

# M.C.P. PERSPECTIVE

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Benedictine University

March 2003

## Third life span lecture: Dancing to the End with Life and Loss

The M.C.P. department is hosting its third in a series of lectures on April 17, 2003. The title of the lecture is "Dancing to the End with Life and Loss" and will be presented by Peggy Cassens, M.S.W. Cassens is an adjunct faculty member with the M.C.P. department teaching the Grief and Loss course.

Cassens began her career in psychotherapy in 1974 following five years of teaching and psychiatric hospital training. After earning her masters in social work at Jane Addams School of Social Work at the University of Illinois-Chicago, she became a clinical social worker working for Lutheran Welfare Services. She joined a private practice at North Park Clinic and the Allied Health Professional staff at Old Orchard Hospital. In 1982, she

began private practice in Wheaton, Illinois and has been a psychotherapist with Alliance Clinical Associates since 1994.

Having experienced widowhood as a young mother and the deaths of elderly parents, Cassens understands the subject on a personal as well as a professional level. The lecture will explore with deeper understanding the need for a feeling of continued purpose, inclusion in decision-making, a sense of control over what is happening and adequate health care that are the cornerstones of continuing hope for those approaching life's end.

The lecture is appropriate for all whose lives touch the elderly through professional or personal contacts.

The lecture will be presented at Benedictine University in the

Krasa Presentation Room with check in at 8:30 a.m. and the presentation beginning at 9:00 a.m. Registration is required and is free for M.C.P. students. For more information or to reserve a seat, contact Elizabeth Summers by phone at (630) 829-6230 or by e-mail at [esummers@ben.edu](mailto:esummers@ben.edu). Information is also on the department web page at [www.ben.edu/MCP](http://www.ben.edu/MCP).

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

-Marilyn Ferguson

### IMPORTANT DATES

- March 24  
Spring classes begin
- March 31  
Winter degree conferral
- April 14  
Commencement confirmation deadline
- April 17  
Life Span Lecture with Peggy Cassens
- May 9  
Last day to withdraw (before eighth class meeting)
- May 12  
FP evaluations due  
Intent forms due
- May 15  
Spring Breakfast
- May 23  
Winter incompletes due
- May 26  
Memorial Day; campus closed
- May 27-31  
Cap and gown pickup
- June 1  
Spring term ends
- May 31  
Commencement

## MCP department announces forms on web

In an effort to assist M.C.P. students in their busy lives, the department has added a link to the department web page that will take students to M.C.P. forms. Forms that are available are the field placement evaluation, interview and initiating forms, the notification of intent forms, transfer and waiver forms, and the non-clinical proposal form.

The forms can be found on the departmental forms Web page



at [www.ben.edu/MCP/mcp\\_forms.html](http://www.ben.edu/MCP/mcp_forms.html). The department Web page is at [www.ben.edu/MCP/index.html](http://www.ben.edu/MCP/index.html). From that site, students can also access M.C.P. Perspective newsletters, the Life Span Services link and a link to our certificate courses.

If there are other forms students would like to access, please notify the departmental office 630-829-6230.

## Life Span Services students encouraged to join the ASA

The American Society on Aging (ASA) is the largest and most dynamic network of professionals in the field of aging. ASA members include anyone who wants to stay on the cutting edge in the growing field of care for the aging. Students may join the society at a reduced membership fee rate, and students will find the benefits are worth the \$60 fee. Regular individual membership is \$135.

Mentoring programs, networking opportunities, education and training and special resources are all available to members. The mentoring programs include an ASA advice line, expert advice via e-mail, phone or fax and the Joint Conference Mentor/Shadower program, in which students shadow a mentor while attending the annual ASA conference. A listserv and student membership directory provide great avenues for networking opportunities. There are also special student activities available to members at the annual ASA-National Council on Aging joint conference. Special resources help students find tips on how to make presentations, find links to Web sites on aging and more.

The ASA Web site can be found at [www.asaging.org](http://www.asaging.org). You will need to provide proof of full-time student status. That can be attained in Ben Central.

### Additional Websites on Aging

Joint conference information  
[www.agingconference.org](http://www.agingconference.org)

Generations Journal on Aging  
[www.generationsjournal.org](http://www.generationsjournal.org)

Older Adult Mental Health and Wellness Resources  
[www.wellness-resources.com](http://www.wellness-resources.com)

National Council on Aging  
[www.ncoa.org/index](http://www.ncoa.org/index)

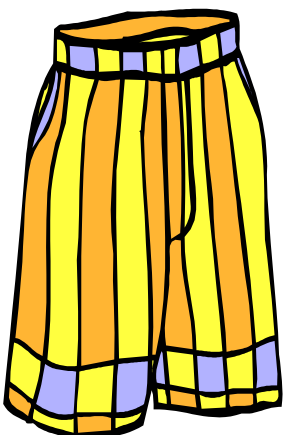
National Institute on Aging  
[www.nia.nih.gov/](http://www.nia.nih.gov/)

Guilford Press (50 percent off student discount)  
[www.guilford.com](http://www.guilford.com)

APA graduate students  
[www.apa.org/apags/join](http://www.apa.org/apags/join)

## 2003 Commencement event packets to arrive soon

Those students planning to participate in the 2003 Graduate Commencement will receive a packet of information from the Academic Affairs office in the near future. In it you will find a schedule of events and other detailed information. That information includes specifics about picking up of caps and gowns. Pickup runs from May 27 to May 31. To pick up caps and gowns before May 31, go to the Benedictine University Bookstore. Please be advised that **all financial obligations, including graduation, parking and library fees, must be settled prior to pick-up of caps and gowns.** If you are going to pick up your gown the day of Commencement, please call the University to be certain that there is no financial hold on your account. If there is, you will not be allowed to participate in the graduation ceremony. Also please note that Commencement will be held on Saturday, May 31. This is before the end of the term, which is June 1. If any graduate intends to participate in the ceremony, please try to avoid any weekend management classes that meet the weekend of May 30.



