

FREQUENTLY ASKED QUESTIONS (FAQ'S) GUIDE MASTER'S PROGRAMS IN SCHOOL & COMMUNITY COUNSELING NAU-YUMA, SUMMER & FALL, 2007

- For an electronic version of this, please go to: http://jan.ucc.nau.edu/~wjk4/
- If you are not sure if you are on our database of prospective students, please contact the NAU-Yuma Administrative offices at 928.317.6432 and leave your name, address, phone contact info and email with them, and they will gladly add your info so we can stay in touch.

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Program Descriptions

- 1. What is the difference between the School Counseling Master's and the Community Counseling Master's?
 - The courses for each program overlap somewhat. But the emphases are different. The **48-credit** hour School track is geared toward training to become an "Arizona-Certified Guidance Counselor K-12". In fact, once a student graduates with a School Counseling degree, he or she can immediately apply for and receive his/her K-12 guidance Counselor Certificate from the Arizona Department of Education. The training is *not* oriented toward becoming a psychotherapist that is what the Community Counseling degree is all about. The Community Counseling degree (60-credit hours) emphasizes non-school related work, ie, counseling others in mental health settings such as agencies, clinics, social service agencies, hospitals, private practices, etc.
 - Community Counseling Program and Courses:
 http://coe.nau.edu/academics/eps/pdf/eps_MA_Counseling.pdf
 - # School Counseling Program and Courses:
 http://coe.nau.edu/academics/eps/pdf/eps_MEd_School_Coun.pdf
 - O Although the programs have several courses in common, the School Counseling track requires 5 courses that are unique to that program, including Intro to School Counseling, School Counseling Practices, Child & Adolescent Counseling, and a School Counseling-based Practicum and Internship. The Community Counseling cohort also offers additional psychotherapy-based coursework that's very different from the School Counseling curricula.
- 2. How long do these programs take to complete?
 - The <u>School Counseling</u> program usually takes **about 2 years** to complete, while the M.A. in <u>Community Counseling</u> generally takes **2.5 to 3 years** to complete. In order to complete the program in those time spans, the students usually attend "full-time", which means that they take at least three 3-credit hour course per semester. Students can pursue their coursework on a part-time basis, ie, with less than three 3-credit hour courses per term, but this requires careful planning due to course sequencing issues.
 - The Community Counseling program is full time, usually 3 classes per semester, year round. All classes are offered in the evenings (usually 4:30 9:30 P.M. for 8 weeks, or 4:30-7:00 for 16 weeks, and sometimes on weekends. Each **16-week semester** is divided into 8-week sessions. The first 8 weeks you will generally have one class, the second 8 weeks a second class and a third class that partially overlaps the other two for 8 weeks. In this way, you attend classes 1- 2 times per week. A 3-year schedule of upcoming classes will be available soon (currently being revised)
- 3. Do I get a license or certificate immediately after I graduate?

