Dr. Farha Abbasi
Assistant Professor
Department of Psychiatry

For Dr. Farha Abbasi, it has been quite the journey. Abbasi immigrated to the United States in 2000 with her family from Pakistan. “[This award] is an overwhelming validation of support I have received,” Abbasi said. Abbasi attended Liaquat University of Medical and Health Sciences in Pakistan, and thereafter completed her residency at Michigan State University. She is currently a Clinical Assistant Professor in the Department of Psychiatry and a Staff Psychiatrist at Olin Health Center. Abbasi focuses on culturally appropriate care for Muslim patients, which led her to found the annual Muslim Mental Health Conference and establish the Journal for Muslim Mental Health.

In both her professional and personal life, Abbasi is continually learning. “As you point out things about others, you learn more about yourself,” Abbasi said. Abbasi works hard to deconstruct the stigmas surrounding mental health, and says that there is no health without mental health. Abbasi also said this idea is especially important to realize in the college setting. “At Olin, there is a dynamic shift between mental illness and mental health,” Abbasi said. Incorporating Muslim cultural awareness in conversation with mental health is a critical part of Abbasi’s work, and she recognizes how Muslims might respond differently to mental health problems.

Much of Abbasi’s journey has been about integrating herself into American society without losing her own identity. “I was always struggling for acceptance,” Abbasi said. She still remembers, with clarity, the day she made her first friend in the United States. “It’s the scariest thing to open your eyes and not see something familiar,” Abbasi said. Even though immigrating to the United States took three to four years off Abbasi’s career, she does not regret any part of the decision to move. As for adapting to cultural nuances and peculiar colloquialisms, Abbasi has her daughters to thank. Abbasi is proud to say she is a practicing Muslim and a patriotic American, committed to her work and American society. In her free time, Abbasi writes poetry, reads, and watches movies and TV to keep herself up to date with the American culture.

Abbasi is most deserving of the award because acceptance is one of her main objectives, and it is one that guides her work every day. “Acceptance is the art of coexistence,” Abbasi said. She also mentioned that it is a privilege to have people come and open their minds and their hearts to her every day. Abbasi does not like to call them her patients, but rather her students. Most importantly, Abbasi retains a good sense of humor that has helped her navigate the uncertain terrain of cultural acceptance. “It’s okay to say, ‘I will make mistakes,’” Abbasi said. “Whatever trouble you have, you have to laugh through it,” Abbasi said.

Dr. Cori Fata-Hartley
Assistant Professor
Lyman Briggs College & College of Natural Science

Dr. Cori Fata-Hartley is making large strides in advancing the awareness of diversity across campus. Fata-Hartley is mostly excited about this award because of the action it speaks towards. “This seems to be an area of a lot of discussion, but not enough action,” said Fata-Hartley. Fata-Hartley was nominated for the award by the dean of Lyman Briggs College. Both shocked and surprised, Fata–Hartley is honored to be recognized for such an important field of work. “It was humbling to see who the other awardees were,” Fata-Hartley said.

Fata-Hartley began at MSU in 2005 with joint appointments in Lyman Briggs College and the Department of Microbiology and Molecular Genetics. Thereafter, Fata-Hartley was a Lilly Fellow and then began working in professional development for undergraduate and graduate students, putting together workshops about inclusivity and diversity. One of Fata-Hartley’s recent programs, called “What’s the climate in your classroom?”, explored ways of creating multi-faceted learning environments that benefitted learners from varying backgrounds. Fata-Hartley and her longtime colleague and mentor, Dr. Kendra Cheruvelil, have collaborated to expand the definition of diversity, especially for undergraduates pursuing careers in STEM disciplines. Research shows that women and other minorities left the field because they weren’t comfortable in the learning atmosphere. This research has subsequently informed Fata-Hartley’s teaching philosophy. Fata-Hartley said the goal of these programs is finding ways to instill these issues in graduate students. “We have to approach teaching and learning with the same rigor we approach disciplinary studies,” Fata-Hartley said.
One of Fata-Hartley’s more outstanding, collaborative projects is the Lyman Briggs College Program for entering freshmen. This program was designed in order to assist incoming students who had interest in pursuing a degree in Lyman Briggs, but who were not academically prepared for the rigor of math and science college courses. Fata-Hartley especially noted she would not have been able to contribute to the program without the help of her colleagues who established it. The initial grant for the program came from the Office for Inclusion and Intercultural Initiatives. “It’s a great example of committed members of a community,” Fata-Hartley said.

