27 Day Weekend	28	29	30			

### May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Classes End (after last class meets)	6	7 Final Exams begin (grades due within 48 hrs)	8	9	10
11 <b>Mother's Day</b> 	12	13	14	15	16	17 Commencement Graduation Picnic following ceremony
18	19 Counseling Qualifying Exams	20 School Psychology Qualifying Exams	21 School Psychology Qualifying Exams	22	23	24
25	26 <b>Memorial Day</b> 	27	28	29	30	31

Dump & Run Yard Sale