“Mission: Live, Love, Lead”
Women's Leadership Conference
A Success!

Lydia Weiss

For 11 years, the MSU Women's Leadership Conference has been spreading knowledge, inspiration and empowerment through our community of current and future leaders. Each year, we say that it was the best conference yet . . . and, there is no reason to stop that trend. This year's conference brought in significant levels of support from our community partners and sponsors and we had more workshop submissions than previous years. We are completely in awe of each of this year’s presenters and the amazing talents and insights they provided to conference participants.

Don’t even get me started about our two keynote speakers, Allison McClintick and Lavon Johnson. Allison inspired many participants, myself included, to step back and look at their life’s path to greatness. Allison also demonstrated that without a “mission,” without a “purpose,” many of our efforts to “live, love and lead” will be lost. Allison shared that throughout her journey, there were times when she was simply “living” by putting one foot in front of the other. There were other times when all she was doing was “loving,” by surviving and struggling to provide for her daughter as a single mother. At other times, she found herself “leading,” but being stuck in the same old endless cycles. It was Allison’s perseverance and realization of her “mission” that she was able to “live, love and lead” simultaneously and become the successful owner and CEO of her own company, FlightLead. Her words and her testimony were deeply authentic and inspired self-reflection. Similarly, student keynote speaker and Accounting and Information Technology Senior, Lavon Johnson, opened her heart to the audience, shared some of her most difficult trials and tribulations and used her challenging history to inspire all of us to know our power and strength. There is no doubt that Lavon will continue to water her “lead seed” to grow a beautiful tree full of life, love and leadership.

The Women's Initiative for Leadership Development (WILD), the student group responsible for organizing the conference, has a mission: “To inspire and prepare the women [students] of Michigan State University to become leaders on our campus, in our communities, and for our world.” I believe that WILD successfully achieved their goal by delivering a conference that helped develop the leadership skills of every single participant – in ways large and small. Here is what some people had to say about their experience at the conference: “I felt like it was a very open, welcome space. I felt comfortable speaking, collaborating and engaging with others.” “I loved the diversity of stories and the wealth of information and wisdom.” “Motivation in exploring my leadership as a woman. I am so inspired to continue doing great things!”

Congratulations WILD, on another successful Women's Leadership Conference!
Managing Holiday Stress

In Great Britain the word "holiday" has the same meaning as vacation. Many Americans would find this comparison laughable. For most of us, the holidays come with our own "to-do" lists.

Too often we take holiday stress for granted. What's worse, we often have higher expectations for this season than for any other time of the year. Planning for the holidays can leave us feeling impatient, cranky, and — in some cases — depressed. When the realities of day-to-day life conflict with our efforts to make the holiday season perfect, stress results.

Pulling in the reins on holiday stress

Are your expectations for the holidays realistic? Asking yourself this question is the first step to managing holiday stress. List on a piece of paper what you expect from yourself and your family during the holidays. Hidden within these expectations you might find your potential holiday stressors — the things particular to you that can cause stress.

Under each item in the list, write down what changes you can make to prevent or defuse stress. Adopt changes that will be most helpful to you. Avoid holding on to unrealistic goals, such as creating the most enchanting holiday atmosphere. Remember to include your own needs. Here are some examples:

Giving the perfect gifts

- Ask people what they want instead of scouring the earth to find the perfect gifts.
- Shop early, when there is more of a selection.
- Stick to your gift budget.

Planning family get-togethers

- Buy prepared foods, instead of cooking everything from scratch.
- Ask others to bring their favorite dishes.
- Cook and freeze foods ahead of time.

Scheduling time with family and friends

- Simplify holiday commitments and traditions. Discuss with your family which traditions are most important to you and to them. It's okay to re-evaluate past traditions.
- Allow time for yourself. Remember to do things that you enjoy.
- Avoid time crunches by making plans to visit some friends and family soon after the holidays.
- Don't over-schedule yourself. Allow enough time to relax and recover after visiting with others.
- Tell family members about your commitments so you are not struggling against their expectations.
- Travel after rush hour. When driving long distances, give yourself time to stop and rest.