At the forefront of Fata-Hartley’s teaching philosophy is instilling the ability to ask questions. “It’s about developing critical thinking skills and having the ability to question the world around you,” Fata-Hartley said. Recognizing that diverse students engage with diverse material, Fata-Hartley attempts to implement active strategies to create an inclusive environment. “Lecture does not engage students,” Fata-Hartley said, echoing the sentiments of many across campus. Many of Fata-Hartley’s initiatives of diversity and inclusion came from discussions about gender. Fata-Hartley hosted a book club as part of an Honor’s Option for a Lyman Briggs course, and realized that many of the young women in the group did not recognize the implications of being a woman in science. “Majority is a false assumption,” Fata-Hartley said, referring to the number of female undergraduate students compared to the number of male students in the field. “The number of tenured female professors, those who are associate and full professors, is still too low,” Fata-Hartley said.

When she isn’t reaching out to help individuals on campus and in the community, Fata-Hartley can be found creating her fantasy football team. This year is her second consecutive year winning her league. Not only is she a profound leader on campus, but apparently on the online sports network as well.

Fata-Hartley is always thinking about how she can prepare diverse groups of people for the future. “It’s about realizing what tools you can use to recognize and overcome obstacles,” Fata-Hartley said. Learning to face obstacles and overcoming them was something she learned from an early mentor, Dr. Joe Handelsman. Handelsman was also one of the first people to introduce Fata-Hartley to inclusivity and diversity. “If you are interested in the sciences, it’s important to like your research, but it’s also about developing other skills,” Fata-Hartley said. She could not stress enough how important it is to find a strong mentor. “It’s especially important to find people that will give you honest feedback,” Fata-Hartley said. An accomplished scholar, teacher, and community resource for critical issues, it seems that Fata-Hartley herself is an excellent mentor and role model for many.

2013 Excellence In Diversity Awards
Students Making A Difference Through Artistic Expression

Erin O’Connor
Psychology Major with Minor in Religious Studies

Psychology senior and religious studies minor Erin O’Connor is changing the world through empowerment. Involved with various organizations across campus, O’Connor has gone above and beyond embracing the diversity that makes MSU so unique. “I was ecstatic about receiving the honor,” O’Connor said. “but also in disbelief due to the immense presence of artistic creativity at MSU.” O’Connor’s submission was a poem titled Kaleidoscope.

The poem explores the consequences when we judge one another by a single glance, and how that perpetuates judgment and stereotyping. Ending on a hopeful tone, the poem works to identify our common humanity and encourages everyone to embrace diversity. “I love to write, so there is something particularly special about being honored for an art form I appreciate and enjoy, as well as a topic that I find so essential to my life," O’Connor said. O’Connor said she has received a tremendous amount of positive feedback from friends, classmates, coworkers, and supervisors.

O’Connor is pursuing a career in micro-level social work, and will be attending Wayne State University this fall to earn a Master’s of Social Work degree. She hopes to eventually work for a nonprofit organization that focuses on empowering others. O’Connor is particularly interested in empowering women within her work, and in that sense, her award is very meaningful. “I'd like to serve a culturally and religiously diverse clientele, so receiving an award for a piece that is wholly dedicated to the idea of diversity and acceptance, and that is also relevant to my career goals, is wonderful,” O’Connor said. O’Connor also mentioned how imperative creativity is to mobilizing change.

This year, O’Connor served as the campus ambassador for Half the Sky, a social movement that raises awareness about global issues that affect women, including poverty, sex trafficking, and sexual violence. O’Connor has also been very involved with the interfaith movement across campus within the last four years, currently serving as Chair of the MSU Campus Interfaith Council. O’Connor converted from Catholicism to Islam in 2010, a transition which has informed her about cultural acceptance and multidimensional identities.

As for words of wisdom, O’Connor encourages learning from adversity. “Don’t let challenges prevent you from working towards your goals,” O’Connor said. “Struggles are often blessings and opportunities in disguise.”
The MSU Women’s Resource Center Celebrates The Outstanding Accomplishments of the Women of MSU and beyond

Congratulations!

