

# USU's M.Ed. in School Counseling Program Newsletter

The Official Newsletter of USU's M.Ed. in School Counseling Program



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55  
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Congrats to our 2021  
School Counseling  
Cohort Graduates!

From 37  
Utah cities

DR. JESSICA KOLTZ, DIRECTOR  
MEG CAMPBELL, M.ED., PROGRAM COORDINATOR





## Sonja B.

Studying in the School Counseling program has been two and half years of learning, growth, friendship, and inspiration. I'm so grateful to my professors, my mentors, and my classmates for making the experience unforgettable and enriching. I'm grateful to my family and friends for their support through my educational journey. I am especially grateful for my husband who took over most of my jobs around the house and never once complained. I hope that my kids will remember doing homework with me and forget that I missed their Tuesday night band concerts and soccer games. I am graduating with a deep sense of accomplishment, but also profound gratitude for all those who made this dream possible. As I graduate, I can't help

but be inspired by my great grandmother, both of my grandmothers, and my parents who were all talented educators. I am proud to be a third generation Aggie!

## Matthew B.

There have been a lot of great experiences that have defined my time at Utah State in the school counseling program. One of the most important things that I've gained from this program is friends that understand and support me. I couldn't have completed this program without my amazing friends at Kaysville. They are the reason I pushed through. Every Tuesday was like a family reunion and a therapy session. We would talk about homework, problems we were having, and just seeking advice on some life events. I am so grateful for each and every one of them. Thank you Chaotic Kaysville! I also want to thank my practicum supervisor, Terra Bingham. She was a true ally and helped all of us in her group understand what counselors do and taught us all so much. She understood all the things that we were doing and helped us get there. As for upcoming events, I will be starting the 24-25 school year as a counselor at Roy Jr. High School.



## Hailey S.

School counselors play a crucial role in the academic and social-emotional development of students. Pursuing an M.Ed. in School Counseling has given me the knowledge and skills to make a positive impact on my students' lives. As a middle school counselor, I apply what I learned in my program every day. Pursuing this degree has been one of the best decisions I've made, and I'm grateful for everything I learned in class and from my Orem cohort. They are amazing, and I'm excited to see where life takes us.

## Program News

Please watch your Canvas advising courses and inbox for summer advisement session details!

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The program hosted our first in-person group interview admissions event this Spring, at USU Salt Lake. We enjoyed meeting the large group of applicants and are excited for this new cohort to join us Fall 2024!

Dr. Koltz welcomed her beautiful baby in April!



## Self-Care Corner with Monique Scoville

Student Advisory Board Representative  
Self-Care Chair



### Walk It Out!

With spring here and summer fast approaching, it is a great time to head outside for some fresh air and exercise. One way to get our bodies moving is to go for a walk. Studies have shown (Lee & Buchner, 2008) that the health benefits of walking range from improved mental state to reducing the risk of chronic diseases. According to the American Diabetes Association (n.d.) walking can help to: lower blood pressure, increase metabolism, increase focus, improve memory/cognition, and put you in a better mood. So next time you are feeling stressed and need a break from that homework assignment, try heading outside for a walk!

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American Diabetes Association. (n.d.). The benefits of walking.  
<https://diabetes.org/health-wellness/fitness/benefits-walking>

Lee, I. M., & Buchner, D. M. (2008). The importance of walking to public health. *Medicine & Science in Sports & Exercise*, 40(7), S512-S518.