Post-Perfectionist Teaching: Wholehearted Presence in the Classroom

Lydia Weiss

In recent years, the Women’s Resource Center has hosted life coach and inspirational teacher, Julica Hermann, on a variety of subjects including how to manage change and deal with perfectionism. On October 3, 2013, Julica once again joins the WRC to provide a self-reflective and invigorating training. “Post-Perfectionist Teaching: Wholehearted Presence in the Classroom” is a workshop geared towards faculty and teaching assistants which will encourage participants to become “fully present, fully engaged and to teach wholeheartedly” said Hermann in a recent interview.

Hermann draws upon her own experience working with the Center for Research on Learning and Teaching at the University of Michigan, and the research of Dr. Martha Beck, Dr. Brené Brown and Dr. Parker Palmer. Especially inspired by Palmer’s book The Courage to Teach, this workshop will help participants break through the fear caused by perfectionism, the detachment from our feelings and identities and the fear of vulnerability as teachers in a classroom. These fears and trepidations cause many of us to resist being our full selves in our highly professional, objective, academic environments. Therefore, how do we access a sense of wholeness? Hermann recommends, “Find and teach from your strengths. Know where your certainty lies as a teacher. Most importantly, be willing to take risks and show up fully in the classroom.” She warns that perfectionism in any area is an “armor that can become a straitjacket. Removing that straitjacket gives us and our students more room to breathe and learn together.”

Hermann hopes to inspire participants to grant themselves permission to be themselves and recognize their gifts and their potential. “I tell it like it is and I want to help people heal their hearts. We don’t usually talk about our hearts in the academic world, but I think it’s important,” she said. This session will be motivated by two essential questions: Who are we as teachers? Why is this important to understand? Hermann said, “I am not here to give you the basics of teaching. I want to inspire people and reconnect them to the joy of teaching, so they can’t wait to get back into the classroom.” Her three main goals for this workshop are “reconnecting to our inner enthusiasm and gratitude for teaching; creating a space for a conversation that doesn’t happen enough in academia; and to offer resources that will deepen our own teaching capacity.”

On her desire to conduct this workshop, Hermann said, “Many of us begin teaching because we are social change agents who want to change the world through teaching. Sometimes the nitty gritty can get in the way of changing the world. Teaching can be in support of the status quo or work against it. I agree with bell hooks and Paulo Freire, I believe the classroom is a radical space of possibility, if we choose to make it so.”

Julica’s workshop is faculty, academic staff, and graduate TA focused and is scheduled for Thursday, October 3, 2013 from 12:15PM—1:15PM, Student Services Building (Room 6—lower level). To RSVP, e-mail wrc@msu.edu (with “Post-Perfectionist Teaching” in the subject line) or phone (517) 353-1635.

October is . . .

Domestic Violence Awareness Month

Submitted by Alyssa Baumann, MSU Safe Place

At MSU Safe Place, we often talk to MSU community members who are wondering if they are experiencing relationship violence. We also take many calls from friends, family and colleagues who are calling on behalf on someone in their lives that they are concerned could be dealing with this issue. As October is Domestic Violence Awareness Month, we figured this would be an ideal time to talk about what constitutes relationship violence.

Relationship violence, also referred to as domestic violence, intimate partner violence or abuse, is when one person in an ongoing relationship uses a variety of tactics to control another. These tactics include: physical abuse, threats, stalking behaviors, emotional abuse, isolating from family and friends, and economic control. These tactics often result in convincing the survivor that the abuse is her/his fault, silencing the survivor, and keeping the survivor trapped in the relationship. These controlling and abusive tactics can go on without anyone else knowing it, or the abuse could take place in front of others. Typically, the abuser appears to be charming and concerned for the survivor’s well-being in front of others.

If you are wondering if you are in an abusive relationship, where you are physically, sexually and/or emotionally abused, ask yourself the following questions:

Does your partner . . .

- Try to keep you away from the people you care about most or from friends you had before you began dating?
- Embarrass you or make fun of you in front of other people?
- Make you feel afraid, or use threats to make you do what he/she wants?

