
THE CHILD LIFE PROGRAM

Missouri State University

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Welcome to our first ever Child Life Program Newsletter. Our goal with this newsletter is to provide students with yet another resource to keep them connected and in the loop with all that is going on with The Child Life Program at Missouri State University.

This month, we will be taking a look at what the Child Life Student Advisory Group and the Child Life Student Association have been up to, along with upcoming opportunities and events, self-care tips, and more. We hope you enjoy, and happy Child Life Month!

THE CHILD LIFE STUDENT ADVISORY GROUP

The Child Life Student Advisory Group (CLSAG) is a new group created by faculty this year. The CLSAG exists to provide an open dialogue and discussion between MSU Child Life Students and MSU Child Life Faculty. The group meets to examine current challenges faced by the child life students at MSU, brainstorm solutions to meet these challenges, contrive new opportunities and initiatives to help their peers grow, and ultimately serves to advocate for the Child Life Program at Missouri State University

We are excited to introduce you to our 2021 CLSAG student representatives. The CLSAG is comprised of students in every step of the program. Visit the Child Life Community Blackboard site to learn more about your peers who will be representing you this year, and to find their contact information. Please know that you can reach out to any of the student representatives, at any time, as they are here to serve and advocate for you!



CLSAG STUDENT REPRESENTATIVES:

UNDERGRADUATE REPRESENTATIVES

Abigail Anderson
abigail10700@live.missouristate.edu

Emma Wulf
wulf899@live.missouristate.edu

Grace Harrington
grace1130@live.missouristate.edu

GRADUATE REPRESENTATIVES

Chris Gregory
gregory525@live.missouristate.edu

Makenzie Day
md294s@missouristate.edu

Maria Jackson
shull024@live.missouristate.edu

The 2021 CLSAG is in the process of working on many exciting initiatives this semester. One of which is this MSU Child Life Newsletter. Our goal with this newsletter is to keep you in the know. CLSAG is also hard at work establishing a child life mentorship program, and creating different opportunities to foster student connection and engagement. Stay tuned for more details regarding these initiatives!

THE CHILD LIFE STUDENT ASSOCIATION

The Child Life Student Association (CLSA) is a student led group of child life students at Missouri State University. The CLSA meets towards the beginning of each month, for about an hour. CLSA allows our students to meet others in the program and to build relationships within our child life community. Additionally, guest speakers are often present at these meetings, educating CLSA members on various child life related topics.

In January, the CLSA hosted guest speakers from the ACLP, learning about how students can get involved in the ACLP before official certification. In February, the CLSA hosted a guest speaker who spoke to what it is like running a one-person child life program.

The next CLSA meeting will be March, 8, 2021. The meeting will be held at 7:00 PM CST, via Zoom. Information about this meeting can be found on the Child Life Community Blackboard Site. We hope to see you there!

ANNOUNCEMENTS FROM CLSA:

CLSA T-Shirts:

Be on the lookout for information regarding CLSA t-shirts!

Volunteer Opportunities:

For more information about CLSA's volunteer efforts with Jared Boxes and the Diaper Bank of the Ozarks, attend our March meeting, or reach out to Maddie Dorenbusch!



CLSA EXECUTIVE BOARD:

Grace Harrington
President

Lauren Bergmann
Vice President

Maddie Dorenbusch
Social Chair

Jackilyn Glynn
Social Media/Community
Outreach

Natalie Featherston
Treasurer

Chris Gregory
Graduate Liaison

Maria Jackson
Graduate Advisor

Melissa Schotthofer
Faculty Advisor

JANUARY/FEBRUARY RECAP

January and February were busy months! From many events, to a new cohort of students beginning internships and practicums, things never really slowed down. We are thankful to all those students who attended the various events we put on! Here's a recap of what we did:

JANUARY RECAP



January 11, 2021: January CLSA Meeting

Students met as a group, and had guest speakers join them from the ACLP. These ACLP leaders spoke about ways to get involved with the ACLP as a student.

January 29, 2021: Lunch and Learn with Jessica Lewin, "The Child Life Mentor"

Students attended a Lunch and Learn with guest speaker Jessica Lewin, "The Child Life Mentor." Jessica spoke about different aspects of the child life internship application process.

FEBRUARY RECAP



February 1-4, 2021: Spring 2021 Internship Extravaganza

Faculty hosted their Spring 2021 Internship Extravaganza, educating students on the Common Application, The Eligibility Assessment, and cover letters/resumes. They also partnered with CCLS from surrounding hospitals to host a mock interview night.

February 8, 2021: February CLSA Meeting

Students met as a group, and had guest speaker Maggie Cartmell, CCLS, speak about what it's like to run a one-person child life program.

February 11, 2021: Graduate Zoom Meetup

Graduate students gathered via Zoom for their first meetup, fostering an environment for student connection and communication.

UPCOMING EVENTS AND REMINDERS

March is Child Life Month! We are excited for all this month has in store. See below for the upcoming events we have planned. More information about these events, along with their Zoom links, can be found on the Child Life Community Blackboard site. Additionally, don't forget to frequently check this site for events that may get planned after this newsletter goes out!

UPCOMING EVENTS

March 8, 2021 (7:00 pm): March CLSA Meeting

March 9, 2021 (7:30 pm): March Graduate Zoom Meet Up

March 11, 2021 (7:30 pm): New Student Orientation for Undergrad Program

March 30, 2021 (7:00 pm): Zoom Yoga with Cara

*throughout March, be on the lookout for 3 opportunities to win a free Starbucks drink through the Child Life Program Instagram Page (@msu_childlife)



REMINDERS

If you would like to be added to the Undergraduate GroupMe or the Graduate GroupMe, visit the Child Life Community Blackboard site to fill out the survey with your information.

SELF-CARE TIPS

March can be a stressful time for many students, filled with exams, projects, and midterms galore. Especially for child life students dealing with the stress of practicum and internship applications, burn out is a real thing! It is important to remember to take care of yourself during these stressful times. Self-care means different things to different people. For some it's going on a run and making a healthy snack, for others it's a bubble bath and a box of chocolate. No matter what self-care means to you, below are 10 steps and reminders to caring for yourself.

1. If it feels wrong, don't do it.
2. Say exactly what you mean.
3. Trust your instincts.
4. Stay away from drama and negativity.
5. Be kind to yourself, and have grace for yourself.
6. Let go of what you can't control.
7. Don't be afraid to say yes.
8. Don't be afraid to say no.
9. Never give up on your dreams.
10. Love.

