



Your **BURG** Connection

BURG Reunion 2014!!!

Believe it or not, it was just one short year ago that we all came together for the first ever BURG Peer Education Network Alumni Reunion! For everyone who attended, it was a fantastic afternoon of great friends, stories, and food. In fact, we enjoyed it so much that we decided to do it again!



On June 7, 2014, the BURG Alumni Association is having its second annual reunion! We will be coming together at the Bob White Pavilion in Seneca Creek Park located in Montgomery County, Maryland. All members, alumni,

and their families are welcome. It costs \$10 per person 12 years-old and up, and \$5 per child under 12 years-old. Children under 5 are free. This fee is to cover the costs of the parking, the pavilion, and some of the food. We are asking that everyone who attends bring some sort of side dish or dessert, and we will be in contact with those who are attending at a later date about that aspect.

If you are interested in attending, please contact Bobby Croft at burgalum@yahoo.com to submit your RSVP. In the subject line, put BURG Reunion: WooHoo! In the email, please include a list of anyone who you are RSVPing for, and their ages. We need all RSVPs by May 16, 2014. Once you submit your RSVP, you will receive instructions about submitting your cover fee.

It will be a great time! We will have a plethora of food, activities, mingling time, and memories. Come join us and have a great time kicking off the summer.

Contact Information:

Email

burgalum@yahoo.com

Facebook

***[www.facebook.com/FSUB
PENAlumni](http://www.facebook.com/FSUBPENAlumni)***

Mailing (SAFE Office)

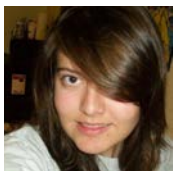
***111 Sand Spring Hall,
Frostburg State University
101 Braddock Rd.
Frostburg, MD 21532***

Welcome to the Alumni Association!

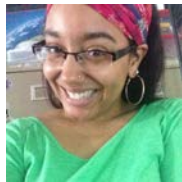
The BURG Peer Education Network has 3 seniors graduating seniors this semester. We caught up with them to find out what they loved most about their time in BURG, future plans and what they are looking forward to as alum.



Otega Okarume has been involved in BURG for 4 years. While attending Frostburg, he studied information technology. His current focus is graduating and going into the workforce. His favorite BURG memory would be spring conference 2013 at Elon University! With his soon to be alumni status, he is most looking forward to seeing the progress of FSU.

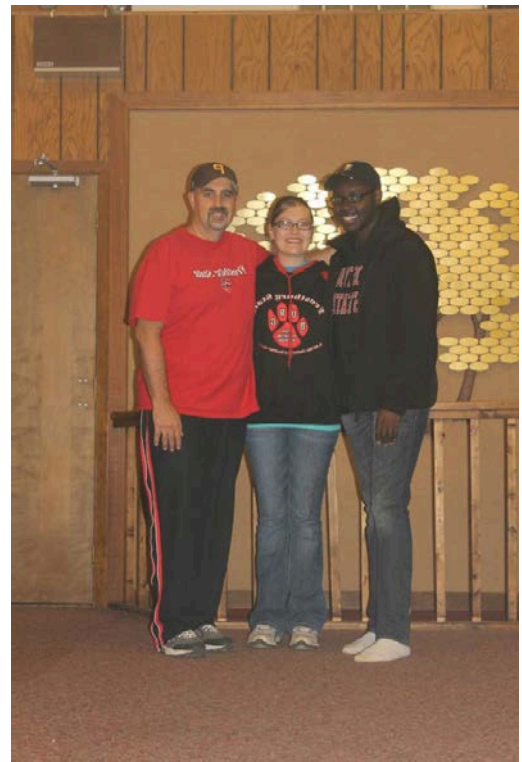


Nicole Mangold has been involved in BURG for 4 years. During her time in Frostburg she has been studying Early Childhood/Elementary Education. She is currently working toward graduating, currently doing internships and working on getting a job as a teacher as well. When asked, Nicole said, "Favorite memories will have to be all the retreat moments that I have had. I look forward to what new things are yet to come to BURG and seeing what more the whole campus will do!"