Article continued on page 2
Accuse you of having affairs and/or wanting to date other people?
- Make you feel there is “no way out” of the relationship?
- Make you perform sexual acts that you don’t enjoy or touch you against your will?
- Threaten you with force, words, or weapons?
- Use alcohol or drugs as an excuse for saying hurtful things or abusing you?
- Get really angry a lot, and you don’t know why – but you feel like you are “walking on eggshells” all the time?
- Not believe they have hurt you, or blame you for what they have done?
- Physically force you or hurt you to make you do things that you don’t want to do?
- Threaten to hurt themselves, you, a pet, or people you love if you end the relationship?
- Tell you that you are stupid, ugly, or unwanted, or put you down in other ways?
- Tell you that if only you did things differently or better, they wouldn’t have to hurt you?
- Monitor your computer or phone use?
- Use children to keep you in the relationship?

If you answered yes to one or more of these questions, you may be experiencing abuse in your relationship. MSU Safe Place is the campus relationship violence and stalking program and serves as a resource to the MSU and Greater Lansing communities. For information, support or resources, contact us at (517) 355-1100 or noabuse@msu.edu or check out our website at safeplace.msu.edu. We’re also on Facebook (Michigan State University Safe Place) and Twitter (@MSUSafePlace). For resources outside of the Greater Lansing area, contact the Domestic Violence Hotline at (800) 799-SAFE.

If you or someone you know is in a violent situation, please refer to the following resources:

**MSU Safe Place:** Call for support, information or referrals. 24-hour Help Line at (517) 355-1100. Website: www.msu.edu/unit/safe/, e-mail: noabuse@msu.edu.

**MSU Counseling Center:** (517) 355-8270. Website: http://www.counseling.msu.edu/.


**The Listening Ear’s Crisis Hotline:** 24-hour Crisis Line (517) 337-1717. Website: www.theear.org/.

**National Domestic Violence Hotline:** 1-(800)-799-SAFE
ALLISON MCCLINTICK
KEYNOTE SPEAKER FOR THE 2013
WOMEN’S LEADERSHIP
CONFERENCE
Lydia Weiss

The Women’s Initiative for Leadership Development (WILD) and the Women’s Resource Center are proud to introduce this year’s keynote speaker for the Women’s Leadership Conference, Allison McClintick. Allison is a local entrepreneur, inspiration, dynamic speaker and leadership expert. She is a Leader Development Specialist and the CEO and owner of FlightLead, a veteran owned training company based out of Lansing, Michigan. Allison believes in the power of determination, self-awareness and a little dose of courage and faith.

Allison’s journey through hardship and life’s challenges have strengthened her leadership and ability to help others find their style as leaders. In 2008, weary of not living to her unique purpose, Allison sold everything she owned, packed up her vehicle with her remaining essentials and moved to San Diego, California to study leadership and earn her Master’s Degree at the University of San Diego. As a single mother at the time, in order to pursue the dream of a life lived to its fullest potential, Allison had to leave her 12 year old daughter behind with her father for one year in order to get settled. Despite the challenges that came with moving to a new city, missing her family, looking for work and being a graduate student, the risk paid off.

While in San Diego, Allison worked for and with the United States Marine Corps and the FBI. Allison counts experiences such as receiving the wounded troops from Afghanistan and meeting 4-Star Generals as some of the most exciting and gratifying experiences of her life. She earned her Master’s Degree in Leadership/Organizational Development in record time, was awarded Outstanding Student in Leadership Studies, met her soul mate and welcomed a son, all within 4 years’ time. Then Allison and her family relocated to Michigan. Allison has worked with highly visible organizations and has spoken to and trained thousands of people on leadership development.

We are thrilled to have Allison share her wisdom and train the next generation of leaders at this year’s Women’s Leadership Conference on Sunday, November 10, 2013.

Did you know?

Only 1 in 5 girls believes she has the key qualities required to be a good leader.

