

NOVEMBER 2023

# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program

## Introduction

BY WILL JAKOBY

As the leaves change and the weather gets chilly, another edition of the Paraphrase comes to your inbox! We hope that we find you in good spirits! It's hard to believe that we're already in November, but we CCPs are still hard at work preparing outreach for our campus community. In this edition, we will focus on our Forty-Fifth Anniversary Celebration! Our focus as CCPs during this event has been the past, present, and future of the CCP program. Throughout this edition we will be discussing the formation of the CCP program, our experience of the Forty-Fifth Anniversary Celebration, and what we envision for the future of the CCP program. Grab your favorite fall drink, cozy up, and enjoy this edition of The Paraphrase!

## This Issue:

PAGE 01  
INTRODUCTION

PAGE 02  
OUR CCP ORIGINS

PAGE 03  
45 YEARS OF THE  
COUNSELING CENTER  
PARAPROFESSIONAL  
PROGRAM

PAGE 04  
EMBRACING CHANGE: A  
REFLECTION ON 45  
YEARS OF THE  
PROGRAM

PAGE 05  
UPCOMING EVENTS

# Our CCP Origins

BY WILL JAKOBY

During our CCP class on Thursday, November 2, we had the pleasure of meeting with the original founder of the CCP program, Dr. Ralph Trimble, as well as two former CCP Program coordinators, Dr. Dennis Vidoni and Dr. John Powell. During this class, we spent much of our time discussing the origins of the CCP program and how it compares to our work as CCPs today. Dr. Trimble started the CCP program in 1978 when he had the idea to implement student-led workshops on test anxiety. Eventually, as more students started getting involved with these peer-led workshops, the topics branched out to include other student wellness issues. Just as it is today, the goal of this program was to create a diverse network of students helping other students. Eventually, Dr. Vidoni took over as the coordinator of the program and expanded the CCP program to include a course component. We now know this to be PSYC 496, 340 and 341. After Dr. Vidoni moved on from the CCP program, Dr. Powell took over as the program coordinator, and even further developed the CCP program and course.

The CCP program has changed a lot over time, but our goal to be empathetic and effective peer mentors has always remained constant. We would like to thank Dr. Trimble, Dr. Vidoni and Dr. Powell for their time and insight. Without their work, we would not have this incredible opportunity today!

Our in-class  
meeting!



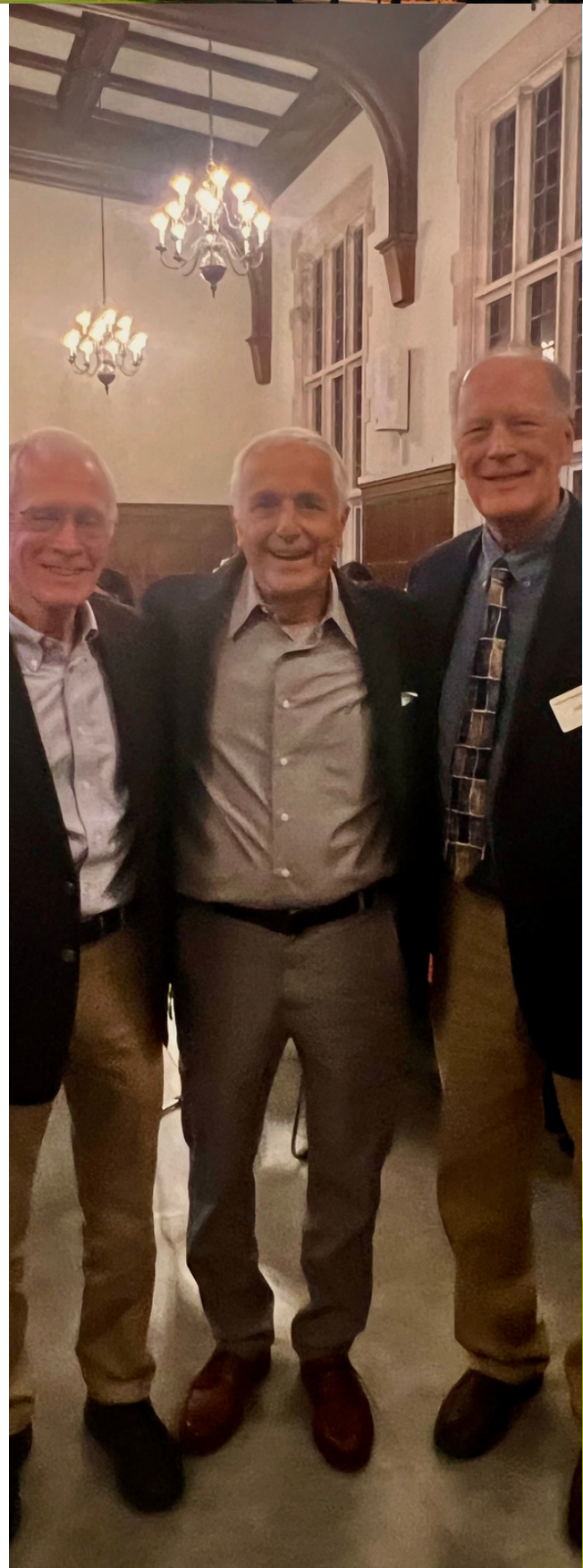
*The style of this article was inspired by the "Winter 2005" edition of the Paraphrase!*