Pausing before the holiday spread

- Avoid overeating and overdrinking, especially alcoholic beverages.
- Avoid starving yourself in anticipation of eating at holiday parties. This approach can lead to eating too much of the wrong foods.
- Continue exercising and watching your diet.

Managing your time

- Set priorities and let go of impossible goals.
- Stop to enjoy the fruits of your labor.
- Don't spend all of your time planning activities for your family. You might end up feeling drained and unappreciated.
- Take the time you need to finish tasks that are important to you.
- Don't try to complete everything at once.
- Ask others, including the kids, to help you complete chores.
- Rest when your body tells you to.

The holiday blues

For some, the holidays can be a depressing time. Feelings of sadness, loneliness, and anger can intensify when contrasted with the joy expected of the holidays. Factors that can contribute to holiday depression include:

- Associating the holidays with unresolved family issues or a painful childhood
- Ignoring feelings of sadness, loneliness, or depression in an effort to maintain "holiday cheer"
- Facing the loss of a loved one with whom you have shared the holidays
- Having unrealistic expectations of family and friends
- Having an expectation that you "should" feel good
- Being away from family and friends
- Feeling isolated from others
- Reflecting on losses or disappointments over the past year
- Coping with changes in family obligations, particularly after a recent marriage or divorce
- Drinking more alcohol, which is often more readily available during the holidays (Avoid drinking alcohol to ward off negative feelings. Alcohol can intensify depression.)

Coping with the holiday blues

- Try something new. Take a vacation with a family member or friend.
- Spend time with people who care about you.
- Volunteer your time to help others. Spending time with those in need can help you feel less isolated.
- If you are religious, take time to reflect on the spiritual significance of the holidays.
- Try to appreciate the good things you have now instead of focusing on the past.
- Stay active. Get out. Go for a walk. Window shop.
- Accept feelings of sadness or loneliness. These feelings might not go away just because it's the holidays.
- Get help if you need it. Don't be embarrassed to ask for help any time of the year.


December 2013
I Am Malala: The Girl Who Stood Up For Education And Was Shot By The Taliban
by Malala Yousafzai—When the Taliban took control of the Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. On Tuesday, October 9, 2012, when she was fifteen, she almost paid the ultimate price. She was shot in the head at point-blank range while riding the bus home from school, and few expected her to survive. Instead, Malala’s miraculous recovery has taken her on an extraordinary journey from a remote valley in northern Pakistan to the halls of the United Nations in New York. At sixteen, she has become a global symbol of peaceful protest and the youngest nominee ever for the Nobel Peace Prize. I AM MALALA is the remarkable tale of a family uprooted by global terrorism, of the fight for girls’ education, of a father whose, himself a school owner, championed and encouraged his daughter to write and attend school, and of brave parents who have a fierce love for their daughter in a society that prizes sons. I AM MALALA will make you believe in the power of one person’s voice to inspire change in the world.