FACT: Yet the public believes that women—even more than men—have what it takes to be leaders in today’s world.

www.togetherthere.org/girl-leadership-facts
Women’s Networking Association

The mission of the Women’s Networking Association (WNA) is to connect women across campus through meaningful and empowering relationships. Providing an opportunity for women to network and support one another is an essential step for building women’s leadership at Michigan State University and in the Greater Lansing community.

Join us at the following meetings:

“Creating Your Brand”
Wednesday, October 16, 2013: 8:30AM—10:00AM OR 3:30PM—5:00PM at 412 Eppley Center.
Have you ever stumbled over the question: “So, what’s your role on campus?” Many of us have! With the tools from this session, you will learn how to “sell your brand” and put yourself at the top of the market.

“Just in Time Mentoring & Networking Blitz”
Wednesday, November 20, 2013: 8:30AM—10:00AM OR 3:30PM—5:00PM at 301 Eppley Center.
Mentors can be the key to successful career development. This session will focus on establishing mentoring relationships and practicing networking skills.

RSVP to wrc@msu.edu or (517) 353-1635 (with “Networking” in the subject line)

Ask A Spartan / 问问斯巴达
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, LGBT 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 Schuitem@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

Men’s Health, Wellness, & Fitness EXPO!

Wednesday, October 16, 2013
11:30 AM—1:30 PM
MSU Union—2nd Floor Ballroom

What Women Want to Know—What Men Need to Know

For Women & Men who care about the Men in their lives.

Meet and Take a Picture with SPARTY!

Join Sparty from 1:00—1:30PM

Grand Prize Drawing:

2 Football Tickets to MSU vs. Minnesota!!!!!!

Information
Presentations
Demonstrations
Prize;
Giveaways
And more . . .

Stay tuned for more information . . . @ https://wrc.msu.edu

Helpful Websites for Men’s Health:

- Driveforfive.com
- Prostate.com
- Men.webmd.com
- Isitlowt.com
- www.diabetes.com
- Menshealthnetwork.com
- Ismh.org/en
- nlm.nih.gov/medlineplus/menshealth
- Menshealthnetwork.org

October 2013
Join the WRC Team in the Fight!

**Making Strides Against Breast Cancer Walk**

**Date:** Saturday, October 26, 2013  
**Location:** Michigan Capitol, Downtown Lansing  
**Time:** Registration - 9:30AM; Walk - 11:00AM

Joining the MSU Women’s Resource Center is proud to once again participate in the Making Strides Against Breast Cancer Walk, and we extend an invitation to anyone who would like to join our team. Each team member is responsible for collecting at least $50.00 in donations for the team. To join the MSU WRC Making Strides Team:

2. Click on the appropriate state (Michigan)  
3. Click on 2013 Making Strides for Lansing  
4. Click on the “Sign-Up” button on the right side of the page  
5. Select “Join a Team” button  
6. Scroll down list of teams and select “MSU Women’s Resource Center”  
7. Click “Next” button  
8. Fill in your information for event registration!

We hope that you will join the MSU Women’s Resource Center Team, as a walker and/or contributor. Together, we can help ensure progress toward the fight against breast cancer and continue to save more lives. Also, look for the Cans for the Cure bins around campus to recycle your empty, refundable soda cans and bottles. All proceeds go to the American Cancer Society to aid in the fight against breast cancer. For more information, contact the MSU WRC at (517) 353-1635 (M-F, 8:00AM-5:00PM) or via e-mail (wrc@msu.edu).

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**Gwen’s Bagels for Breast Cancer Awareness**

Show your support by choosing Gwen’s Bagels. Gwen’s Bagels are baked by the MSU Bakers to celebrate survivors and the memory of breast cancer victims like baker Rita Lyon’s mother Gwen, who died of breast cancer in 1972. Gwen’s Bagels are pink and ribbon shaped with dried cranberries and each and every bagel is handmade and baked fresh daily by Rita.

**Available for delivery from October 1—31, 2013**

**$6.50 per half dozen**

($1.00 for every order will be donated to the American Cancer Society).