- o For the School Counseling program, graduates mail their transcripts to the AZ Department of Education, and generally receive their certificates as AZ K-12 Guidance Counselors within a few weeks.
 - DOE LINK http://www.ade.state.az.us/certification/requirements/Professional/
- For the Community Counseling graduates, students can become licensed as Professional Counselors or LPC's once they complete our accredited 60-credit hour M.A. program in Community Counseling, pass the National Counselor exam (usually in their last semester), and after they complete an additional post-graduate "work experience" requirements as specified by the Arizona Board of Behavioral Health Examiners http://www.bbhe.state.az.us/. The LPC, by the way, is the license that allows counselors to practice independently, ie, without supervision, and in private cash-pay or insurance-based practices (name in phonebook, etc.). Immediately after graduating, students can apply to become "Licensed Associate Counselors or LAC's", which is the intermediate phase between graduating from a master's program and earning one's LPC. The main thing to keep in mind is that this licensure process tends to sail along smoothly when students are working at a mental health agency in the field, and are thus completing their internship while on their "day job", and accruing hours toward LPC on the job as well. All states which license counselors pretty much follow the same path of grad school plus an additional 2 years or so of post-graduate, supervised work experience: they want to make sure that each LPC has been approved by multiple supervisors along the way so that they are effective in providing counseling services independently (without supervision) to a wide variety of clients.
- o For certification requirements in other states, see the American Counseling Association's web site at http://www.counseling.org
- 4. Are these programs accredited?
 - o NAU itself is accredited by the North Central Association (NCA), which accredits universities in general, and the M.Ed. in School Counseling and the M.A. in Community Counseling are both accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), which accredits counseling programs specifically.
 - o Graduating from a CACREP can help students move more quickly through the post-graduate certification or licensure processes, and, can help with acceptance into doctoral programs that are also CACREP.
- 5. What about a doctoral degree at NAU, or at NAU-Yuma?
 - o There is a Ph.D in Counseling Psychology at NAU's Main campus in Flagstaff. Students earning the M.A. in Community Counseling are generally about ½-done with a doctorate when they complete their masters: but the key is to get accepted! It's very competitive to gain entry into the PhD program. Additional questions about the doctorates aren't handled in Yuma, but in Flagstaff in the Educational Psychology Department, at 928.523.7103
 - See all NAU's Ed Psy Master's Programs at http://coe.nau.edu/academics/eps/
 - o There are no plans for a doctoral program at NAU in Yuma as of 2007-2008, but is may be a possibility at some point in the future
 - Students who earn a PhD can do everything that a Master's level Licensed Professional Counselor can do, and a bit more. PhD's can become Licensed Psychologists who, in addition to doing psychotherapy and assessments, consultations, etc., can perform psychological evaluations, and are generally eligible for tenure-track university teaching positions, whereas master's level students are not usually eligible. Master's level counselors are often eligible for Community College teaching positions, however.
 - Many doctoral level counselors work in private practice and collaborate with physicians for patient referrals. Most personnel at university counseling centers have both doctoral and master's level staff.
 Most big research grants are awarded to doctoral-level researchers. So, as you can see, whether going on for a doctorate is a good decision for you will depend upon what you want to do.
- 6. How much time does it require each week to get a master's?
 - The rule of thumb from the Arizona Board of Regents is that students can expect to spend twice as many out-of-class hours studying as they do in-class...thus, if you're taking a course that meets from 4:30-7:00 on Monday nights, count on **at least 5 hours** of your week devoted to studying for that class. Those who have full-time jobs and active social/family lives might want to consider part-time options, but it's each student's call.
- 7. Can I get detailed advisement before I begin my program?
 - This FAQ document should answer most questions for prospective students. Formal advisement is reserved for already-admitted students. Once a student gains admission into the program, regular advisement is available each term so that the student can map out their program from beginning to end,

- and make adjustments along the way, etc. We will hold one more open-house, information-sharing session in mid-August, a couple of weeks before courses begin, for prospective Community Counseling students. School counseling students will have an information-session in late fall.
- 8. Can I take night or weekend courses if I work during the day?
 - All classes are held weeknights or weekends at the NAU-Yuma campus, with an occasional non-clinical course being offered online. There may be an *option* for a day section, but there are always night and weekend options for each course.
- 9. Can I get the School Counseling degree and then work as a Community Counselor or psychotherapist instead, in a non-K12 setting?
 - Yes, but not automatically. School Counseling is regulated by the state Department of Education. The DOE certifies counselors to work in schools. However, if you wanted to get your training in School Counseling, it is possible to become *certified* both by the Dept. of Ed and *licensed* the Board of Behavioral Health Examiners, which certifies counselors to practice outside of schools. Students are generally advised to pursue the degree that will lead them most directly to their career of choice. However, as of 2007, a School Counseling graduate can become licensed as a professional counselor (LAC) in Arizona with an M.Ed in School Counseling plus an additional 4 courses (taken either during or after one's M.Ed program). The steps would be as follows:
 - Complete degree and 4 additional courses (EPS 680, EPS 590, EPS 621, and one additional course)
 - Pass the National Counseling Exam during your last term of study at NAU-Yuma
 - Graduate from NAU-Yuma.
 - Apply to the BBHE for a Licensed Associate Counselor credential. This allows the practitioner
 to practice counseling under the supervision of an LPC, Licensed Clinical Social Worker, etc.
 Most LAC's have full-time, paying jobs in the mental health field and are simply accumulating
 "work experience" hours "on the job"
 - Accumulate an additional 2+ years of post-graduate work experience as an LAC (getting appropriate supervision as required by the BBHE).
 - After getting those additional BBHE requirements, apply for LPC
 - With LPC in hand, the counselor can now practice independently (cash-based or insurance-based private practice without needing additional supervision)
- 10. Can I get the Community Counseling degree and then work as a School Counselor instead, in a non-K12 setting?
 - This answer has little to do with NAU at all. It all depends on the local school districts doing the hiring. In our experience in Yuma, districts are showing a strong preference these days for hiring graduates from School Counseling degrees, although on occasion, local districts have in fact hired graduates of the M.A. in Community Counseling. Again, it's a district-by-district call. Most districts realize that they want someone with who's had the appropriate coursework in school counseling.
- 11. Who are your teachers?
 - Dr. Kolodinsky, our Program Coordinator, teaches a handful of the clinical classes, and has 18-years of
 experience as a psychotherapist. The adjunct faculty at NAU-Yuma is part-time instructors who teach
 for us in the areas in which they specialize in the field. We have a very experienced and professional
 cadre of instructors.
- 12. Have your previous graduates secured jobs in the field?
 - Yes! Almost all of our graduates who have sought jobs in their respective fields after graduation have gotten and maintained them. Our first graduates completed their degrees in 2002, and many of those have gone onto leadership positions in the field. By our estimation, roughly 90% of our graduates are counseling professionals. Some of the other graduates remained in their previous careers as teachers, librarians, etc., and who may intend to pursue their counseling profession at a later date.
- 13. Is it possible to specialize, for instance, in treatment of children with ADHD?
 - No. Not through courses. Although it sounds like a lot of classes, 60 hours is basic training for a master's degree and specialization generally comes thereafter through experience, workshops, and additional training. That said, our training does involve in-depth treatment planning, which allows students to focus on specific issues.