Desi Desperтт has been involved in BURG for 4 years, but is anticipating it turning into 6 since she's starting grad school at Frostburg in the fall. Her time thus far at Frostburg has been spent studying for a law and society major with psych minor. She is currently working a part time job and an active member in APO and trying to make the best out of her last undergrad semester on the mountain with her friends! When asked, Desi stated "Favorite memory: my year as a mentor was amazing which was sophomore year. I was so involved and I really made a difference in many people's lives. Mentoring is what I want to do for a career so that's always great to find out!" As an alumnus, she is looking forward to seeing more students becoming unified on campus and start caring about things they are apart of.

Congratulation graduates, and welcome to the BURG Peer Education Network Alumni Association!



Our Featured Alumni, Tiffany Franc!



Our featured alumna for April of 2014 is Tiffany Franc, a 2005 Frostburg State University Graduate and two-term BURG Peer Education Network president.

Since graduating, what exciting news would you like to share with your fellow alumni?

I married my college sweetheart in April 2007, we have two daughters, Raeanne, 5 and Lexi, 2 and we live in Anne Arundel County. I graduated from law school in 2009 and am an Associate and Chair of the Consumer Bankruptcy practice at Pessin Katz Law in Towson, Maryland. I was named by the Daily Record as a Leading Woman in 2011 and Top 20 In Their Twenties in 2012 award recipient and have been named a RisingStar for the last two years by SuperLawyers magazine.

What is your favorite memory or story from BURG?

Wow, so many. My many Bobby Petrocelli moments are probably my most treasured moments with BURG; I loved Bobby and never tired of hearing his story. It was always great to connect with him at convention too and to have him recognize me and know our Frostburg crew. On that same note, all of our conventions are my favorite memories, St. Louis, San Francisco, Orlando...they were awesome!

What would you say is the most important lesson that you have taken away from BURG?

BURG is where I got my leadership chops, it taught me to have a passion for something and run with it. I took over the organization as a Sophomore with little leadership experience but during a time of turmoil for the organization and I had to take my passion for the organization and get us back on track and fulfilling its mission.

How has BURG impacted your life beyond Frostburg State?

In the same vein as above, the leadership skills I obtained from BURG, the convention attendance and networking we were able to do there, all flows over into my "real" life and career and has had invaluable impact on my life.

If you were to share any advice to current peer educators, what would that be?

Practice what you preach. Don't be a part of this organization if you don't truly feel passionate about what it stands for!

Career Corner with Kristen Scott

There are so many things you can do when it comes to working in the mental health field. First, let me tell you a little bit about what I do. Currently, I am a therapist working with children in a partial hospitalization setting who are struggling with mental and behavioral health issues. My eventual goal is to be an outpatient play therapist with my own practice, or in a group practice setting. On the road to developing your career you will most likely change your mind several times along the way.

Coming into undergrad I thought I wanted to be an environmental scientist. So, it was a big change for me. BURG helped me in developing many skills which I use every day. I am by nature an introvert. When I started college I was very quiet and shy. Every day in my job I do group therapy with children and teens. Those skills, the ability to be able to run a group, get up in front of a group of people, and promote growth in them is an important skill to have in any job, but especially important in the mental health field. There are really too many ways to discuss how BURG helped me.

In order to get into the mental health field you do not necessarily need a Bachelors in Psychology. If you want to get into the mental health field you first need to think about what your eventual goal is. It may change along the way, but that's why we should be constantly reassessing ourselves so that we are finding what makes us happy.

One of the main things you should think about is are you okay with not making much money. Seriously. I made the mistake of thinking I would get an awesome job immediately because I had a Masters Degree. Until I got my current job in January, 2014 I was making an extremely low amount of money; way below the poverty line. So be prepared that until you reach that magical number of 2 years post Masters experience the jobs you qualify for pay little to nothing. Don't necessarily let that deter you from the field though.

There seriously is nothing like knowing you have made a positive difference in someones life. So, once you figure out your end game you should look into the requirements. To become a therapist you should get a masters degree in a clinical and counseling psychology program. Make sure it is an accredited program! No matter if you want to work with adults or children, addiction, or play therapy, as a therapist you need at least a Masters Degree. A PsyD is a practiced based Doctoral Degree, where a Doctorate is more focused on research. So your choices are: Masters Degree, Psy D or Doctorate Degree. Different states have different requirements to become licensed, which you can look up online. You have to be licensed to practice and you need to be supervised until you are licensed. Once you have become licensed you have to do things in order to maintain an approved license to practice.

