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Hi everyone, I'm Teresa Michaelson....you may know me as one of the "New Director Support Group" facilitators. I launched the idea of hosting the support group sometime during my first year as the Director at Embry-Riddle Aeronautical University, in the midst of the pandemic. There's nothing like a crash course in leading a Counseling Center during such a challenging time for everyone! I remember attending my first AUCCCD conference in October of 2019, just five days into my job....I was like a deer in headlights.....questioning my decision and wondering, "What did I get myself into?" Fortunately, it didn't take long for me to find my footing and if it weren't for this amazing community, I don't think I would have made it! In the past three years, I have truly felt the growth as a new director, and I credit all of you with supporting me on this journey. In the past year, I have really enjoyed become more involved in AUCCCD committee work including the New Director and First Time Attendee (NDFTA) committee and the subcommittee that has been working on updating the Bylaws that has allowed me to connect with the values of the organization.

At this time, I would like to submit my interest in running for the AUCCCD Board of Directors. To begin, I thought it might be helpful to share a bit about my experiences and myself. I am a Licensed Mental Health Counselor in the state of Florida and have a Ph.D. in Counselor Education. I have been the Director of the Counseling Center at Embry-Riddle Aeronautical University (ERAU) in Daytona Beach, FL for three years now. Prior to being a new director, I was the Outreach Director at the University of Central Florida (UCF) for over 12 years. In that role, I became involved with the Association for University and College Counseling Center Outreach (AUCCCO) and joined the Board of Directors as the Treasurer. As a young association, we worked on developing formal bylaws and established an Executive Board. I remained Treasurer for a few more years; then between 2017 and 2021, I served as president-elect, president and past-president. I continue to serve the organization as a member of the Research and Assessment Team (warmly known as the RAT Pack) and currently hold a President-Emeritus role with four other past-presidents. Prior to working in higher education, I was in community mental health and private practice for over 10 years.

Currently, my interest in joining the AUCCCD Board is to be a part of the leadership team with specific focus on member support and care. This past year, I believe we have seen an unprecedented number of directors leave their positions for the various reasons they shared

and newer directors like myself moving into these roles. There has been, without a doubt, sadness and loss in losing friends and colleagues this year; concurrently, we are seeing a new generation of professionals stepping into these roles and becoming members of AUCCCD who may need/want support. We also borne witness to social changes, political bi-polarization, racial violence, gun violence and all the other horrors. These occurrences not only weigh heavy on the communities we serve but on each of us. AUCCCD has not only supported my professional growth; it has also supported my personal growth and needs through affirmation, validation and just a place to be understood. It is my hope to join the board, listen to and work alongside other members, and to continually support and develop member support and care. I hope you will find me to be a fitting candidate to serve on the board.