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**"Why I Need Feminism" Campaign**

Some people argue that we no longer need feminism or the women’s movement. Some of us disagree.

If you think feminism (or a gender equality movement) is still necessary, submit your photo response!  
**Starting September 9, 2013** photos will be posted on msu-wrc.tumblr.com!

**Tell us why YOU need feminism!**

Submit your photo response to weisslyd@msu.edu or msu-wrc.tumblr.com

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**Women’s Resource Center**

“Advancing gender equity through education and access to resources”  
GENDER MATTERS!

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**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

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October 2013
October Events

Tuesday, October 1, 2013: Estate Planning. 12:00PM—1:00PM, MSUFCU (Farm Lane Branch), 4825 E. Mount Hope Road, East Lansing, MI. At this seminar, you will learn about the myths and realities of estate planning. RSVP at MSUFCU.org, e-mail pday@msufcu.org, or phone (517) 664-7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center.

Thursday, October 3, 2013: Post-Perfectionist Teaching: Wholehearted Presence in the Classroom. 12:15PM—1:15PM, Student Services Building, Room 6. As we begin a new semester, we are full of energy, enthusiasm and hope for our semester ahead with our new students. Join us for a “brown bag” lunch-and-learn presentation with Julica Hermann, certified Life Coach, and reinforce your commitment to a transformative and welcoming classroom experience—for both your students and yourself. RSVP at wrc@msu.edu with “Post-Perfectionist” in the subject line or call (517) 353-1635.

Thursday, October 3, 2013: Candlelight Vigil to Honor Victims and Survivors of Domestic Violence. 6:30PM, City Hall, 124 W. Michigan Avenue, Lansing.

Tuesday, October 8, 2013: Budgeting 101. 12:00PM—1:00PM, MSUFCU (Farm Lane Branch), 4825 E. Mount Hope Road, East Lansing, MI. Learn budgeting basics and how to reach your desired financial goals without creating new debt. Presented by GreenPath Debt Solutions. RSVP at MSUFCU.org, e-mail pday@msufcu.org, or phone (517) 664-7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center.

Thursday, October 10, 2013: Perfecting Your Professional Image. 6:00PM—7:00PM, MSUFCU (Farm Lane Branch), 4825 E. Mount Hope Road, East Lansing, MI. In today’s fiercely competitive business arenas, making a positive first impression is essential. Simply looking great isn’t all it takes to get where you want to be, but it will give you an edge over a person or organization of equal qualification. Presented by Shelley Davis Mielock, Image Expert. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone (517) 664-7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center.

Friday, October 11, 2013: MSU Homecoming Parade! 6:00PM—8:00PM. Downtown East Lansing. Join the MSU and East Lansing Communities as we celebrate the 2013 MSU Homecoming Parade.

Wednesday, October 16, 2013: Love Your Body Day! For additional information, visit: http://loveyourbody.nowfoundation.org/.

Wednesday, October 16, 2013: Men’s Health, Wellness & Fitness EXPO! 11:30AM—1:30PM. Join us for the 5th annual Men’s Health, Wellness & Fitness EXPO! Learn what Women WANT to know and what men NEED to know. For women and men who care about the men in their lives. Health checks and presentations, prizes, giveaways and more! Sponsored by the MSU Women’s Resource Center.

Wednesday, October 16, 2013: Women’s Networking Association Meeting, “Creating Your Brand”. 8:30AM—10:00AM OR 3:30PM—5:00PM, 412 Eppley Center. Have you ever stumbled over the question: “So, what’s your role on campus?” Many of us have! With the tools from this session, you will learn how to “sell your brand” and put yourself at the top of the market. Sponsored by the MSU Women’s Resource Center. RSVP to wrc@msu.edu with “Networking” in the Subject line) or (517) 353-1635.