- o For the School Counseling program, you can begin specializing in your level of interest (elementary, middle or high school) during the 2nd year of your program when you take practicum and internship in the field --- aim for a practicum or internship site at the K-4 level or High School level.
- o For the Community Counseling program, you can begin specializing in your area of interest in Practicum and Internship, depending on your site's needs. Some students work primarily with children and adolescents, for instance, and others with parenting, or domestic violence treatment, or inpatient mental health populations. Some of our partners include:
 - School Counseling Internship sites: Yuma Elementary & High School District One, Yuma High School District, Crane School District, Wellton School District, Somerton School District, Gadsden School District, and Calexico School District.
 - Community Counseling Internship sites: The Excel Group, Arizona's Children Association, Arizona Baptist, Catholic Community Services, Big Brothers Big Sisters of Yuma.
- 14. Have previous graduates from NAU-Yuma's School and Community Counseling programs gotten certified and licensed?
 - Almost all have done so. When you graduate from the School Counseling program, you simply submit your NAU transcript to the AZ Dept. of Ed. and can get your certificate within a few weeks. Most have followed this path successfully.
 - O Graduating from the Community Counseling program doesn't lead automatically to Licensure, as the Arizona Board of Behavioral Health Examiners, which oversees Licensed Professional Counselors, requires that graduates complete at least 2 additional years of counseling "work experience" post-licensure to get licensed. Details about licensure are available at the BBHE website:

 http://www.bbhe.state.az.us/ Almost all states have similar policies requiring that counseling graduates go through extensive post-graduate experiences so that, by the time the counselor-in-training is ready for licensure, they have been supervised carefully by as many as 5 or 6 licensed mentors along the way who have unanimously approved of the counselor-in-training.
- 15. Does getting certified or licensed matter?
 - Yes. School districts strongly lean toward hiring only certified K-12 Guidance Counselors.
 - O Licensure is required to practice *independently* as a psychotherapist in Arizona. Becoming a Licensed Professional Counselor in Arizona allows LPC's to set up their own private practices, to contract with mental health providers (insurance companies), to advertise in the phonebook, to accept clients on a cash basis, etc. Obviously, certification and licensure matters a lot.
- 16. What is a "cohort"?
 - O A cohort is a group of students, usually about 20 for our NAU-Yuma program, who are admitted at the same time and goes through most classes together as a group --- they tend to study together at each other's homes and in coffee shops and not infrequently, become lifelong friends. Students report that they experience a great deal of support and camaraderie via the cohort structure. The downside is that this type of format does not allow for as much flexibility for individual students to alter their class sequence as programs that do not operate on the cohort system.
- 17. What is the job outlook for graduates? In Yuma?
 - o For counselors in the USA in general, check out this very valid link: http://www.bls.gov/oco/ocos067.htm
 - o For counselors in Yuma, it's hard for us to predict the future of course, but as the city continues to grow, there seems to be a concomitant need for more and more school counselors and psychotherapists. Of course, we don't automatically presume that any given student earning a master's here at NAU-Yuma will necessarily be choosing to work in this area after they graduate.
- 18. My first language is Spanish...does that matter?
 - o Generally, it's a major plus factor for our students and graduates. It's not unusual at all for prospective employers to seek out bilingual graduates.
 - o We also offer at least one section of Practicum in Spanish in our Community Counseling Clinic, with supervision in Spanish too.
 - o Some of our courses are writing intensive, and some of our students whose first language is not English occasionally will say they struggle in writing papers, but overall, most do fine. Tutoring is available at the Student Success Center, located adjacent to the library.
- 19. What is "Practicum", and what does the Internship require.

- o Practicum is sort of a mini-internship. It's generally taken in a student's second-to-last semester. It has 2 parts. The first involves our students taking on their first actual clients in the Community Counseling Clinic on a **1 night per week** basis. The second part involves roughly **5 hours per week** at a "site": for School Counseling students, this is a local K-12 setting under the close supervision of a certified School Guidance Counselor who has agreed to mentor the student for a full semester. For Community Counseling students, the site-based practicum takes place at a licensed agency (there are plenty to pick from, and they're almost always looking for interns and graduates).
- Once a student passes Practicum, they then enroll in Internship during their final semester. Internship is an immersion-experience at a school or community agency site, again under the close supervision of a certified school counselor OR licensed professional Counselor.
- 20. Can I get paid for my practicum or internship?
 - NAU has nothing to do with whether or not you get paid, though it's not unusual for students to secure paid internships. It's best to find a full-time job at which you can get the needed supervision from an appropriate supervisor. In this way, you can get practicum and internship credit while working at your "regular" job.
- 21. Practicum sounds a little anxiety-provoking? Will I be ready for it?
 - o In general, most students have some trepidation about beginning to see "real clients", which, from our point of view, is probably a healthy thing since counseling others incurs a sense of professional responsibility. Typically though, the anxiety dissipates over time as students get more supervision, gain more confidence with clinical work, etc.
 - Students who are not ready for it can certainly opt out at that time. If the Coordinator and teachers of the program aren't ready for certain students to being Practicum and Internship, alternative remedial options would be discussed and attempted. See "Personal Counseling Services" at: http://jan.ucc.nau.edu/~wjk4/
- 22. What is the style or philosophy of the counseling training at NAU-Yuma?
 - O A balance of theory and experiential and skills-based training is what students experience. We also emphasize a heavy dose of empirically-validated or evidence-based treatments ie, students learn to skillfully seek out and find interventions and counseling strategies that outcome research has found to be validated, such as Cognitive-Behavioral therapy for some anxiety disorders, etc.
 - Experiential? This means that a significant part of students' experience involves skill-building, non-threatening role-playing in pairs or small groups.
 - Students also receive a significant amount of live, real-time supervision by experienced clinician/teachers who communicate with the students via microphone to earpiece and closed-circuit TV formats. This means that students have their supervisors guiding them "in their ear" during mock and real sessions.
- 23. If I do move and haven't completed the program, how flexible are most universities with transfer students?
 - o Most universities accept a limited number of credits. We will generally accept up to **9 hours** (**3 classes**), but this is actually done on a case-by-case basis. This is because the majority of the program should be taken where one's degree is earned. Conversely, we will transfer in up to 9 hours of graduate classes if they are equivalent to those required in our program. Most programs accredited by CACREP (which we are) have almost the exact same coursework for their programs. So, if you get all but 3 classes and internship done before you move, you may be able to transfer in three classes from your new location, and students occasionally do internships through NAU-Yuma after they move to other cities and states.
- 24. Where are courses offered in Yuma, and, can I take them online?
 - o Almost all classes are offered at NAU-Yuma, at 2020 S. Avenue 8E, Yuma, AZ. See Campus map: http://www.azwestern.edu/campus_map.html
 - Due to popular demand, some courses are occasionally offered at various sites in downtown Yuma.
 - o There are some non-clinical courses that might be available online, but usually this amounts to 1-2 online courses per degree. We generally believe that becoming an effective counselor requires a lot of face-to-face, traditional coursework and skill-building via role-play, etc.
- 25. Will I have to do many group projects with my peers?
 - o Individual professors may, on occasion, assign students to work on projects in groups. NAU's counseling programs do not assign permanent study groups or use study groups in place of classroom instruction with the professor.

