

C&R NEWS

Counseling & Rehabilitation Program Newsletter

(Red brick pathways leading to a metal and brick gate. Behind the gate lie trees and a red brick building)

Celebrating our Fall 2025 Graduates



Picture of the graduation ceremony.

The Counseling and Rehabilitation Program is proud to celebrate the accomplishments of our **seven Fall '25 graduates**, each of whom has demonstrated exceptional dedication, resilience, and commitment to the profession.

Over the course of their studies, these graduates have excelled not only academically but also in practicum and internship settings, where they have provided meaningful support to individuals, families, and communities across South Carolina.

This semester's graduating class represents a diverse group of emerging professionals who have embraced the core values of our program—advocacy, collaboration, cultural humility, and service. Their contributions have strengthened the learning environment, enriched classroom dialogue, and upheld the mission of the School of Medicine to prepare compassionate, highly skilled practitioners.

As they transition into the next stage of their professional journeys, we are confident that each graduate will continue to make a lasting impact in the field of counseling and rehabilitation. We are excited to follow their accomplishments and look forward to welcoming them into our growing network of alumni practitioners and leaders.

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(Students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Save the Date

Please join us in congratulating the following Fall '25 graduates:

January 7th, 2026:
Spring 2026 Tuition and Fee
Payment Deadline

January 12th, 2026:
First Day of Classes for the
Spring '26 Semester

January 29th, 2026:
Pathways to Practicum and
Internship: Navigating
Opportunities with Counseling
& Psychology Services at USC
Lunch and Learn
[RSVP HERE](#)

February 27th, 2026:
Professional Speaker Series
featuring Dr. Judy Daniels

February 27th, 2026:
Spring 2026 Comprehensive
Exam

February 28th, 2026:
Spring 2026 Learning
Community Saturday Event

CHECK OUT OUR
SOCIALS!



- ★ Ayana Walker
- ★ Samantha Onkka
- ★ Lauren Michaels
- ★ Julia Moro
- ★ Hailey Robinson
- ★ Jerzy Zito
- ★ Samantha Haering



The Fall '25 graduates pose for a photo.

We thank them for their hard work, their compassion, and the positive mark they leave on our program.

A few words from fall '25 graduate **Julia Moro**:

“Completing the Counseling and Rehabilitation Program has been both challenging and rewarding. This program helped me grow both professionally and personally and it has equipped me with the skills and confidence I need to begin this next chapter of my life as an LPC-A with the South Carolina Commission for the Blind. I am truly grateful for the opportunity to have been part of this program.” - **Julia Moro**



Congratulations to our Fall 2025 graduates!



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Thank You for Joining Our Fourth Annual Friendsgiving Open House

The C&R Program extends a heartfelt thank-you to all who joined us for our 4th Annual Friendsgiving Open House. This cherished tradition continues to grow each year, and we are grateful to our community partners, alumni, students, faculty, and friends who helped make this year's gathering such a warm and uplifting celebration.



Students and faculty enjoy the friendsgiving celebration,

Friendsgiving has become a special moment in our academic calendar—a time for us to pause, reflect, and enjoy one another's company outside of the classroom. We were delighted to see so many familiar faces, along with new members of our learning community who joined us for the first time. Your presence and fellowship helped create an atmosphere of connection and gratitude that truly embodies the spirit of our program.



Students and faculty enjoy the friendsgiving celebration,

We are especially thankful to our community partners whose collaboration strengthens our training and service mission year-round. To our alumni, thank you for continuing to stay engaged and for serving as inspiring examples to our current students. And to our students—your enthusiasm, support, and contributions to the event reflect the leadership and compassion you bring to the counseling and rehabilitation profession.

Thank you to everyone for taking the time to stop by, share food and conversation, and help make this Friendsgiving another meaningful milestone for our program. We look forward to continuing this tradition and celebrating with you again next year.

CRSA Winter Clothing Drive a Huge Success

Thank you sincerely to everyone in the C&R Program's learning community who contributed to the Counseling and Rehabilitation Student Association's (CRSA) Winter Clothing Drive. Thanks to the generosity of our community partners, alumni, students, faculty, and friends, this year's initiative was a tremendous success and made a meaningful impact on individuals in need throughout our community.





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

CRSA Winter Clothing Drive a Huge Success

Your donations—coats, hats, gloves, scarves, socks, and other cold-weather essentials—helped ensure that people experiencing homelessness have access to warm, protective clothing as temperatures begin to drop. The outpouring of support reflected the compassion and commitment to service that define our program and the counseling and rehabilitation profession as a whole.

We also want to extend a special thank-you to the students who volunteered their time at Transitions Homeless Shelter, where the collected clothing was distributed. Their dedication, empathy, and willingness to engage directly with individuals in need helped bring warmth, comfort, and dignity to members of our community facing difficult circumstances. Their efforts embody the values we aim to instill in all future counselors and rehabilitation professionals. A special shout-out is also extended to student **Kaylyn Sinclair**, who approached CRSA with the idea and played a key role in coordinating and bringing this initiative to life. Her leadership, initiative, and commitment to service were instrumental in the success of this effort. Her efforts reflect the compassion and initiative that strengthen our student community.



Students distributing donations at Transitions Homeless Shelter.

haley hartsfield
@haley-hartsfield-0



venmo

To become a member of CRSA, simply Venmo \$15 to CRSA Treasurer, Haley Hartsfield along with your full name.