Successful Black Women of MSU Host 2nd Peace Summit

“Peace, social justice, and unity should not stop after one year,” said Lauren Moore, president of Successful Black Women of MSU, or SBWMSU. “This is an opportunity for all people to build knowledge and make connections.”

This opportunity was presented to students and members of the East Lansing community at the SBWMSU Second Annual Peace Summit on Sunday in the Union Ballroom.

The summit was open to people of all races, nationalities, sexual orientation, families and local communities to present their theme, “Putting the Puzzle Back Together,” focusing on the subjects of peace, unity and social justice.

SBWMSU hosted a mixture of 70 students and community members.

The first summit was created after the spike in racial incidents in fall 2011, such as a slur on a wall in Armstrong Hall.

Moore said continuing the free event for a second time and beyond is something she and the rest of SBWMSU plan to do and build upon.

“We provided the necessary tools to set the foundation to promote peace on campus from last year’s summit, but now it is about putting the puzzle pieces together to build and grow on it in our local communities,” Moore said.

“The message is spreading and people are interested, so I can hope that next year this can be bigger.”

Keynote speaker Donzaleigh Abernathy spoke of women’s rights, how women have been threatened throughout the years and how women today can be successful.

“There is a dividing line that will make a difference in your life, and that is your education,” Abernathy said in her lecture. “What it takes to be a successful woman is self-preservation, self-esteem, self-respect and self-love.”

Social work sophomore and member of SBWMSU Marjorie Bothwell said the purpose of the summit is to stop any injustice against any person of any race and become more involved with the community.

The following Award-Worthy Women were unavailable for comment: Patricia M. Lowrie (Lifetime Achievement Award), Haobing Zhu (Students Making A Difference Through Artistic Expression Award—Performance).

May 2013

The 2013 Student Employee of the Year Award

Arielle LaBrecque

Ms. Danielle Matlick
Student Employee of the Year
Lead Assistant Coordinator
MSU Greenline

For criminal justice and psychology senior Danielle Matlick, life is about giving back to others. She has learned this from juggling school, friends, and her job at MSU Greenline—the MSU student-led calling center on campus—throughout the past four years. Matlick was previously the recipient of the Best Attitude Award at MSU Greenline, which may be a good indicator as to why she is the recipient of this year’s MSU Student Employee of the Year Award. “People see my passion, and that means a lot,” Matlick said.

Matlick’s current role at MSU Greenline is that of Lead Assistant Coordinator. One of the bigger projects she is planning right now is the Relay for Life events, for which Matlick is the coordinator. In addition to planning one of the most highly-attended fundraising events, Matlick is finishing up her capstone paper for her specialization in Peace and Justice. “It’s interesting to tie together everything I have learned,” Matlick said. Matlick is fulfilling her original plan of working towards a Masters in Social Work. She will begin her Master’s program this fall in addition to staying on part-time at MSU Greenline. “It’s important for me to see the department grow,” Matlick said.

Matlick has had plenty of community outreach experience that will assist her in her future endeavors. Last summer, she was an outreach specialist intern at Northwest Initiative in Northwest Lansing. “It was awesome that we were directly reaching out to everyone in the community instead of waiting for them to come to us,” Matlick said. After completing her Masters in Social Work, Matlick would like to one day be the director of a nonprofit. “I want to help reshape what’s going on in the community,” Matlick said. Matlick also said that her interest in understanding why people do things is what motivated her to complete a degree in psychology.

Matlick maintains the mentality of work hard, play later. “Life is multifaceted, and you don’t want one surface of your life to have all the scratches,” Matlick said. She indeed works hard in all areas of her life, especially in regards to her friendships. “I couldn’t see myself without these people,” Matlick said. As for words of wisdom, Matlick suggests to ask for help when you need it, and don’t be afraid to do so. “Never settle,” Matlick also said, “the biggest thing that has motivated me is that I never wanted to give up when things were just okay.”
Preventing the Finals Freak-Out: Staying Stress Free
Arielle LaBrecque

There is only one word to describe the end of the semester: intense. With cumulating projects, exams, and then grading multiple classes, it seems there is little time to finish assignments and much less time for sleep. Lack of rest and anxiety about finishing papers and studying for exams can lead to mental and physical health problems. For example, your throat might feel scratchy the morning after you stayed up all night studying for an economics exam. That’s your body’s way of telling you it has not had time to recover and restore itself. You might forget to do small but important tasks because your mind is elsewhere. Here are a few tips for avoiding the freak out and staying on a healthy mental track before finals week:

- **Time management.** Plan out your work schedule a few days ahead of time. You will find that you are more productive when your projects are preplanned. This also means taking breaks. Research shows that studying, practicing, or working intensely is more productive when 20 minute breaks are taken between every hour.
- **Complete mindful tasks.** While it may not seem like it, completing mindful tasks like cleaning your room or sweeping the floor will help you stay on track. It encourages you to finish other, larger projects that, at first, may not seem feasible.
- **Eating healthy.** Eating healthy is one of the main ways to restore your body’s natural and healthy balance. Eat whole grains and fruit to start your day. Pack protein bars when you go to the library to keep up your energy. Also, cooking food takes the nutrients out of it. If you are feeling lethargic, try eating a snack composed of solely fresh vegetables. Other power foods are chickpeas (hummus) and avocado.
- **Going outside.** As the weather starts to warm up, it’s important to venture outside. Sunlight provides the most natural form of vitamin D, which contains high energy. The sun is also relaxing and restorative, which are even better reasons for taking a short walk after you have finished a paper. Vitamin D is also highly preventative of depression symptoms. Who knows, the warmer weather might even motivate you to finish your work faster!

With May being Mental Health Awareness Month, familiarize yourself with the symptoms of depression and anxiety. In doing so, you can prevent yourself or friends and family from succumbing to a mental disease. Utilize mental health resources provided by Michigan State University. May is also National Bike Month. Exercising out of doors is refreshing and restorative. Take in the fresh air the natural way by biking with a few friends in a park. You might even try biking to work or class instead of driving. Encouraging a healthy mentality will prevent finals stress, and before you know it, summer vacation will have arrived.

Helpful Resources @ Michigan State University:
www.mentalhealthresources.msu.edu
www.counseling.msu.edu
www.psychiatry.msu.edu.

Sources: www.everydayhealth.com, www.rd.com

Time to Say Goodbye . . .

It’s that time of year again when we wave farewell to all the graduating seniors and graduate students. The time we reflect on all the good times spent at MSU over the past few years, and muse over what lies ahead in the future. The time we get dressed up in our green and white one more time before we say our last goodbyes.

However, the great thing about MSU is that our goodbyes are never really all that final. We come back for sporting events and alumni get-togethers. We also see fellow Spartans at work and at social gatherings. And we definitely all bond together and unite whenever that time of the year roles around when we have to play that other school from Ann Arbor.

You see, the great thing about Michigan State is that the campus becomes a second home by the time we finish school. It’s always here to support us in our times of need, to celebrate our achievements, and welcome us back with open arms whenever we return. Even though graduation may be full of emotions, we can all take comfort in the fact that we will always remain Spartans at heart. Congrats to all those walking across that big stage this year and remember that Michigan State will always be with you!

The WRC sends warm wishes to two of our student workers that will be graduating this May. Congrats Arielle and Emily! We hope you find great fortune in all your future endeavors!

Successful Black Women of MSU [Article Continued from Page 3]

“The controversy on campus can be solved if we come together and move forward as a unit,” Bothwell said of discrimination on campus, including racial slurs found on a Butterfield Hall wall in fall 2011. “I am very inspired, and now I want to be more productive in the community.”

MSU alumnus Ashiq Rahiman was asked by SBWMSU to speak in the peace section about visualizing the big picture. Rahiman came to MSU as an international student from Dubai and addressed the question of what peace means.

“I was invited because I bring a perspective that isn’t from here,” Rahiman said. “In Dubai, it is relatively quiet and when I came here, I felt I moved to a place where the notion of peace was defined in opposition of war….. I wanted to address peace as how it is mainly discussed in the context of global conflict.”

Rahiman also said the summit was one way for students to learn about social issues outside of the classroom.

“Students at this university have access to certain information that we may not have anywhere else,” Rahiman said. “This is really important for people who want to expand and learn about something that they don’t really know beyond the classroom.”

Reprinted from The State News [Article by Christine LaRouere 4/14/13]
**WRC Summer Reading List**

With all the hustle and bustle this last academic year has brought, take time this summer to pamper yourself, relax, and catch up on all those nonacademic books you’ve been meaning to get to! If you don’t have any good books laying around, here are some of our suggestions...