## 45 Years of The Counseling Center Paraprofessional Program

BY LAUREL SILVA

This year marks 45 years of the Counseling Center Paraprofessional Program, and of course, a celebration was in order! Dr. Rebecca Schlesinger, along with Counseling Center staff and paraprofessionals from the Forty-Fifth Anniversary team organized an awesome event to honor the legacy we have created here as well as its future. We were fortunate enough to have three of the founding members and past coordinators of the program in attendance. Dr. Ralph Trimble, who personally founded the program, gave a heartfelt speech recognizing how far the program has come since he first created it 45 years ago. This, along with so much of his amazing work, is his legacy. Dr. Dennis Vidoni, the second program director, spoke about the program being passed off to him and reshaping the program into what it is today: a three semester class and program headed by an instructor. To Dr. Vidoni, the most important part of the program is the relationships that you build (and shout out to Dr. Vidoni for being a dedicated reader of the Paraphrase!) within your cohort. Then, we heard from Dr. John Powell, who shared his insight on teaching and ended with an anecdote about encouraging a student to stick around and try the program despite her anxieties; it left us with a parting message that failure was to be expected-- but you can and will improve, and that is what is so important. CCPs from the last 45 years, from all cohorts, attended and were able to reunite and remember just how important this program truly is. Just like Dr. Vidoni says-- the relationships that you build here are one of the most important parts of the program.



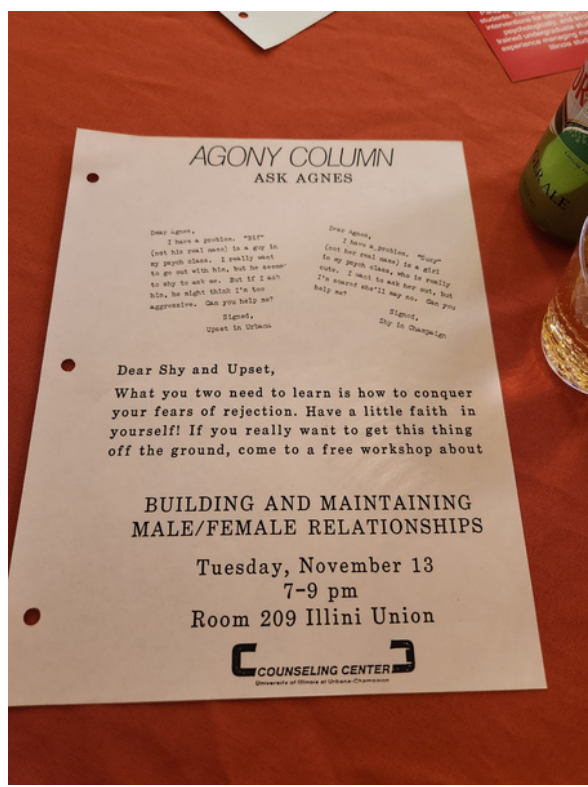


# Embracing Change: A Reflection on 45 Years of the Program

BY SHIULI RAI

Just as the CCP program encourages paraprofessionals to grow and change, so too does it grow and change itself. While we flooded Dr. Trimble, Dr. Vidoni, and Dr. Powell with our questions about the founding of the program, they had questions for us too. The first (and most pressing) being what a tabling is. A tabling, something that is now so fundamental to us CCPs when we think of the outreach we do, was something new to them! Moreover, while at the Forty-Fifth anniversary celebration, we got a chance to look at past CCP paraphernalia (photos of which have been attached here). Just as we now create fun and trendy TikToks to advertise our Tuesdays@7, we can see here in these photos the posters they created in the past. Dr. Vidoni saw his first TikTok only a few weeks ago, and it was one made by our CCP cohort members! These are just some ways in which the program has changed to keep up with the times and to do what is in the best interest of our campus and our community.

While a lot might have changed as the program evolved, the title “Tuesday@7” isn’t the only thing that remains unchanged: we are still people who want to make a difference in people’s lives, and as the program continues to evolve, we hope that this remains a constant.





## Upcoming Events

BY SHIULI RAI

### Tuesdays @ 7

- Finally Surviving and Thriving During Finals
  - December 5 on Zoom

### Other Notable Events:

- Finish Strong
  - November 29 at Main Library (4:00 p.m. - 6:00 p.m.)
  - November 30 at Daniels Hall (11:00 a.m. - 1:00 p.m.)
  - December 1 at Student Dining and Residential Programs (11:00 a.m. - 1:00 p.m.)
  - December 4 at Illinois Street Residence Hall (12:00 noon - 2:00 p.m.)
  - December 5 at Illini Union (12:00 noon - 2:00 p.m.)
  - December 6 at Sherman Hall (4:00 pm - 6:00 p.m.)
  - December 7 at Campus Rec (4:00 pm - 6:00 p.m.)

For online Tuesdays @ 7...

**Zoom ID: 874 0075 6868**

**Password: 357626**

**\* Make sure you login using your Illinois email!**

