Whew! . . . Take Time for Self . . .

Arielle LaBrecque

With the month of May finally here, the end of an academic year holds promises of summer—more free time, less stress, and warmer weather. After four months of balancing teaching loads, administrative duties, school, work, families and other activities, plus trying to find a little “me time”, we are all ready for a more relaxing three month break.

It’s the last week of school that truly pushes students, faculty, and staff to their limit. With so much to look forward to in the summer months, it’s easy to put the present on hold and dream about your upcoming vacation or exciting new internship. The culmination of pressure keeps people from performing at their best, and lack of productivity is the last thing you need. Here are some tips to keep you from overstressing and assist you with staying focused:

Plan Time For Yourself. Time may seem like something you have very little of during the last week of the academic year. Have you wanted to read a good book, but feel like you have not had the time? Wake up thirty minutes earlier, and drink your cup of coffee or tea while you read. Your mind and body will thank you for it.

Take Breaks. You will remember more when you study intensely for thirty minutes and then take a fifteen minute break. While it seems like you may be wasting time, studies have shown your brain will absorb more in shorter periods than studying for five hours. During these fifteen minute breaks, perform activities that will clear your mind. Walking or meditating are great ways to release stress, and you will return to your work space or studies feeling refreshed.

Be Mindful. Complete a task you know you can complete successfully. If you like to cook, make a good dinner before sitting down to study, write a paper or complete a teaching assignment. Your enjoyment of flavors and textures of the meal you made will make your work time more effective. Being mindful includes being aware of your presence within your surroundings and paying attention to things with greater detail. If you apply this attention to detail towards menial tasks (like doing dishes or cleaning a room in your house), you will find that you will be more focused when it comes to studying or completing your project.

Keep Your Work Space Clean. Set aside a small amount of time to clean your workspace. Your mind will feel less cluttered, and fewer distractions mean more effective work time.

Eat Brain Food AND Comfort Food. Eat whole grains and fruit for breakfast to jumpstart your energy. Try to keep some type of fruit with you throughout the day to keep you going. After an exam or perhaps a hard day’s work, your favorite comfort food can help to calm your nerves, helping you feel more at ease after a long day.

Source: CNN.com
**WRC Summer Reading List**

**Thrive** by Arianna Huffington—Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye -- the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group -- one of the fastest growing media companies in the world -- celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful.

Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success -- money and power -- has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward.

In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters -- of juggling business deadlines and family crises, a harried dance that led to her collapse and to her "aha moment." Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

**Everybody’s Got Something** by Robin Roberts—“Regardless of how much money you have, your race, where you live, what religion you follow, you are going through something. Or you already have or you will. As momma always said, “Everybody's got something.”

So begins beloved Good Morning America anchor Robin Roberts’s new memoir in which she recounts the incredible journey that's been her life so far, and the lessons she's learned along the way. With grace, heart, and humor, she writes about overcoming breast cancer only to learn five years later that she will need a bone marrow transplant to combat a rare blood disorder, the grief and heartbreak she suffered when her mother passed away, her triumphant return to GMA after her medical leave, and the tremendous support and love of her family and friends that saw her through her difficult times.

Following her mother’s advice to “make your mess your message,” Robin taught a nation of viewers that while it is true that we’ve all got something -- a medical crisis to face, aging parents to care for, heartbreak in all its many forms -- we’ve also all got something to give: hope, encouragement, a life-saving transplant or a spirit-saving embrace. As Robin has learned, and what readers of her remarkable story will come to believe as well, it’s all about faith, family and friends. And finding out that you are stronger, much stronger, than you think.

**Lean In for Graduates** by Sheryl Sandberg—In 2013, Sheryl Sandberg’s Lean In became a massive cultural phenomenon and its title became an instant catchphrase for empowering women. The book soared to the top of best-seller lists both nationally and internationally, igniting global conversations about women and ambition. Sandberg packed theaters, dominated op-ed pages, appeared on every major television show and on the cover of Time magazine, and sparked ferocious debate about women and leadership. Now, this enhanced edition provides the entire text of the original book updated with more recent statistics and features a passionate letter from Sandberg encouraging graduates to find and commit to work they love. A combination of inspiration and practical advice, this new edition will speak directly to graduates and, like the original, will change lives.