**FEAR OF BEAUTY** by Susan Froetschel—
Froetschel takes her reader on a journey into a remote farming village in Helmand Province, Afghanistan. In this gripping novel about Sofi, a mother whose son’s body was found at the base of a cliff on the day he was supposed to leave for school, the reader is thrown into the curiosity of a murder mystery, the chaos of a war time story, and the nurturing of a mother’s compassion. While most villagers blame the boy’s death on an accidental fall, Sofi has a feeling it is not that simple. With US troops and aid workers setting up a nearby outpost and a recent infiltration of extremists to her village, Sofi wants to get to the bottom of what happened to her son. After discovering a piece of paper not far from the cliff of the “accident,” Sofi is desperate to uncover the truth and whether the paper is connected to her son’s death. This story reveals the determination of a woman who learns to read and discovers the complicated cause of her boy’s demise—despite all of the challenges women are facing in her village.

**SHANGHAI GIRLS** by Lisa See—In 1937, Shanghai is the Paris of Asia, a city of great wealth and glamour, the home of millionaires and beggars, gamblers, patriots and revolutionaries, artists and warlords. Thanks to the financial security and material comforts provided by their father’s prosperous rickshaw business, twenty-one-year-old Pearl Chin and her younger sister, May, are having the time of their lives. Though both sisters wave off authority and tradition, they couldn’t be more different: Pearl is a Dragon sign, strong and stubborn, while May is a true Sheep, adorable and placid. Both are beautiful, modern, and carefree ... until the day their father tells them that he has gambled away their wealth and that in order to repay his debts he must sell the girls as wives to suitors who have traveled from California to find Chinese brides.

As Japanese bombs fall on their beloved city, Pearl and May set out on the journey of a lifetime, one that will take them through the Chinese countryside, in and out of the clutch of brutal soldiers, and across the Pacific to the shores of America. In Los Angeles they begin a fresh chapter, trying to find love with the strangers they have married, brushing against the seduction of Hollywood, and striving to embrace American life as they fight discrimination, brave Communist witch hunts, and find themselves hemmed in by Chinatown’s old ways and rules.

At its heart, Shanghai Girls is a story of sisters: Pearl and May are inseparable best friends who share hopes, dreams, and a deep connection, but like sisters everywhere they also harbor petty jealousies and rivalries. They love each other, but each knows exactly where to drive the knife to hurt the other the most. Along the way they face terrible sacrifices, make impossible choices, and confront a devastating, life-changing secret, but through it all the two heroines of this astounding new novel hold fast to who they are—Shanghai girls.

**THE MOVEMENT OF STARS** by Amy Brill—It is 1845, and Hannah Gardner Price has lived all twenty-four years of her life according to the principles of the Nantucket Quaker community in which she was raised, where simplicity and restraint are valued above all, and a woman’s path is expected to lead to marriage and motherhood. But up on the rooftop each night, Hannah pursues a very different—and elusive—goal: discovering a comet and thereby winning a gold medal awarded by the King of Denmark, something unheard of for a woman.

And then she meets Isaac Martin, a young, dark-skinned whaler from the Azores who, like herself, has ambitions beyond his expected station in life. Drawn to his intellectual curiosity and honest manner, Hannah agrees to take Isaac on as a student. But when their shared interest in the stars develops into something deeper, Hannah’s standing in the community begins to unravel, challenging her most fundamental beliefs about work and love, and ultimately changing the course of her life forever.

**INFERNO** by Dan Brown—Inspired by the work of Maria Mitchell, the first professional female astronomer in America, The Movement of Stars is a richly drawn portrait of desire and ambition in the face of adversity.

In his international blockbusters The Da Vinci Code, Angels & Demons, and The Lost Symbol, Brown masterfully fused history, art, codes, and symbols. In this riveting new thriller, Brown returns to his element and has crafted his highest-stakes novel to date.

In the heart of Italy, Harvard professor of symbology, Robert Langdon, is drawn into a harrowing world centered on one of history’s most enduring and mysterious literary masterpieces…Dante’s Inferno.

Against this backdrop, Langdon battles a chilling adversary and grapples with an ingenious riddle that pulls him into a landscape of classic art, secret passageways, and futuristic science. Drawing from Dante’s dark epic poem, Langdon races to find answers and decide whom to trust...before the world is irrevocably altered.

