



APRIL 2024

# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program

## Introduction

BY LIZ BURKE AND LAUREN ANDERSON

Hello readers! We hope you are enjoying this lovely April. With the season of spring in full bloom, campus is more lively and beautiful than ever. Just as the flowers have grown this spring, so have the students of CCP. Students in 496 are coming to a close on their first semester of CCP, preparing to apply their skills next year. Students in 341 are nearing the program's end, with many preparing to apply the skills they have learned in the real world. In our April issue, our CCPs showcase the growth they have made through reflection on both their experience in CCP and their goals for the future. In this issue, we also reflect on the history and growth of the Counseling Center. Enjoy!

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# Parallel Paths: CCP Reflections & Goals

BY RACHEL NEWMAN & SHIULI RAI

In this piece we interviewed two Counseling Center Paraprofessionals (CCPs) from our 496 cohort, which is the first semester in the three-semester long program and the training semester. Then, we interviewed two CCPs from the 341 cohort which is the last semester in the program. These interviews are intended to showcase the growth a CCP can undergo in the program as we mainly asked 496 about their goals in the program, and 341 about their accomplishments.

**496**

## **Chelsea Love (she/her)**

1) What's been your favorite part of the CCP program so far?

*My favorite part of the CCP program is experiencing and witnessing growth alongside my peers and becoming equipped to help others with mental health related topics.*

2) What are you most looking forward to in the CCP program next year as a fully trained CCP?

*I most look forward to facilitating a Tuesday @ 7 in Fall 2024 so that I can put my training to use. I'll be able to relate to others while also providing the resources and information to help them grow. Potential topics would be "how to make friends," "dealing with burnout," and "coping with social anxiety."*

3) What's a specific goal you'd like to achieve?

*A goal I would like to achieve is getting over my fear of public speaking, and also gaining the experience of hosting mental health workshops and helping others.*

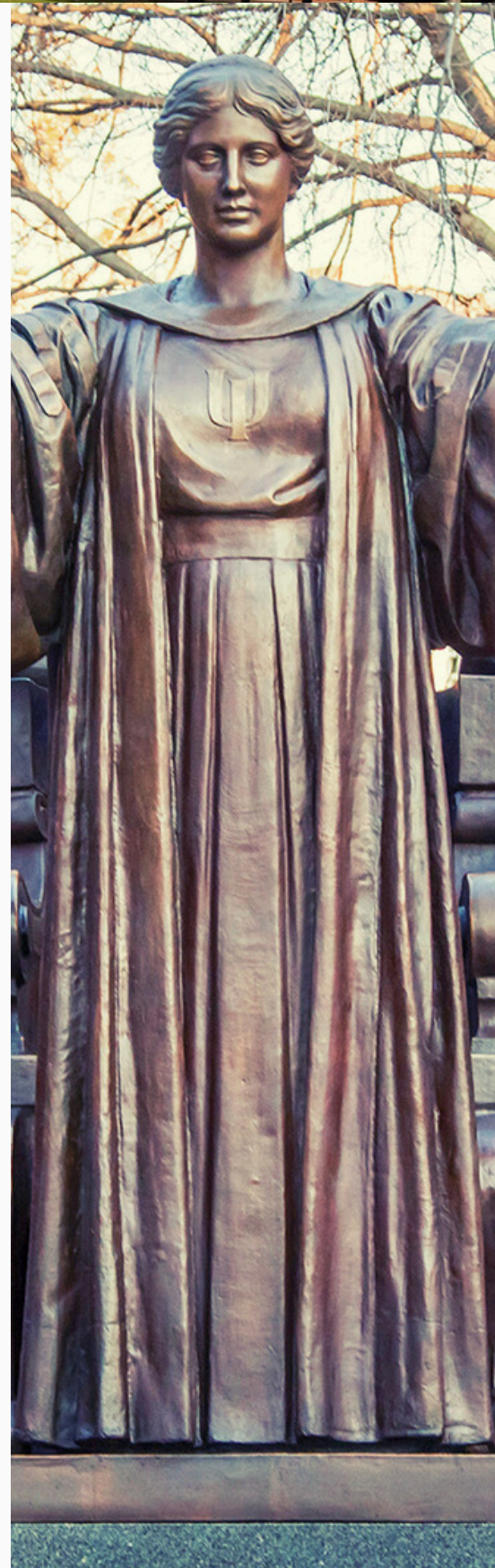
4) Is there anything else coming up for you next year outside of the program/plans previously shared?