**Finding Me: A Decade of Darkness, A Life Reclaimed: A Memoir of the Cleveland Kidnappings** by Michelle Knight—Michelle was a young single mother when she was kidnapped by a local school bus driver named Ariel Castro. For more than a decade afterward, she endured unimaginable torture at the hand of her abductor. In 2003 Amanda Berry joined her in captivity, followed by Gina DeJesus in 2004. Their escape on May 6, 2013, made headlines around the world.

In Finding Me, Michelle will reveal the heartbreaking details of her story, including the thoughts and prayers that helped her find courage to endure her unimaginable circumstances and now build a life worth living. By sharing both her past and her efforts to create a future, Michelle becomes a voice for the voiceless and a powerful symbol of hope for the thousands of children and young adults who go missing every year.

**The One & Only** by Emily Giffin—Thirty-three-year-old Shea Rigsby has spent her entire life in Walker, Texas—a small college town that lives and dies by football, a passion she unabashedly shares. Raised alongside her best friend, Lucy, the daughter of Walker’s legendary head coach, Clive Carr, Shea was too devoted to her hometown team to leave. Instead she stayed in Walker for college, even taking a job in the university athletic department after graduation, where she has remained for more than a decade. But when an unexpected tragedy strikes the tight-knit Walker community, Shea’s comfortable world is upended, and she begins to wonder if the life she’s chosen is really enough for her. As she finally gives up her safety net to set out on an unexpected path, Shea discovers unsettling truths about the people and things she has always trusted most—and is forced to confront her deepest desires, fears, and secrets.

Thoughtful, funny, and brilliantly observed, The One & Only is a luminous novel about finding your passion, following your heart, and, most of all, believing in something bigger than yourself... the one and only thing that truly makes life worth living.

Source: barnesandnoble.com

May 2014
History of Mother's Day

Given the following possibilities, how many of us could pick the right answer?

Mother's Day began:

- In 1858, when Anna Jarvis, a young Appalachian homemaker, organized “Mother's Work Days” to improve the sanitation and avert deaths from disease-bearing insects and seepage of polluted water.
- In 1872, when Boston poet, pacifist and women's suffragist Julia Ward Howe established a special day for mothers -- and for peace -- not long after the bloody Franco-Prussian War.
- In 1905, when Anna Jarvis died. Her daughter, also named Anna, decided to memorialize her mother's lifelong activism, and began a campaign that culminated in 1914 when Congress passed a Mother's Day resolution.

The correct answer: All of the above. Each woman and all of these events have contributed to the present occasion now celebrated on the second Sunday in May.

This Mother's Day - Honor the Strength of Women

The cause of world peace was the impetus for Julia Ward Howe's establishment, over a century ago, of a special day for mothers. Following unsuccessful efforts to pull together an international pacifist conference after the Franco-Prussian War, Howe began to think of a global appeal to women.

"While the war was still in progress," she wrote, she keenly felt the "cruel and unnecessary character of the contest." She believed, as any woman might, that it could have been settled without bloodshed. And, she wondered, "Why do not the mothers of mankind interfere in these matters to prevent the waste of that human life of which they alone bear and know the cost?"

Howe's version of Mother's Day, which served as an occasion for advocating peace, was held successfully in Boston and elsewhere for several years, but eventually lost popularity and disappeared from public notice in the years preceding World War I.

For Anna Jarvis, also known as "Mother Jarvis," community improvement by mothers was only a beginning. Throughout the Civil War she organized women's brigades, asking her workers to do all they could without regard for which side their men had chosen. And, in 1868, she took the initiative to heal the bitter rifts between her Confederate and Union neighbors.