Empress Dowager Cixi: The Concubine Who Launched Modern China
by Jung Chang—Empress Dowager Cixi (1835–1908) is the most important woman in Chinese history. She ruled China for decades and brought a medieval empire into the modern age. At the age of sixteen, in a nationwide selection for royal consorts, Cixi was chosen as one of the emperor’s numerous concubines. When he died in 1861, their five-year-old son succeeded to the throne. Cixi at once launched a palace coup against the regents appointed by her husband and made herself the real ruler of China—behind the throne, literally, with a silk screen separating her from her officials who were all male. In this groundbreaking biography, Jung Chang vividly describes how Cixi fought against monumental obstacles to change China. Under her the ancient country attained virtually all the attributes of a modern state: industries, railways, electricity, the telegraph and an army and navy with up-to-date weaponry. It was she who abolished gruesome punishments like “death by a thousand cuts” and put an end to foot-binding. She inaugurated women’s liberation and embarked on the path to introduce parliamentary elections to China. Chang comprehensively overturns the conventional view of Cixi as a diehard conservative and cruel despot. Cixi reigned during extraordinary times and had to deal with a host of major national crises: the Taiping and Boxer rebellions, wars with France and Japan—and an invasion by eight allied powers including Britain, Germany, Russia and the United States. Jung Chang not only records the Empress Dowager’s conduct of domestic and foreign affairs, but also takes the reader into the depths of her splendid Summer Palace and the harem of Beijing’s Forbidden City, where she lived surrounded by eunuchs—one of whom she fell in love, with tragic consequences. The world Chang describes here, in fascinating detail, seems almost unbelievable in its extraordinary mixture of the very old and the very new. Based on newly available, mostly Chinese, historical documents such as court records, official and private correspondence, diaries and eyewitness accounts, this biography will revolutionize historical thinking about a crucial period in China’s—and the world’s—history. Packed with drama, fast paced and gripping, it is both a panoramic depiction of the birth of modern China and an intimate portrait of a woman: as the concubine to a monarch, as the absolute ruler of a third of the world’s population, and as a unique stateswoman.

Source: barnesandnoble.com
Giving Thanks to Your Community
MSU WRC Staff

Holidays are a good time to give thanks for the many gifts you have in life. Our community has provided many of those things we are all grateful for. The MSU WRC urges all of our readers to thank their community this holiday season by volunteering, giving back, and helping those who may not be as fortunate.

Where Can I Help?

Advent House 485-4722
Big Brothers, Big Sisters 372-0160
Black Child and Family Institute 487-3775
Boys and Girls Club of Lansing 394-0455
Capital Area Literacy Coalition 485-4949
Cristo Rey Community Center 372-4700
EVE, Inc. 372-5976
Ele’s Place 482-1315
Gateway Community Services 351-4000
Greater Lansing Food Bank 887-4307
Greater Lansing Meals on Wheels 887-1460
Hannah’s House 482-5856
Haven House 337-2731
House of Promise 282-9924
Junior Achievement of Mid-MI 371-5437
Lansing Area AIDS Network 394-3560
Lansing City Outreach 505-0045
Lansing City Rescue Mission 485-7145
Lansing Teen Challenge 484-6050
Loaves & Fishes Ministry 482-2099
MI Resource Center on Domestic & Sexual Violence 381-4663
Mother Theresa House 484-5494
MSU Family Resource Center 432-3745
MSU Safe Place 355-1100
MSU Student Food Bank 432-5136
Refugee Development Center 482-2252
Ronald McDonald House 485-9825
Salvation Army 482-9715
Sisters Maternity Center 490-5775
Sparrow Volunteer Services 364-3606
Women’s Center of Greater Lansing 372-9163
YWCA Greater Lansing 485-7201

Happy Holidays!

from the WRC :)

“Advancing gender equity through education and access to resources”

Gender Matters!

The mission of the MSU Student Food Bank is to provide supplemental food and necessities to MSU students and their families who are in need of this type of support.

Eligible students can receive canned vegetables, fruits and soup; pastas; cereal; rice and other items as they become available.**

DISTRIBUTION SCHEDULE

Fall 2013 to Spring 2014

Distributions are held on Wednesday evenings from 5:30PM to 7:30PM in the Olin Cafeteria (Olin Health Center, West Entrance) on the following dates:

**FALL 2013**
November 6 and 20—December 4

**SPRING 2014**
January 8 and 22—February 5 and 19
March 12 and 26—April 9 and 23

Please verify distribution dates by calling and listening to the outgoing message at (517) 432-5136.