*Next year I look forward to finally having an apartment and being more in control of the food I eat to reach my health goals!*

## **Celeste Tomaselli (she/her)**

1) What's been your favorite part of the CCP program so far?

*Getting to know all the wonderful people in my cohort.*







2) What are you most looking forward to in the CCP program next year as a fully trained CCP?

*I'm most looking forward to getting more directly involved with the Counseling Center—specifically, being involved in outreach teams.*

3) What's a specific goal you'd like to achieve?

*While this may not be super specific, I'd like to have a moment where I know for sure that I've helped someone. That would really mean a lot. I'd also like to get into grad school.*

4) Is there anything else coming up for you next year outside of the program/plans previously shared?

*I'll be involved in my last season on the Marching Illini Drumline, and I'll be a section leader!*

**341**

**Erin Han (they/she)**

1) What's been your favorite part of the CCP program so far?

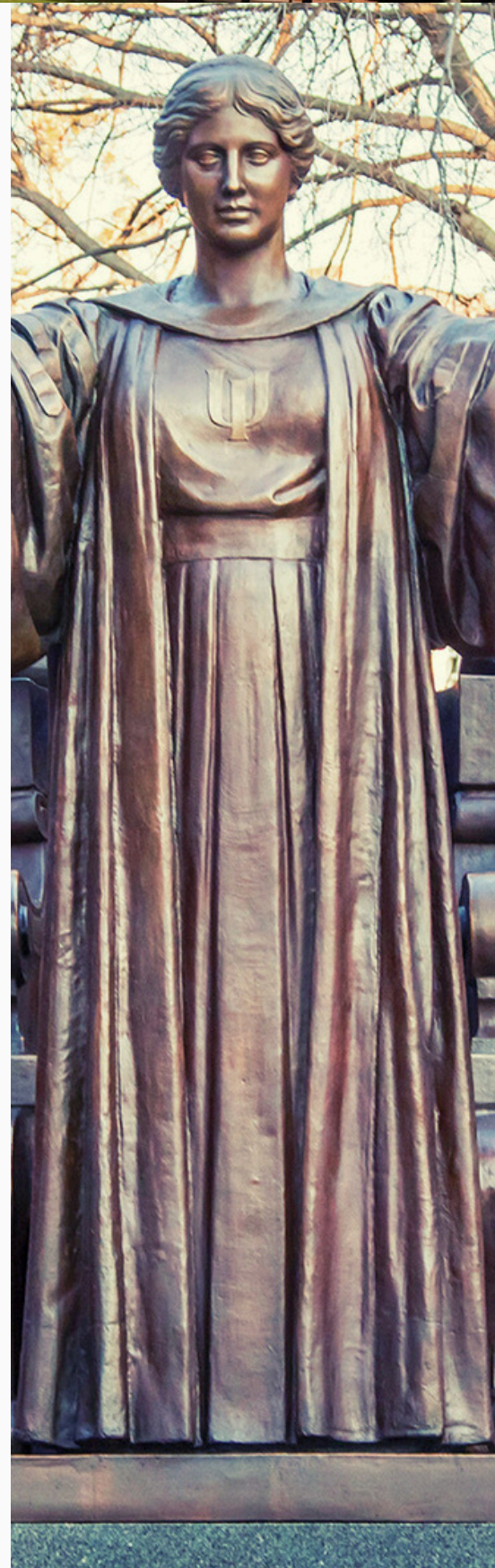
*My favorite part of being in the CCP Program has been finally feeling like I am a part of our community here on campus. Before CCP, I couldn't find any organization or RSOs that I truly wanted to be a part of despite wanting to be a part of the campus community somehow other than by being a student, but through the outreach that we do. I have met wonderful people, and I now know I am a part of this community!*

2) Can you share a goal you had for yourself to accomplish as a full CCP when you began the program in 496?