Applying/Admission, etc.

26. When can I start?

- The next Community Counseling "cohort" will begin officially in January 2008, with a firm application deadline of October 15th, 2007.
 - LINK to application: http://coe.nau.edu/academics/eps/applications.php
- The next School Counseling cohort will most likely begin in **August 2008** or **January 2009**, though this has not been determined yet. There is thus no way to apply for this program quite yet, so please contact pit.kolodinsky@nau.edu in November of 2007 for an update.
- o Should you apply as Degree-seeking or Non-Degree seeking?
 - If you need financial aid for fall classes, the best route is to apply as "degree-seeking" but in the "Human Relations" program. This may allow you to be accepted into a Master's level program in order to be able to apply for financial aid. Then, should your application for the M.A. in CC program be received in full by the Oct 15th deadline, and, should you be accepted to the MA program by the end of the fall term, you would be able to simply apply for a "change of program" to the M.A. in Community Counseling. It's \$50 to apply as degree-seeking for any NAU program.
 - If you do NOT need financial aid for fall classes, the best route is to simply apply as a "non-degree seeking" student. This will allow you entry into most "open enrollment" classes. The cost to apply as a non-degree seeking student is \$25.
- o Please remember to apply for "non-degree seeking" status when this question pops up.
- Our next cohort is Community Counseling primarily because the community has expressed a more pressing need for more psychotherapists than school counselors at this time, but if the trends continue as they have, we will be offering another School Counseling cohort next.
- 27. Do I have to take the GRE Graduate Record Exam (General test) to get admitted?
 - Yes
 - The GRE is an aptitude test that gives universities some sense of a prospective student's ability to succeed at the Graduate level.
 - We recommend that you take the computerized version so that you can get your scores immediately upon completing the test. Then, you can email those scores to the Ed Psych office at NAU, at eps@nau.edu so that they can enter those scores into your application. The "official" scores will arrive a few weeks later to NAU, but emailing your GRE scores will allow us to process your application in the meantime.
 - o Don't wait till last minute...ie, take the GRE well in advance of the October 15th deadline.
 - o Test sites are in Phoenix, Tucson and southern California. Sorry, they don't offer it in Yuma.
 - o Contact number for the GRE is 1-800-473-2255, or, you may visit their site at
 - o GRE Site at http://ets.org
- 28. Can I start courses early?
 - You may take classes through open enrollment (non-degree) that are required in the program. Be advised, however, there is no guarantee of admission. Applications will be considered after the October 15th deadline.
- 29. Do I need to interview as part of the application process? How do I apply?
 - There is no formal interview. The application is done entirely online. Nothing is sent to NAU-Yuma
 - o You may apply at: http://coe.nau.edu/academics/eps/applications.php
- 30. How much does it cost?
 - o Tuition for graduate coursework is at http://home.nau.edu/bursar/
 - o Costs of books vary. Books are obtainable at the AWC Bookstore on-campus.
- 31. Scholarships and loans available?
 - Yes, Contact Lisa Manchester at 928.317.6443 about these possibilities. Additional information is at http://www4.nau.edu/finaid/
 - O While in non-degree status, you may apply for a payment plan option, since students are not eligible for financial aid until they are admitted into a degree formally. Contact Student Services, 317-6400, ext. 1, for additional info about payment plans.
- 32. What about the V.A. do they pay for these degrees?
 - Run this question by your VA advisor. Usually though, it's been our experience that the VA has approved paying for tuition and materials for veterans.