The younger Anna Jarvis was only twelve years old in 1878 when she listened to her mother teach a Sunday school lesson on mothers in the Bible. "I hope and pray that someone, sometime, will found a memorial mother's day," the senior Jarvis said. "There are many days for men, but none for mothers."

Following her mother's death, Anna Jarvis embarked on a remarkable campaign. She poured out a constant stream of letters to men of prominence -- President William Taft and former President Theodore Roosevelt among them -- and enlisted considerable help from Philadelphia merchant John Wannamaker.

By May of 1907, a Mother's Day service had been arranged on the second Sunday in May at the Methodist Church in Grafton, West Virginia, where Mother Jarvis had taught. That same day a special service was held at the Wannamaker Auditorium in Philadelphia, which could seat no more than a third of the 15,000 people who showed up.

The custom spread to churches in 45 states and in Puerto Rico, Hawaii, Mexico and Canada. The Governor of West Virginia proclaimed Mother's Day in 1912; Pennsylvania's governor in 1913 did the same. The following year saw the Congressional Resolution, which was promptly signed by President Woodrow Wilson.

Mother's Day has endured. It serves now, as it originally did, to recognize the contributions of women. Mother's Day, like the job of "mothering," is varied and diverse. Perhaps that's only appropriate for a day honoring the multiple ways women find to nurture their families, and the ways in which so many have nurtured their communities, their countries, and the larger world.


"Advancing gender equity through education and access to resources"

Gender Matters!

Ahhhh... Summertime

It is that time of year again – the construction projects make our roadways an impossible labyrinth and there is always a line at our favorite ice cream stand. But amidst the orange cones we often forget how incredible Michigan summers can be! After the drudgery of winter, Michigan truly becomes alive and vibrant – the sun decides to join us for more than one day at a time, our towns are filled with food and art festivals and our lakes become the hottest attractions in the Midwest. So, it is time to bust through the barricades and explore the serenity our beautiful state has to offer. Here are some ideas:

- Get out in the sun (don't forget your sunscreen) and soak in some Vitamin D. Michigan has parks and beaches galore! (http://www.michigan.org/nature-parks/).
- Treat yourself to a day at the spa. If that's out of your price range, you're never too old to gather your favorite gal-pals for a night in, complete with nail-painting and romantic comedy movie-watching.
- Michigan has some amazing amusement parks. If you're a thrill seeker, check out what Michigan has to offer! (http://www.michigan.org/amusement-parks/).
- If you're the laid back type and just want to get away for a long weekend, try one of the wonderful Michigan vacation rentals. (http://www.michigan.org/vacation-rentals/).

There's a start to your summer relaxation. Take some time to yourself to reconnect to your life and loved ones, and while you're at it, enjoy the beauty that Michigan has waiting for you!


**Announcements**

**The Parents Action Committee on Minority Academic Concerns (PACMAC)**

ANNOUNCES

It’s 26th Annual Community-Wide Spelling Bee

Saturday, May 17, 2014
11:00 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 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 7, 2014—No exceptions please

**OPEN TO ALL!!!!
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**REGISTRATION FEE:** $10.00/per child


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**Calendar of Events**

**Thursday, May 1, 2014:** Annual “Women Matter” Luncheon and Celebration! 11:30AM—1:30PM, Kellogg Hotel & Conference Center—Riverside Room (Garden Level), 219 Harrison Road, East Lansing, MI. Keynote Speaker: Dr. Denise Maybank, Vice President for Student Affairs and Services, MSU. Hosted by the MSU Women’s Resource Center. For more information, and to register online, please visit: wrc.msu.edu under the “Events” tab.

**Friday-Sunday, May 2-4, 2014:** Commencement Ceremonies. Celebrate MSU’s newest group of graduates! For specific commencement schedules, please visit: http://commencement.msu.edu.