**AARP ROADMAP FOR THE REST OF YOUR LIFE** by Bart Astor—Solid solutions and step-by-step instructions for planning the next stage of your life.

Life after 50 isn’t what it used to be. The rules have changed. No more guaranteed pensions, retiree health plans, or extensive leisure and travel. It’s time to forge new paths and create innovative models. That’s where the AARP Roadmap for the Rest of Your Life comes in. Bart Astor, author of more than a dozen books, offers a comprehensive guide for making lifestyle decisions, growing your nest egg, and realizing your goals.

Source: barnesandnoble.com

May 2013
WRC Staff: Jayne Schuiteman, Interim Director, Associate Professor and Personal Safety Coordinator; Patricia M. Lowrie, Consultant; Lydia Weiss, Educational Program Coordinator; Audrey C. Smith, Office Manager; Evette Chavez Lockhart, Editorial/Administrative Assistant.

WRC Students: Arielle LaBrecque, Emily Nichols, and Bennetta Thomas, Department Aides.

May 2013

REGISTER NOW!
June 3—4, 2013
2013 State Conference - Michigan American Council on Education Network for Women Leaders in Higher Education
Join faculty, staff and administrators from around Michigan as we seek to create a better future for all women through empowerment, solidarity and networking.
The 2013 Annual State Conference of the Michigan ACE Network for Women Leaders in Higher Education will be held June 3—4, 2013 at the Kellogg Center in East Lansing, Michigan.
For more information, visit:  http://www.miacenetwork.org/

Friday-Sunday, May 3-5: Commencement Ceremonies. Celebrate MSU’s newest group of graduates! For specific commencement schedules, please visit: http://commencement.msu.edu.

Saturday, June 1, 2013:  25th annual PACMAC Community-Wide Spelling Bee.  10:45AM—3:30PM, Kellogg Hotel & Conference Center (Auditorium), 219 S. Harrison Road, East Lansing, MI.  The Parents Action Committee on Minority Academic Concerns (PACMAC) announces its 25th annual Community-Wide Spelling Bee! Students from around the Greater Lansing area in grades 1st through 8th are encouraged to participate in this annual spelling bee contest! There’s something for everyone!! All spelling bee contestants will receive a “goody bag”, Certificate of Participation and their names entered into the Grand Prize drawing for a bicycle! OPEN to ALL students grades 1st through 8th—$10.00/per registration. For additional details, including registration materials, please visit: http://wrc.msu.edu under the “Events” tab. Questions may be directed to Audrey Smith at (517) 353-1635 or smithau910@yahoo.com.

Weekend, May 4—5, 2013:  The 50th Annual East Lansing Art Festival.  10:00AM—6:00PM (Saturday) and 10:00AM—5:00PM (Sunday).  Art Springs Forth at the East Lansing Art Festival as this two-day celebration of arts and culture kicks off the festival season in the streets of downtown East Lansing.  For additional information, visit:  http://www.elartfest.com.

Friday, May 17, 2013:  Aitch Foundation Hidden Key Fashion Show.  5:30PM—9:30PM, MSU Federal Credit Union Headquarters, 3777 West Road, East Lansing, MI.  The 3rd annual Hidden Key Fashion Show is a unique event that combines athletics, fashion, and cancer research. You will have the chance to see Michigan State University coaches and former athletes, members of the Greater Lansing community, and cancer survivors on the runway modeling different local designers, including the one and only Lauren Aitch's Lady Aitch Designs. With funds raised from the fashion show, The Aitch Foundation will sponsor vital research here at MSU into the early detection of hidden cancers. For additional information, visit: http://www.MSUFCU.org/events/.

Saturday, May 18—Sunday, May 19, 2013:  50th Annual East Lansing Art Festival.  10:00AM—6:00PM (Saturday) and 10:00AM—5:00PM (Sunday).  Art Springs Forth at the East Lansing Art Festival as this two-day celebration of arts and culture kicks off the festival season in the streets of downtown East Lansing.  For additional information, visit:  http://www.elartfest.com.