*A goal I had in 496 that I wanted to accomplish was getting over my performance anxiety. It felt like a pipe dream at the time and I never thought I would actually make this goal, but through all I've learned and experienced during my time in the program and through much practice, I found myself one day realizing that the anxiety that had hindered me so much in the past had all but disappeared.*

3) Is there anything else coming up for you next year outside of the program/plans previously shared?

*I don't have much coming up in the next year, but my partner and I are getting our own place together with our three cats! Our current apartment isn't the best, so we're really excited to make a new apartment perfect for us and our three fluffy menaces to society!*







**Aidan O'Dell (he/him)**

1) What's been your favorite part of the CCP program so far?

*I think my favorite part of the CCP program has been connecting with so many people. Whether it be my fellow CCPs, staff members, or people who come to our outreach events, I value being in close contact with bright minds. My CCP folks have become like family to me, even those with whom I don't get to spend much time. I hope they all know how much I care about them!*

2) Can you share a goal you had for yourself to accomplish as a full CCP when you began the program in 496?

*Candidly, a very odd goal I had was to become the "best" CCP. I just wanted to be really, really good at my job. A more realistic goal I had was to increase my support skills like listening and responding with empathy and understanding. I want to make people feel seen and heard.*

3) How have you achieved this goal or made progress on it since 496?

*CCP has given me a lot of time to practice these skills. It's also given me concrete aspects of communication I can work on to support others and be more aware. I still wouldn't mind becoming the "best" CCP, but everyone brings their own unique strengths to the program. It's sort of like how a single band of color on its own isn't all too interesting, but when many colors come together to form a rainbow, you have something special.*

4) Is there anything else coming up for you next year outside of the program/plans previously shared?

*I'm hoping to get a few years of research experience and hopefully be included in some publications during this time. I want to build my skills before I apply to grad school. I'm not sure if I'll start that as soon as I get back home though, it might be a next fall type of thing. I'm going to apply, yet again, to my dream summer job—working at an ice cream store. I love food and ice cream and being cool in the summer, and so I think I'd really be a motivated worker. Hopefully I'll make some good tip money too. I'd also like to keep up with my folks in CCP and other friends from college. Maybe I'll get to attend the 50th anniversary!*

These interviews highlight the journeys of personal and professional growth we have gone through and are going through as CCPs. From aspiring to facilitating workshops to overcoming anxiety, each CCP's dedication to the cause shines through. We hope that the overlap of future goals and past accomplishments visible through these interviews brings some ease to the concerns of the upcoming cohort!







## Stress Management Month/ Counseling Center History

BY WILL JAKOBY, DIKSHA KESHAV & JONNY HUERTA

Welcome to spring! It seems like the weather here in central Illinois is changing everyday, but the same cannot be said about our work as CCPs! Our outreach within Illinois' campus community remains consistent, and so does our goal to be students helping students. April is National Counseling Awareness Month and National Stress Awareness Month. Because of this, we want to highlight the history of the Counseling Center, as well as the work we are doing to help educate students about stress management.

The University of Illinois Counseling Center has quite the history! It all began in 1938 when a couple of professors, Dr. R. G. Bone and Dr. G. Brighthouse, decided to offer counseling to students. Back then, it was all about helping with academics and probation. As time went on, they started covering more areas like personal and vocational counseling, which was pretty innovative for the time. By 1940, they even had psychologists onboard. The center went through numerous name changes and reorganizations, finally settling on the name "Counseling Center" in 1982. They've always been big on training too, starting programs like the Counseling Center Paraprofessional Program in 1978. They've even teamed up with the Theatre Department for INNER VOICES Social Issues Theater since 1995. Today, with a team of over 50 staff members, they're still all about helping out the students at the University of Illinois.

The University of Illinois Counseling Center offers various stress management programs to help students through tough times. One stress management program that the Counseling Center offers is the RIO (Recognition, Insight, and Openness) series. This outreach and prevention program teaches students techniques for how to recognize and overcome situations that induce stress, frustration, and anxiety. This program is open to all Illinois Students regardless of whether they are current clients of the Counseling Center. RIO also provides skills to help students manage and reduce anxiety, adapt to new challenges, understand their thoughts and feelings, move beyond feeling "stuck", and help them get out of their comfort zone.