Sunday, October 20, 2013: Self-Defense for Women Workshop. 3:00PM—5:00PM, Location TBA. Join the MSU Women’s Resource Center and the Self-Defense Program for a workshop that provides common sense, practical information regarding sexual assault prevention, and basic self-defense skills. RSVP to wrc@msu.edu (with “Self Defense” in the subject line) or (517) 353-1635.

Tuesday, October 22, 2013: Understanding Your Credit Report and Score. 6:00PM—7:00PM, MSUFCU (Farm Lane Branch), 4825 E. Mount Hope Road, East Lansing, MI. Understand why your credit score is important and what factors may impact your score. Presented by Laura Honez, MSUFCU. RSVP at MSUFCU.org, e-mail pday@msufcu.org or phone (517) 664-7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center.

Thursday, October 24, 2013: Investment Planning 101. 12:00N—1:00PM, MSU Federal Credit Union (Farm Lane Branch), 4825 E. Mt. Hope Road, East Lansing, MI. Whether saving for a new home, a child’s college, or retirement, having a proper investment strategy will help you accomplish your goals. Presented by Jose Yanez. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone (517) 664-7725. Co-sponsored by MSUFCU and MSU Women’s Resource Center.

Saturday, October 26, 2013: Making Strides Against Breast Cancer Walk. 9:30AM—12:00N, Downtown Lansing. Kick-off at 9:30AM from the Capitol building with the walk beginning at 11:00AM. Visit: www.cancer.org/stridesonline for more details. Email: wrc@msu.edu if you are interested in joining the MSU Women’s Resource Center team!!

Tuesday, October 29, 2013: “Girl Rising” Screening. 8:00PM. Short presentation followed by a screening of the film. MSU Union Ballroom (2nd Floor). Co-sponsored with UAB and the MSU Women’s Resource Center.

Wednesday, October 31, 2012: Happy Halloween!
CALL FOR PROGRAM PROPOSALS

2013 MSU Women’s Leadership Conference
“Mission: Live, Love, Lead”

Do you have a skill, interest or passion that would benefit the leaders of tomorrow? If so, please consider submitting a program proposal for the 2013 MSU Women’s Leadership Conference! We are looking for MSU faculty, staff, students, community leaders and MSU alumni to present a variety of workshops that will empower our undergraduate and graduate students to pursue their leadership potential.

The 11th annual MSU Women’s Leadership Conference is scheduled for Sunday, November 10, 2013 at the MSU Union. This year’s conference theme is “Mission: Live, Love, Lead”. The conference attracts over 250 people, and last year offered 20 educational workshops in addition to many other features. We are also excited to announce that Allison McClintick is this year’s keynote speaker. Ms. McClintick is a Leader Development Specialist and the CEO and owner of FlightLead, a veteran owned training company based out of Lansing, Michigan.

If you would like to submit a program proposal, there are two ways to do so; online at: http://goo.gl/jEG97n or you can obtain a hard copy at: http://wrc.msu.edu or at the MSU Women’s Resource Center, 332 Union Building. The deadline to submit a proposal is Wednesday, October 9, 2013 and presenters will be selected and notified by Friday, October 18, 2013.

The MSU Women’s Leadership Conference is coordinated by the Women’s Initiative for Leadership Development (WILD), a committee of student and staff volunteers. The conference is sponsored by Campus Living Services and Residence Life, Department of Student Life, the University Activities Board and the MSU Women’s Resource Center.

We hope you’ll consider sharing your knowledge and experiences and being involved with the 2013 MSU Women’s Leadership Conference!

Walk a Mile in Her Shoes
Sunday, October 6, 2013
Linden and M.A.C. Streets, East Lansing

There is NO excuse for Sexual Assault

On October 6th, the MSU Greek Community will be hosting Walk a Mile in Her Shoes®, event. The goal is to bring the East Lansing and Michigan State communities together to educate, inform and raise awareness for sexual assault and harassment. The walk will begin at Linden and M.A.C.. This event will benefit the Alpha Chi Omega Foundation, which supports organizations such as the Center Against Rape and Domestic Violence.