Thursday, May 30, 2013:  Bi-Annual “Women In The Middle” Conference.  Retreat and Renew: Reclaiming Your Center in the Eye of the Storm.  12:00N—5:00PM, The University Club Ballroom (Lower Level), 3435 Forest Road, Lansing.  This half-day retreat is for all “Women in the Middle” – of a challenge, of a decision-making process, of the many demands our lives place on us.  Join us and help us create a supportive and sacred space of renewal, reflection, and recommitment to the values and principles that help us stay strong and on track.  Led by Jullica Hermann, a life coach committed to helping people live a post-perfectionist life, this program will combine large group presentations and small group exercises that will remind you that you already have everything you need to succeed.  In addition to some journaling, be sure to wear comfortable clothing, so you can join us in gentle movement and stretching to reconnect to your body’s wisdom.  Take this half day for yourself, and return to your life ready to bring your best self to whatever challenges and opportunities are currently waiting for you.  You will be grateful you did!  Registration fee is $25.00 and includes lunch.  To register and pay online, visit:  http://wrc.msu.edu under the “Events” tab.  The first 40 registrants will receive a special gift!

“I am the woman who holds up the sky.  The rainbow runs through my eyes. The sun makes a path to my womb.  My thoughts are in the shape of clouds.  But my words are yet to come.”
~Poem of the Ute Indians

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WRC Students: Arielle LaBrecque, Emily Nichols, and Bennetta Thomas, Department Aides.
5th Bi-Annual
“Women In The Middle” Conference
Renew & Retreat:
Reclaiming Your Center in the Eye of the Storm

This half-day retreat is for all “Women in the Middle” – of a challenge, of a decision-making process, of the many demands our lives place on us. Join us and help us create a supportive and sacred space of renewal, reflection, and recommitment to the values and principles that help us stay strong and on track. Led by Julica Hermann, a life coach committed to helping people live a post-perfectionist life, this program will combine large group presentations and small group exercises that will remind you that you already have everything you need to succeed. In addition to some journaling, wear comfortable clothing so you can join us in gentle movement and stretching to reconnect to your body’s wisdom. Take this half day for yourself, and return to your life ready to bring your best self to whatever challenges and opportunities are currently waiting for you. You will be grateful you did!

Thursday, May 30, 2013
12:00N - 5:00PM
The University Club—3435 Forest Road, Lansing, MI
(Ballroom—Lower Level)

Registration Fee: $25.00 (includes lunch)

About Julica . . .

Julica Hermann is a Martha Beck Certified Life Coach. She has been coaching individuals and groups since 2002. She inspires her clients to identify and pursue their ideal lives, and helps them move beyond paralyzing and self-defeating patterns of perfectionism. Julica is a persuasive advocate of living in alignment with your essential self, and giving yourself permission to move through work and life in your way, playing to your strengths, embracing all of yourself. Julica is an avowed and unrepentant self-help junkie, and is delighted to have her profession justify her insatiable appetite for personal development programs. She brings all that she has learned and is constantly learning to each coaching moment and presentation, looking for the opportunity to SET YOU FREE and PUT YOU INTO ACTION. In addition to the Martha Beck certification, Julica completed an ICF-accredited coach training program through CoachVille, where she went on to serve as Instructor of the Inner Freedom Method. Prior to her full-time coaching life, Julica worked in student affairs at Michigan State University and the University of Michigan. She holds two masters degrees, in Sociology and Social Work, from the University of Michigan.

Online *Registration & Payment NOW OPEN at:
http://wrc.msu.edu under the “Events” tab
*(The first 40 registrants will receive a special gift!!!)

The “Women in the Middle Conference” is sponsored by the MSU Women’s Resource Center. For questions, please contact us at (517) 353-1635 or wrc@msu.edu. Accommodations for persons with disabilities may be requested by contacting the WRC by 5/13/13. Requests received after this date will be honored whenever possible.
“Ask A Spartan” Is Launched!

Ask A Spartan is a Q&A app that enables people to ask questions about relationships, sexual health, mental health, and sexual identity in English or Chinese and have their questions answered by MSU experts from the MSU Counseling Center, MSU Sexual Assault Program, LGT Resource Center, Olin Health Center, MSU Women’s Resource Center, Sexual Assault and Relationship Violence Prevention Program (SARV), Safe Place, and The Office for International Students and Scholars. The app was developed by Venturit and MSUglobal Knowledge & Learning Innovations.

