Reflecting on fall; back-to-school preparations and anticipation, crisp leaves that fall, crunching underfoot, local produce shifts from watermelons to apple varieties and from tomatoes to pumpkins. It is the same cycle, but it carries newness each year as variance occurs. The familiar brings comfort; while the novel stirs excitement and perhaps some accompanying anxiety. As much as I am eager to embrace seasonal changes, I notice my concurrent hesitancy to let go of the notion of summer; with its warmth and more relaxed pace, often marked by impromptu excursions or activities which would at other times of the year require much more advanced scheduling to arrange.

Much of my experience of life is similar, I realize. With change, even positive and highly awaited ones, comes loss. This is the paradoxical nature of change. “All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another” (Anatole France, 19th Century French writer). As we embark on the present, we leave the security of the recent past. Our faith holds us in ways that are grounding, in the midst of life’s shifts, giving us an eternal perspective on things that seem temporarily disconcerting. Knowing the unchanging goodness of God assists when trying to make meaning in times of strain or challenge. As C. H. Spurgeon states, “We must never tolerate an instant’s unbelief as to the goodness of the Lord; whatever else may be questioned, this is absolutely certain, that Jehovah is good; His dispensations may vary, but His nature is always the same.”

As we continue to move into the newness of the school year before us, amidst other changes such as those concerning jobs, children, medical issues, finances or a combination thereof, may we rejoice in the goodness of the One who created us, and who goes before us and walks with us.

Get Connected Now!

Interested in interacting with fellow alums and the Regent Community? Join iModules, an online community for alums! This alumni community features an online directory with personal profiles. Your individualized profile will allow you to create a friends list, share a blog, and utilize tools like instant notes and blind email. You can also access additional online resources such as message boards, classifieds, job bulletins, mentorship profiles, alumni access to library databases, and a download center to access seminars. Current students have been added to the community, so networking opportunities are already available between current students and alumni.

Creating your account is easy! Simply click on “First Time Login,” enter your last name and follow the onscreen instructions. You will be prompted to create your own login name and password. You can find more information at www.regentalumni.org.
Alumni Spotlight: Alecia Gregg

Alecia holds a Masters of Arts in Human Services Counseling from Regent University as well as a Bachelors of Science in Psychology from Old Dominion University. She is currently pursuing a PhD in Counseling Psychology. In addition to her many academic accomplishments, Alecia has an active family life. She is married to Navy Chief Gary M. Gregg and is the mother to 3 sons.

Alecia’s main interests lie in the area of family counseling for the impoverished. She is the Executive Director of Our House Families, which is the only homeless shelter in Chesapeake that is targeted towards families. This shelter has been serving the community for over 25 years, offering a variety of services such as emergency shelter for homeless families, transitional housing and financial assistance. In 2008-2009, Our House Families provided shelter to 11 children and 46 adults as well as financial assistance to 67 households. By the beginning of 2010, this shelter had already surpassed their 2009 numbers.

Alecia is an excellent example of an HSC alumnus using her training to extend the reach of her counseling abilities. Our best to Alecia and to all of our alumni who are using their training in a variety of fields!

Career Services

If you are a current student or a past student interested in a career change, make use of Regent’s career services! Make sure to call the Career Resource Center, which can offer you a multitude of services through phone consultation, career assessment, and Internet resources. Career Services can be reached at 757.352.4927

HSC Mission:
To train counselors to provide healing and restoration to members of the local and world community, through the application of Biblical principles and professional excellence

Human Services and Counseling
Regent University School of Psychology and Counseling
Regent University
School of Psychology and Counseling
1000 Regent University Dr.
Virginia Beach, VA 23464-9800
Phone: 757-352-4349

Christian Leadership to Change the World