Email questions to: foodbank@msu.edu

**Currently enrolled MSU undergraduate and graduate students who do not have an on-campus meal plan are eligible to use the Food Bank. Don’t forget to bring your MSU Student ID to every distribution you attend, and proof of current enrollment (bill stub, schedule, etc.) to the first distribution of each semester you attend.

For more information, visit: https://www.msu.edu/~foodbank/.

Join us on Facebook: Search: MSU Women’s Resource Center

Follow us on Twitter: www.twitter.com/MSUWRC

Follow us on Tumblr: msu-wrc.tumblr.com

December 2013
December Events

Sunday, December 1, 2013: WORLD AIDS DAY.

Saturday & Sunday, December 7-8, 2013: MSU Annual Holiday Arts & Crafts Show. Saturday, 9:00AM-5:00PM & Sunday, 10:00AM-4:00PM, MSU Union. 180 artists will gather on the campus of MSU for the 50th Annual Holiday Arts and Crafts Show hosted by the University Activities Board. Admission to the show is FREE! Enjoy the sights and sounds of the holiday season and shop for one-of-a-kind hand-crafted items, made by artists from across the nation! For more information, visit: www.uabevents.com.


Tuesday, December 24, 2013: University Closed.

Wednesday, December 25, 2013: University Closed.

Tuesday, December 31, 2013: University Closed.

Wednesday, January 1, 2014: HAPPY NEW YEAR! University Closed.

Check back often for additional pages of Wisdom, Words & Women

Breaking news, events, programs and more...

http://wrc.msu.edu

Registrar's Office
13th Annual Holiday Bazaar

Friday, December 6, 2013
Administration Bldg., Room 150—Conference Room

Shopping Hours:
7:30AM—8:30AM
9:30AM—11:00AM
11:30AM to 1:30PM (Lunch Sale)
2:30PM—3:30PM

Raffle drawings held throughout the entire day!
Tickets are 3 for $1.00.

Plenty of shopping, good food to eat, and lots of fun!

ALL proceeds being donated to “TOYS FOR TOTS!”

Save the Date!

The Martin Luther King, Jr.,
Student Leadership Conference & Resource Fair

Saturday, January 18, 2014
9:00 AM
MSU Union Building

Featuring a day of exciting speakers, workshops, and resource fair.

Lunch included!

For more information, including additional Commemorative Celebration events, visit the:
Office for Inclusion and Intercultural Initiative’s website:
www.inclusion.msu.edu/Outreach/MLK.html

Be your own kind of Beautiful
STEMinists: Michigan Women in Science, Technology, Engineering, and Mathematics

On exhibit through February 2014

Since the passage of Title IX, women remain disproportionately underrepresented in science, technology, engineering and math (STEM). The new exhibit STEMinists aims to combat barriers remaining to women’s equal participation in STEM fields by introducing girls to what it means to work in a STEM field, successful Michigan women role models working in STEM, and steps to pursue their interest in STEM fields. Increasing the number of women in STEM fields is good for everyone—it has the potential to help address the wage gap between men and women and increase the competitiveness of the United States in the global economy.

Not Just a Man’s War: Michigan Women and the Civil War

Currently on exhibit

In celebration of the Civil War sesquicentennial come discover what the War meant for the women of the state. Life in Michigan changed when men left to fight in the Civil War. In addition to their regular duties, the women who remained at home assumed responsibilities previously held by men while sending supplies to support soldiers far from home. Other Michigan women moved to the frontline, serving in hospitals and -- for some bold women--even on battlefields.

When Lincoln declared “Thank God for Michigan!” upon the arrival of the first regiment from a western state, he could not have anticipated all of the sacrifices and changes the women of Michigan would face.

The Michigan Women’s Historical Center and Hall of Fame
213 W. Malcolm X Street, Lansing, MI 48933
www.michiganwomenshalloffame.org

SAVE THE DATE!