**Monday, May 5, 2014:** Celebrate Cinco de Mayo!

**Thursday, May 8, 2014:** She’s Got It: A Woman’s Guide to Saving and Investing. 12:00PM—1:30PM, MSU Union Building—Lake Huron Room (3rd Floor). For women of all ages. Join us as we share experiences and learn new money and investing skills. FREE program with lunch included! Co-sponsored with TIAA-CREF Financial Services, MSU Family Resource Center, MSU Women’s Advisory Committee, MSU Sutton Center for Support Staff, MSU Human Resources, and the MSU Women’s Resource Center. RSVP to TIAA-CREF at 1-800-732-8353 or www.tiaa-cref.org/schedulenow.

**Thursday, May 8, 2014:** Start to Finish: The Early Career Woman’s Guide to Financial Wisdom. 4:00PM—5:30PM, MSU Union Building—Lake Huron Room (3rd Floor). Financial knowledge to get started on the right foot. FREE program with snacks included! Co-sponsored with TIAA-CREF Financial Services, MSU Family Resource Center, MSU Women’s Advisory Committee, MSU Sutton Center for Support Staff, MSU Human Resources, and the MSU Women’s Resource Center. RSVP to TIAA-CREF at 1-800-732-8353 or www.tiaa-cref.org/schedulenow.

**Sunday, May 11, 2014:** Happy Mother’s Day!

**Thursday, May 15, 2014:** Deadline to apply for the Fall 2014 Mildred B. Erickson Fellowship. Applications must be hand-delivered OR postmarked by Thursday, May 15th. This fellowship is intended for the nontraditional student who has had a break in education due to life’s circumstances. For additional criteria and to download an application, please see the announcement on page 6.

**Saturday, May 17, 2014:** Annual PACMAC Community-Wide Spelling Bee! 11:00AM—4:00PM, Kellogg Hotel & Conference Center—Auditorium, 219 S. Harrison Road, East Lansing, MI. The Parents Action Committee on Minority Academic Concerns (PACMAC) announces its 26th 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.

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WRC Staff: Jayne Schulteman, Interim Director, Associate Professor and Personal Safety Coordinator; Lydia Weiss, Educational Program Coordinator; Audrey C. Smith, Office Manager, Evette Chavez, Editorial/Administrative Assistant; WRC Student: Bennetta Thomas, Department Aide; WRC Intern: Hayley Mathie.

May 2014
CONGRATULATIONS!
MICHIGAN STATE UNIVERSITY
2014
GRADUATES!!!!
FROM THE MSU WOMEN’S RESOURCE CENTER

SAVE THE DATE - Michigan ACE
Women's Network 2014 Conference

June 2—3, 2014


2014 Conference Theme - Make a Difference: Leadership, Inclusion, Connections

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 2014 Annual State Conference of the Michigan ACE Network for Women Leaders in Higher Education will be held June 2—3, 2014 at the Kellogg Center in East Lansing, Michigan.

For additional information, including online registration, visit: http://www.miacenetwork.org/.

Thank You!

Once again, our “2-4-1” Women’s History Month Coupon was a smashing success, and wouldn’t have been possible without the generous support of:

The Division of Residential & Hospitality Services

A big “thank you” to all of those who made this event possible from the MSU Women’s Resource Center!!!!

Hear what some delighted diners had to say:

“I’m excited to reconnect with a special friend for lunch, thank you!”

“Thank you for offering this to men too! I took my wife and daughters to dinner in honor of Women’s History Month and we had a great time!”

“Thank you so much for continuing this awesome opportunity to create time to honor the special women in our lives!”

“This opportunity is much appreciated.”

May 2014
Women in Higher Education
-Upcoming Conferences-

College and University Work/Family Association (CUWFA)
May 7—9, 2014

Annual Spelman College Leadership and Women of Color Conference
21st Century Leadership: A decade of success
Wednesday, May 14—15, 2014
http://spelmanwomenofcolorconf.com/

AAWCC Leaders Institute - Professional Education Program
June 1—5, 2014
http://aawcc-leaders.org/

National Conference for College Women Student Leaders
June 5—7, 2014
http://www.nccwsl.org

Smith College Executive Education-From Specialist to Strategist Professional Education Program
June 8—13, 2014
http://www.smith.edu/execed/?q=programs/specialist-strategist