## Benedictine Briefs

- All students enrolled in field placement are required to take MCP 695—Issues Facing the Intern once during each placement, but remember that you may take MCP 695 for credit more than those two times.
- Please remember to sign your field placement supervisor evaluation before turning it in to the department. Failure to do so may delay your grade for placement.
- Remember student rosters are revised and available each term in the M.C.P. office.

## American Psychological Association Graduate Students looking for nominations

The American Psychological Association of Graduate Students (APAGS) recently called for recommendations for their Awards for Those Who Support and Encourage for 2003. The award is given annually to a graduate psychology department that has exemplified an outstanding level of commitment toward graduate students and graduate student life. The award is for \$1,000 to be used to further benefit students. It recognizes superior assistance and attention to students' needs, as well as excellent faculty-student relations. The application is initiated by at least one APAGS member in collaboration with the department chair by writing a two to three page letter describing departmental and faculty efforts to meet the needs of students and improve graduate student life.

In addition, a brief summary of information about the department, including degree offered, number of faculty, students and approximate number of APA and APAGS members should be attached. Five copies of these materials should be sent to APAGS Department of the Year Award, APA, 750 First Street, NE, Washington, DC 20002-4242. All applications must be postmarked by June 16, 2003.

The APAGS also annually awards the Raymond D. Fowler Award, which honors a psychologist who has made an outstanding contribution to the professional development of students. Criteria for selection include: encouraging and facilitating academic and/or scientific excellence; encouraging broader

socialization of students; helping students to shape their own professional identity. Nominators must be currently enrolled in a graduate program in psychology and be a member of APAGS. To nominate someone, the nominator must write an overarching nomination letter that captures the points detailed in letters of support (three letters maximum) that should accompany the nomination. An abbreviated Curriculum Vita for the nominee (seven pages maximum) is required. Fives copies of the nomination materials should be sent to APAGS Fowler Award, c/o APAGS, 750 First Street, NE, Washington, DC 20002-4242. This application must also be postmarked by June 16, 2003.

## Financial aid office announces scholarships

The Benedictine University department of financial aid recently announced some private scholarships for which M.C.P. graduate students may be eligible.

The Oak Brook Business and Professional Women's Organization awards a \$500 scholarship based on need, character and promise of future achievement. To be eligible for this award an applicant must:

- Be female and at least 25 years of age as of January 1, 2003
- Be a United States citizen
- Demonstrate financial need
- Be a degree-seeking, full- or part-time student
- Have plans to enter or reenter the job market or to improve chances of achievement.

Applications must be postmarked by or on Saturday, May 31, 2003.

FIERI Chicago offers the opportunity for a \$1,000 scholarship for students of Italian-American descent. Applicants must be a resident of Cook, DuPage, Kane, Lake, Will or McHenry counties, have one parent of Italian ancestry, be enrolled as a degree-seeking student in a two-year or four-year institution and pursuing an undergraduate or graduate degree. This is a one-time award, and applications must be received by April 19, 2003.

For information on these scholarships, contact the Financial Aid Office in Ben Central.

Additional scholarship help can be found at the FastWeb Web site ([www.fastweb.com](http://www.fastweb.com)). This site provides customized scholarship searches and lets you know via e-mail when a qualifying scholarship is available for application. The site has more than 600,000 scholarships listed worth \$1 billion. No fee is charged for this service.

I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor.

**-Henry David Thoreau**

**Benedictine University**

**March 2003**

Graduate Department of Clinical Psychology  
Benedictine Hall, Room 358  
5700 College Road  
Lisle, IL 60532  
Phone: (630) 829-6230  
Fax: (630) 829-6231



## **MCP ACADEMIC SCHEDULE UPDATES AND INFORMATION**

The summer schedule is on Ben U Live and students may register for summer at this time. If you need advising, contact Liz Summers to set up an advising appointment with Margie Salyer after spring break.

There will be two group classes offered in the summer 2003 schedule. MCP 633—Group Counseling and Psychotherapy will meet during the first five weeks, meeting two times a week, and MCP 516—Group Process will meet on the same schedule the second five weeks. To take MCP 516, you must take MCP 633 as a prerequisite.

MCP 668—Biology of Aging, which was canceled from the spring schedule, has been added to the summer schedule. It will be taught by Alice Sima on Monday and Wednesday afternoons in the first five weeks.

MCP 658—Career Counseling, Testing and Planning has been placed on the summer schedule. It will also be offered in the first five weeks of summer term. Students are advised that this course is required for licensure and is currently offered only once a year.

MCP 651—Maladaptive Behavior and Psychopathology has been added to the fall 2003 schedule. More information on the fall schedule will be in upcoming issues of this publication.

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

**-King Whitney Jr.**