Take Back The Night Planning Meeting

Monday, January 13, 2014
6:30PM—MSU Union (Main Lounge)

Take Back the Night is a daylong series of activities aimed at raising awareness of sexual violence and empowering survivors to break the silence.

Paying for College Student Resource Guide
(Includes scholarships, internships, fellowships, and websites)

Courtesy of
U.S. Congresswoman Lucille Roybal-Allard
Congressional District 40—California

2013—2014 Edition

Paying for College is provided by Congresswoman Lucille Roybal-Allard’s District Office, http://roybal-allard.house.gov/uploads/files/scholarships_student_resource_guide_2013.pdf. This directory is updated once a year. Please check with each scholarship contact for the most current information.

(Last updated September 2013)
MISSION: LIVE, LOVE, LEAD

A leader is defined as a person who commands a group, organization, or country. To be a great woman leader requires so much more than simply possessing the qualities of a leader, but goes beyond that. If one wants to be a great woman leader, the role requires the unique combination of the natural femininity of a woman along with the beautiful strength and determination to become extraordinary. I am all of the above and so much more.

As a double major in Finance and Social Relations and Policy, I am often torn between these two different worlds of sociology and quantitative analysis. Many times, these worlds don’t often intersect and for that reason, I derive my purpose in life. From corruption, scandal, loss of pensions, benefits, and economic mobility emerging as a result of the world of business placing low importance on how these sheer numbers will affect the people in our family, community, and even the world. I was at a loss for words with the cutthroat climate of business and its operations. However, this year’s Women’s Leadership Conference theme, “Mission: Live, Love, Lead!” has inspired the urgency within me to go against the grain and embark on a path that has not been traveled upon by most: the path of colliding spheres of social importance and financial knowledge or a ‘woman’s sphere’ with a ‘man’s world.’

After attending the conference, I was motivated by the inspirational messages of Ms. Kohler that the ‘Women are the Economic Heartbeat’ by controlling the financial health of our future family life, prepared for a career with insightful facts about the work world from Ms. Hagopian about ‘Successful Transition from College to Career’ and getting a jumpstart on the dream of ‘Leading into a Successful Business!’ by Ms. Rhodes Victor. I was extremely moved by the guest Keynote Speaker, Allison McClintick, for articulating the most important piece of being a successful woman leader: purpose.

Without having purpose, a person will not be able to fully adapt into a leader if they do not believe in themselves, the work they are doing, and questioning the status quo to empower others through knowledge and courage. The message Ms. McClintick delivered finalized my decision to go out and do what’s never been done before: have faith, courage, and embrace my purpose.

Christen Richardson is a Junior at Michigan State University, majoring in Social Relations and Policy.
For Survivors of Domestic Violence, Every Voice Matters.

Speak Out ■ Advocate ■ Empower

BECOME A CARE VOLUNTEER

Survivors of domestic violence are often isolated from resources and community. CARE staff and volunteers offer crisis intervention and community resources to those who have experienced a domestic assault in Lansing, Lansing Township, Meridian Township, East Lansing and on the campus of Michigan State University.

Volunteers are asked to sign up for a minimum of one shift every six weeks. The choices for on call shifts are:

Thursday from 5:00PM—1:00AM  Friday from 5:00PM—1:00AM
Saturday from 8:00AM—1:00AM  Sunday from 8:00AM—5:00PM

In addition to being on call, volunteers will be expected to:

- Complete an application
- Provide two references
- Participate in a short interview
- Have an insured and reliable vehicle
- Agree to a review of criminal history and driving records
- Complete four days of training
- Attend four in-service meetings per year

If you are interested in volunteering, please contact the CARE Office at: (517) 272-7436.

FREE
Pre-Finals Childcare!

The MSU Family Resource Center is again offering free pre-finals childcare to MSU students with children; allowing the much needed time they require to study for finals!