- 33. Will any of the classes from my other master's degree at NAU apply towards the M.A. Community Counseling degree?
 - Generally, if they are the exact classes required or equivalent to required classes, yes. For instance, up to
 9-credit hours from a previously completed Human Relations degree are generally acceptable transfer hours.
- 34. I am in another NAU Master's program for now, but I really want to apply to School or Community Counseling Program. What should I do?
 - O We recommend that you talk to your advisor of your current program. Be mindful that if you complete a degree in another program, you can only transfer in up to 9 suitable credit hours from that program. It is thus generally advantageous to NOT complete the other program until/unless you see if you've been admitted to the program you really want to be in!
- 35. Can I take courses now, before being officially admitted into the program?
 - o Yes, in fact, we recommend it.
 - o For those of you applying to the Community Counseling program (deadline to apply is October 15th), we recommend the following courses for this fall term:
 - EPS 601 and EPS 592 (definitely these, because they are pre-requisites for other courses that are coming the next term)
 - If you wish to take a 3rd course, options would include EDR 610, EPS 605, EPS 611, and EPS 664 (if you've had a recent enough statistics course as an undergraduate).
 - You do not need Dr. Kolodinsky's consent to take any of the above courses.
 - Please remember that these are "open enrollment" courses which are open to any master's degree seeking student interested in a counseling career, and that taking the courses is no guarantee of admission to the program. We recommend these courses in the first term so that you can get a sense of the content that you will be studying, and decide if it's interesting to you.
 - o For those of you who are only interested in the School Counseling program, please revisit this site for an update of recommended courses in early November, 2007, or email pit.kolodinsky@nau.edu at that time. We can't recommend that you take any courses until we have a definitive start date for the next School Counseling cohort.
 - Formal advisement begins shortly after students are admitted into the program.

Resources/Materials

- 36. What do I need as I progress through the program?
 - O Generally a DVD and VHS system for analyzing tapes, a home computer with fast internet access, a fair amount of out-of-class time devoted to studying, etc.
- 37. What kinds of resources are available on campus?
 - The AWC/NAU-Yuma Academic Library and the NAU Cline Library provide each student with a wealth of resources. These libraries are STOCKED with counseling journals, current books and access to hundreds of current counseling journals via online databases so that students can research areas of interest, complete research papers, etc. We have all of the resources you would need to seriously pursue your new profession. Contact Renee Westphal, our NAU-Yuma Librarian at renee.westphal@nau.edu (or 928.317.6435), if you have any questions. She is very helpful in providing library tours, research consultation, and in connecting you to resources you need.
 - LINK to NAU-Yuma library: http://www.azwestern.edu/learning_services/academic_library/
 - Our computer lab has extensive, year-round hours for those who wish to do research and type/print papers while on campus. PC's and Mac-users are fully accommodated.
 - LINK to Computer lab: http://www4.nau.edu/achd/

Comparing/Contrasting Programs/Careers:

- 38. Do you know of any Master's degrees (or doctorate's) in these fields that offer some classes as independent study or over the Internet?
 - Most universities offer at least some of their counseling classes on-line. We offer some. Be careful to take classes from actual universities with a real campus (versus a virtual university), and be suspicious of any training program that offers most or all of a degree on-line. Counseling is an interpersonal career and requires in-person training. Look for accredited programs.

- 39. I'm looking into the MA in Counseling degree as well as an MSW degree. I'm hoping you can give me some insights -- My biggest question is what more (or less) does having a counseling degree do (career-wise) over a social work degree?
 - O The biggest differences between an MSW and a Master's in Counseling (an M.C. or M.A.) are in philosophy and focus. For example, Social Work philosophy and perspective is very different from the individual psychology/counseling philosophy and perspective. Graduates from both degree programs often compete for the same jobs in the community or engage in private practice, with MSW's often serving administrative positions. An MSW is basically a terminal degree, meaning that you wouldn't gain much more by getting a doctorate in Social Work, if you didn't want to teach. A Master's in Counseling can lead to a Ph.D. in Counseling Psychology or Clinical Psychology, which offers far greater career opportunities in the field. I would encourage you to go to the ASU web site regarding MSW training and also to view the NAU website for the MA in Counseling. I would also encourage you to look in the newspaper job classifieds to see what kinds of opportunities are offered to MSWs and what kind to MAs in Counseling. In addition, I urge you to interview an MSW and an MA in Counseling about what their jobs are like day to day.