Women’s Higher Education Leadership Summit (WHELS)
June 8—11, 2014
http://www.sandiego.edu/soles/centers-and-research/leadership-institute/conferences-and-events/womens-higher-education-leadership-summit/

National Association for Women in Catholic Higher Education—Making Connections XI
Wednesday, June 18—20, 2014
http://www.seattleu.edu/artsci/about/NAWCHE/conferences-events/

Forté Foundation - 2014 Forté MBA Women’s Leadership Conference
June 20—21, 2014
http://www.fortefoundation.org/site/PageServer?pagename=MBAWomensConference

HERS Bryn Mawr Summer Institute
July 6—19, 2014

HERS Denver Summer Institute
July 20—August 2, 2014

8th European Conference on Gender Equality in Higher Education Building Futures—Equality Challenges in Higher Education: Encouraging Theory and Practise Dialogues
September 3—5, 2014
http://gender2014.conf.tuwien.ac.at/call_for_abstracts/

National Association of Collegiate Women Athletics Administrators (NACWAA)
October 12—14, 2014
http://www.nacwaa.org/national-convention/reg-fees-scholarships

Women in Educational Leadership Conference—28th Women in Educational Leadership Conference
October 12—13, 2014
http://cehs.unl.edu/edad/partnerships/welc.shtml

Society of Women Engineers
October 24—25, 2014
http://societyofwomenengineers.swe.org/index.php/learning/conferences#activePanels_0,3

The Way Up XXVIII Conference Women in Higher Education: Charting Your Course For Leadership Success
November 6—7, 2014
http://www.wayup-iowa.org/2014-conference

National Women’s Studies Association—Feminism Unbound: Imagining a Feminist Future
November 13—16, 2014
http://www.nwsa.org/conference/

AAUW National Convention
June 18—21, 2015
http://convention.aauw.org

Source: For conference details, visit http://www.wihe.com/listConf.jsp

Mildred B. Erickson Fellowship

The Mildred B. Erickson Fellowship is the major source of scholarship assistance for the significant and growing group of nontraditional students who are returning to the University to complete previously interrupted studies or to begin new courses of study at a later stage of life. For these individuals, there are very few scholarships available. Because many older students have families and extensive financial commitments, it is essential for many of them to obtain scholarship support—yet most scholarships at MSU are available only to traditional students.

Scholarships are granted to undergraduate and graduate students. Successful applicants must be able to demonstrate financial need. First and second-time recipients receive the total cost of one class (up to 5 credits), including tuition, fees and $500.00 in book/educational support. Students applying for a third scholarship who have demonstrated a strong commitment to their education may be eligible for full support (up to 12 credits for one semester), including tuition, fees and $500.00 in book/educational support.

APPLICATION DEADLINE: May 15, 2014

Applications and additional information can be found at: http://wrc.msu.edu/erickson_fellowship.php
May 2014

The Michigan Women’s Historical Center & Hall of Fame Welcomes a New Art Exhibit

Early Women Artists
Curated by Edward P. Bentley

Opening reception Sunday, May 4, 2:00—4:00PM
On exhibit through Saturday, July 26th

Please join the Michigan Women’s Historical Center & Hall of Fame’s opening of their new art exhibit on Sunday, May 4, 2:00—4:00PM. Free admission and light refreshments will be served.

Early Women Artists features oil paintings by 20 women artists that all share ties to Michigan. Some of the artists, such as Alice Thurbur and Maud Miller Hoffmaster, lived in Michigan their entire lives. Others, such as Minnie Harms Neebe and Francis Mumaugh, only visited on occasion for sketching trips or for education purposes at places such as the Ox Bow School in Saugatuck. Francis Farrand Dodge and Katherine Leone Wood grew up in Michigan and this firsthand knowledge nurtured their work, even after they moved on to cosmopolitan art centers. Despite the clear talent that these women possessed, and the popularity of their work during their lives, many have yet to receive the public recognition that their art deserves today.

Source: http://www.michiganwomenshalloffame.org/