Before you get your Masters or have obtained your practice hours to be in a therapist role you can get a job as a Counselor. As a Counselor you are support for the clients throughout the day. You can do outpatient fee for service therapy once you get your Masters. I did that for a long time and while it paid little, it was very satisfying. While in your program for your degree you will do internships to give you experience, help you figure out where your strengths are, help clarify where you want to focus your career and give you job connections. I went into my program thinking I wanted to focus on individual and group therapy with teens. I found that I prefer to work with younger children doing play therapy when I started to actually practice my skills, though it is important to have experience in all areas in order to be a well rounded, well practiced clinician.

One of the best pieces of advice I can also give is to be prepared to have a ton of debt because you cannot get grants or scholarships at the masters level. Once you get licensed the job opportunities, and pay significantly increase. Also, take the NCE exam as soon as you graduate. This is a requirement to become licensed. DO. NOT. WAIT. You will regret it.

Anyway, I could seriously talk about this forever. If you have any specific questions or want to talk about the field and options further feel free to contact me!

What was BURG up to this school year?

The 2013-14 school year proved to be an interesting year for the BURG Peer Education Network.

BURG started out the year strong with the Freshman Year Initiative, where BURG welcomed 25 new freshmen to the family. The Freshmen Year Initiative, a 2008 national award-winning program, replaced the PAWS program. FYI brings freshmen to campus early for a five-day training to help them with the transition to life as a college peer educator.

BURG also hosted a number of traditional, and favorite, programs this past year. Early in the fall, the 18th annual BURG Bash was hosted to rave reviews. BURG also gave new life the Red Zone campaign and hosted the "Let's Talk Red Zone", an award-winning sexual assault prevention campaign hosted in the fall.

In November, four members of BURG attended the BACCHUS General Assembly that was hosted in Reston, VA. At that conference we receive Outstanding Peer Education Group. While also at General Assembly, it was decided that BACCHUS was to merge with NASPA (The Student Affairs Administrators in Higher Education), which is a college programing organization.

The spring consisted of some traditional initiatives and programs. The semester is now wrapping up and preparations have begun for the new school year. Elections were recently held, and below is the newly appointed leadership team.

Past President- Desiree Despertt

President- Samantha Metz

Vice President- Diana Whiteman

Secretary- Tanisha Mitchell

Treasurer- Bobby Lemaire

Public Relations Chair- Brandi Chisolm

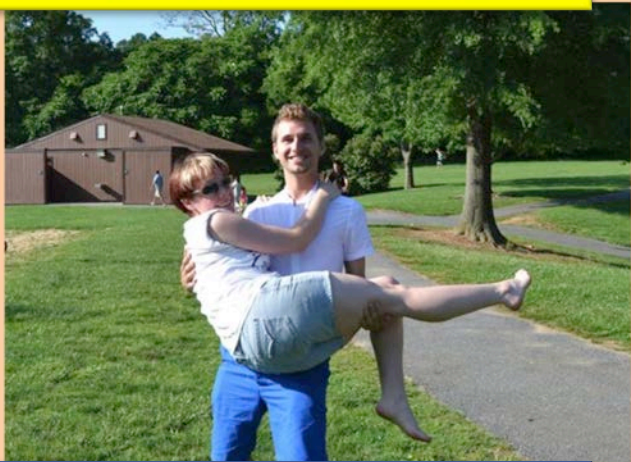
Social/Community Chair- Christina Williams

Social Media Specialist- Emily Llewellyn

Historian- Maggie Hobbins



Reunion 2013 Flashback



MARK YOUR CALENDARS!

BURG Alumni Reunion

June 7st, 2014

Location: Seneca Fall State Park

For full details, check out the
reunion page on
www.burgpeereducationnetwork.com

frostBURG homecoming

October 16-19, 2014

Location: Frostburg State

Details to come!

Want To Get Involved?

Our alumni association is nothing without the love and passion from our outstanding alumni. Without involvement from alum, this wonderful opportunity wouldn't be possible.

Check our Facebook Page and webpage on www.burgpeereducationnetwork.com for upcoming events and ways that you can get involved.