GAs Support Students During Finals with Brain Power Hours—and More to Come in Spring '26

We're proud to highlight the outstanding work of our Graduate Assistants, who recently partnered with the School of Medicine Library to support students during finals week. From December 8–10, the GAs helped host "Brain Power Hours"—a drop-in space offering coffee, tea, snacks, and encouragement for learners navigating the demands of exam season. Held daily from 10:00 a.m. to 1:00 p.m., the event provided a welcoming environment for students to recharge, connect, and practice balance during a traditionally high-stress time of year.

Looking ahead, we are excited to share that beginning in the Spring '26 semester, the GAs will continue this wellness-centered work by hosting a VR Exploration and Mindfulness Space every Thursday from 12:00–2:00 p.m. This innovative weekly offering will give students the opportunity to experience virtual reality-based relaxation tools, guided mindfulness practices, and brief stress-relief activities designed to enhance focus, emotional regulation, and overall well-being.



Graduate assistants facilitating virtual reality sessions.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Publication Alert!

Spring '25 C&R Program graduate Nic Collins has recently published his new book titled "Advance: Discover Alignment and Authenticity Through Living in Concert with YOUR Situation". On **Sunday, Dec 7 at Craft & Draft on Devine St**, Nic held a live book signing attended by staff and faculty of the C&R Program.

In *Advance*, Nic invites you to step off autopilot and into alignment with your most authentic self. Drawing from personal struggles, breakthroughs, and lived experiences –from nearly two decades in corporate sales and wrestling with depression to van-life reflections and ultramarathon grit—he shares raw stories and practical realizations that cut through the noise of expectation and conditioning.

[Grab your copy here](#)



Dr. Sacco-bene supports Nic Collins at his book signing event.

BlackBoard: Did You Know?

Did you know that the Rehabilitation Learning Community Blackboard page contains an entire section devoted to Licensure/Certification materials?

The Licensure/Certification Materials tab contains licensure exam resources useful for those interested in taking the NCE or CRC exam. The tab also contains application instructions and tips to ease the process for students preparing to take either exam. In addition to materials that prepare students for licensure as an LPC, the tab also contains information regarding both the Licensed Addiction Counselor Associate and Certified Career Counselor exams.



Blackboard

Whether you're a student nearing graduation or just interested in learning more about the licensure and certification process, be sure to check out this useful section of Blackboard.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Pathways to Practicum and Internship: Navigating Opportunities with Counseling & Psychology Services at USC

Students, join us on **Wednesday, January 29 at 12:00 PM** for a virtual Career Discovery Dialogue Lunch and Learn featuring Jennifer Cross, LPC, LPC-S, Coordinator of Counselor Training at Counseling & Psychology Services, USC.

This session will provide an inside look at the practicum and internship recruitment process at Counseling & Psychology Services, including tips for preparing applications, understanding site expectations, and identifying opportunities for professional growth. Students preparing for a practicum or internship will gain valuable insight into how to successfully navigate placements and maximize experiential learning opportunities.

Don't miss this chance to connect directly with site leadership, ask questions, and explore pathways to advance your counseling career!



Students engaging in a group discussion.

[RSVP HERE](#)
[Virtual Login Link](#)

ARCA's Jingle, Run, Walk, and Roll Virtual 5K

ARCA's Jingle, Run, Walk, and Roll Virtual 5K - Jingled, Jangled, Jungled???

Thank you to everyone who participated in the Virtual 5K – Jingle Run, Walk, Roll! Your enthusiasm, creativity, and support helped make this event a joyful and meaningful success. The ARCA Board is grateful for your commitment to celebrating community, inclusion, and the spirit of giving this season.

ARCA would love to highlight your participation! Please remember to send in your photos from the event so we can share them on the ARCA website and celebrate your Jingle 5K experience. Thank you again for being part of this special event—we can't wait to see your festive moments!



A young 5k participant on their bicycle



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Wellness Corner

As the school year begins, it’s important to prioritize your well-being alongside your academic responsibilities. Building in small acts of self-care—such as setting realistic schedules, taking breaks, and staying connected with supportive peers—can help reduce stress and prevent burnout. Remember, taking care of yourself is not a luxury; it’s essential for your success both in and out of the classroom.



A cartoon graphic to represent self-care during work hours.

Writing Tip: Running Head

In APA 7th edition, student papers no longer require a running head—only a page number in the top right corner of each page. A Level 1 heading is used for the main sections of your paper and should be centered, bolded, and written in title case. Using Level 1 headings helps clearly organize your paper and guide the reader through your content. (Source: <https://owl.purdue.edu>)



Opal rests on her paw.

Pet of the Month

Meet Opal, a two-year-old manx cat and resident silly girl. She loves to lounge in funny positions, like resting her head on her paw just like in this photo. When she’s not napping, Opal enjoys climbing and sitting on your shoulders as you walk around, making sure she’s always part of the action. - **C&R Student, Lindsey Veit**

Show us your pet by filling out the form below:

[Pet of the Month](#)

Save the Date

1/7/26 - Spring 2026 Tuition and Fee Payment Deadline

1/12/26 - First day of classes for the Spring' 26 semester

1/29/26 -

Pathways to Practicum and Internship: Navigating Opportunities with Counseling & Psychology Services at USC Lunch and Learn

[RSVP HERE](#)

2/27/26 - Professional Speaker Series featuring Dr. Judy Daniels

2/27/26 - Spring 2026 Comprehensive Exam

2/28/26 - Spring 2026 Learning Community Saturday Event