The app was developed at MSU in response to the continued increase of Chinese international students enrolled at the University. Information regarding topics can be challenging for all students, but perhaps more so for students for whom English is not their primary language. Ask A Spartan aims to provide responses to questions on these topics so that students and members of the community have access to accurate information and resources.

If you have questions about Ask A Spartan, please contact Jayne Schuiteman, PhD., Associate Professor at Michigan State University and Interim Director of MSU Women’s Resource Center at Schuite1@msu.edu or (517) 353-1635.

“Ask A Spartan” App link:  http://askus.msu.edu/ask-a-spartan

To learn more about Ask A Spartan go to the MSUAA Knowledge Network at:  http://knowledgenetwork.alumni.msu.edu/ask-a-spartan/askaspartan.html

Ask A Spartan is App of the Week!!!! Visit:  http://detroit.cbslocal.com/2013/03/24/app-of-the-week-ask-a-spartan/

The Parents Action Committee on Minority Academic Concerns (PACMAC)

ANNOUNCES

It’s 25th Annual Community-Wide Spelling Bee

Saturday, June 1, 2013
10:45 AM

All students from around the Greater Lansing area in grades 1st—8th are eligible to participate in this annual spelling bee contest. There’s something for everyone! All spelling bee contestants will receive a “goody bag”, Certificate of Participation and their name will be entered into the Grand Prize Drawing for a bicycle.

For additional information, including a registration form, please visit:  http://wrc.msu.edu under the “Events” tab.

REGISTRATION DEADLINE:
Wednesday, May 22, 2013—No exceptions please

REGISTRATION FEE:  $10.00/per child


Michigan Women’s Commission

- Women in Business
- Women Veterans
- Women & Human Trafficking

For additional details, including resources and up to the minute information, check us out on Facebook @ facebook.com/facebook.com/pages/Michigan-Womens-Commission

Follow us on Twitter @MIwomenscomm

Interested in receiving monthly e-mails about upcoming programs and events? To join the WRC Listserv, send an e-mail with the subject line “WRC Listserv” to wrc@msu.edu. Be sure to indicate your name and e-mail address.

Source: http://www.miacenetwork.org/
Michigan State University Women’s Resource Center

NOW HIRING

For the Fall 2013 Semester.

Position: Department Aide

Offering up to 10 hours per week.
Work-study is preferred; Non-work-study will be considered.

In addition to earning money, you can assist in important event/program planning and implementation on campus, and make an important contribution to Michigan State University and the status of women.

Criteria:

* Must be an MSU student—all majors welcome
* Must be available to work at least 2.5-hours at a time between 8am-5pm, M-F
* Must be able to work at least 10 hours per week
* Must be reliable and dependable
* Past writing experience a plus
* Past experience working in an office environment
* Research experience
* Ability to type at least 60 WPM
* Proficiency in MS Office (MS Word, Excel, and Publisher)
* Minimum of a 2.5 GPA
* Work-study is preferred; Non-work-study will be considered
* Some evening meetings/programs required

TO APPLY:

Applications accepted
Monday-Friday, 10am-3pm at the Women’s Resource Center, 332 Union

Submit Completed Packet Containing:

* Application (available at: http://wrc.msu.edu)
* Proof of enrollment at MSU
* Semester schedule
* Resume, including a list of three (3) professional references
* Three (3) writing samples (i.e. short class paper, flyer, newsletter, etc.)
* Copy of most recent grade report

MSU Women’s Resource Center
Michigan State University
49 Abbot Road, 332 MSU Union Building
East Lansing, MI 48824-1029
E-mail: wrc@msu.edu
Website: wrc.msu.edu
Phone: 517-353-1635
Fax: 517-432-3846

Completed application packets must be submitted by:

(Applications available @:  http://wrc.msu.edu under the “Announcements” tab)

Friday, June 28, 2013
JUNE 29TH
GOOD GIRL RADIO PRESENTS
SAVE THE DATE
SATURDAY, 6/29/2013
TEENS AGE 13-19
GRIT, GUTS
conference 2013
THE EXPERIENCE OF A YOUNG WOMAN
REGISTRATION INCLUDES A MEAL TICKET
*LOCATION IS T.B.D.
FOR MORE INFO
PLEASE REGISTER AT
WWW.GOODGIRL RADIO.COM
BEGINNS AT 9AM
FOLLOW @GOODGIRL RADIO ON
facebook  youtube  twitter
May 2013