Saturday, December 7, 2013
9:00 AM—4:00 PM

($10 deposit required)
Available for children ages 2 weeks—9 years old
LUNCH IS PROVIDED!
(Please bring diapers & baby food if necessary)
SPACE IS LIMITED
- RESERVATIONS REQUIRED -
Go to Peoples Church Preschool (200 W. Grand River across from Campus) to complete paperwork and pay deposit. You may call first, 332-2885, to inquire about space availability, however you will not be able to reserve care on the phone.

For more information, contact:
MSU Family Resource Center
(517) 432-3745
www.frc.msu.edu

SHE turned her can’ts into cans & Her dreams into plans

WRC Staff: Jayne Schuiteman, Interim Director, Associate Professor and Personal Safety Coordinator; Lydia Weiss, Educational Program Coordinator; Audrey C. Smith, Office Manager; Evette Chavez Lockhart, Editorial/Administrative Assistant; WRC Student: Bennetta Thomas, Department Aide.
Dr. Martin Luther King Jr. Student Leadership Conference

"Embracing History, Overcoming Struggle, Demanding Justice"

January 18, 2014  MSU Union

CALL TO ENGAGE

INDIVIDUALS AND ORGANIZATIONS ARE INVITED TO BE A PART OF THE 10TH ANNUAL MLK STUDENT LEADERSHIP CONFERENCE. GET INVOLVED, MAKE YOUR VOICE HEARD.

HOST A WORKSHOP - (*THE PROPOSAL DEADLINE IS WEDNESDAY, DECEMBER 4, 2013*)
All are encouraged to submit a proposal to lead a workshop session that will empower students to be leaders and agents of change for a more diverse and inclusive community! Past sessions have focused on social / economic justice, nonviolence, human / civil rights, equal access, community service, leadership & collective responsibility. Workshops should tie into this year’s theme of “Embracing History, Overcoming Struggle, Demanding Justice”.

HOST A RESOURCE FAIR TABLE - (*THE PROPOSAL DEADLINE IS ON WEDNESDAY, DECEMBER 4, 2013*)
Student groups, campus units, and community organizations are invited to host a table promoting their work.

SERVE AS THE KEYNOTE STUDENT SPEAKER - (*THE PROPOSAL DEADLINE IS WEDNESDAY, DECEMBER 4, 2013*)
Students interested in serving in this outstanding opportunity to be the student keynote must submit a proposal.

CREATE A SHORT VIDEO & WIN AN IPOD TOUCH - (*THE SUBMISSION DEADLINE IS FRIDAY, JANUARY 10, 2014*)
Video should be: original work, be between one and three minutes long, and tie into the theme of the conference “Embracing History, Overcoming Struggle, Demanding Justice”.

* To register, to submit a workshop/video/keynote proposal, or to host a table at the Resource Fair visit www.inclusion.msu.edu/Outreach/MLK.html

For more info on how to get involved in the conference and student-led activities, please contact Ignacio Andrade in the Office for Inclusion and Intercultural Initiatives at: andrade@pres.msu.edu or 517-353-3129.
HOT OFF THE PRESS!

100
QUESTIONS &
ANSWERS
ABOUT AMERICANS
INCLUDES A GLOSSARY OF AMERICAN SLANG AND PHRASES

MICHIGAN STATE UNIVERSITY
SCHOOL OF JOURNALISM

LAUNCH PARTY | COOKIES | COFFEE HOUR
Join the Office for International Students and Scholars' weekly coffee hour for the launch of this new guide and some holiday cookies.

Friday, December 6, 4-6 p.m.
McDonel Hall (Lower Level Lounge)
HOT OFF THE PRESS!

Keeping Kids Warm

MITTEN DRIVE

This December drop off or donate mittens or gloves at Creative Wellness. Your donation will be given to a local elementary school child in need in an East Lansing Public School.

Help Us Keep Kids Warm This Winter.

CREATIVE WELLNESS
517.351.9240  •  www.creativewellness.net  •  2045 Asher Road, East Lansing

December 2013