CARDV provides services to people who have faced domestic abuse and sexual assault. MSU’s Office for Inclusion will be at the event to present the campus-wide awareness campaign “There is No Excuse for Sexual Assault”. This event is Licensed by Frank Baird & Walk a Mile in Her Shoes®, a Venture Humanity, Inc. Project.

Registration
10:30AM—11:30AM

Introduction and Speak Out
11:30AM—12:00N

Walk a Mile
12:00N—12:40PM

Activities/Closing Remarks
12:40PM—1:00PM

$7/Single Participate—$10/Participant & Sponsor

*Heels will be provided to the first 100 men.

REGISTER AT:
walkamileinhershoesEL.eventbrite.com

Questions? E-mail Tony Biallas ® tonybiallas@gmail.com

A New Name . . .

WOMEN’S ADVISORY COMMITTEE FOR SUPPORT STAFF (WACSS)

The Women’s Advisory Committee for Support Staff is an organization that advises the Executive Vice President for Administrative Services about issues that primarily affect women support staff. This group was formerly referred to as WACFO (Women’s Advisory Committee for Finance and Operations). For additional information, visit: http://www.adminsv.msu.edu/wacss/

11th Annual
MSU Women’s Leadership Conference
Call for Student Keynote Speaker

“Mission: Live, Love, Lead”
Sunday, November 10, 2013

• Are you an involved leader on and/or off campus?
• Are you successful in your academic work?
• And, do you want to speak at the conference?

Applications and additional information are available online at: http://wrc.msu.edu or by e-mailing: lisa1@msu.edu or lizcano.michelle@gmail.com.

Applications due by 5:00PM, Friday, October 11, 2013 to lisa1@msu.edu and lizcano.michelle@gmail.com
“MONEY ISN’T A DESTINATION
It’s how you reach one.”

A TIAA-CREF Financial Essentials Workshop

Postcards From the Future:
A Woman’s Guide to Financially Ever After

Financial knowledge for women nearing retirement.

Retirement is not as far away as you think! Learn what you can do to help make your retirement dream come true on schedule.

TIAA-CREF’s workshop leaders will share retirement strategies that work:

• Identify your “retirement vision” - how much you’ll need and when, so you can have the retirement you want
• Define the simple steps to getting your finances on track to reach your ideal retirement in 10 to 15 years
• Learn the unique characteristics of retirement plans from 403(b) to IRAs to annuities—and which work best for you

Join us on Tuesday, November 12, 2013
12:00N—1:30PM (Lunch Provided)

OR

4:30PM—6:00PM (Snack Provided)
MSU Union, Lake Superior Room (3rd Floor)
as we share experiences, develop new investing skills, and bring retirement into focus.

FREE and lunch or snack will be provided!

Save your spot today!

RSVP by calling 1-800-732-8353
Monday—Friday, 8:00AM—8:00PM (EST)

Feel free to invite a colleague who’ll enjoy this workshop!

Co-sponsored with TIAA-CREF Financial Services, MSU Family Resource Center, MSU Human Resources, The Women’s Advisory Committee for Support Staff, and the MSU Women’s Resource Center.

“MONEY DOESN’T GROW ON TREES
But its roots are in good decisions.”

Back by Popular Demand!

A TIAA-CREF Financial Essentials Workshop

She’s Got It:
A Woman’s Guide to Saving and Investing

Learn how you can make your future flourish.

Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either.

TIAA-CREF’s workshop leaders will show you the simple secrets to saving more:

• Learn the core concepts that guide all investing, get motivated, build a plan and take action
• Find ways to take on life’s challenges without damaging future financial well-being
• Discover more about yourself with the Financial Personality Type Quiz
• Break down what your real goals are and learn how to reach them via group activities

Join us on Wednesday, November 13, 2013
12:00N—1:30PM (Lunch Provided)

OR

4:30PM—6:00PM (Snack Provided)
MSU Union, Lake Superior Room (3rd Floor)
as we share experiences and learn new money and investing skills.

FREE and lunch will be provided!

Save your spot today!

RSVP by calling 1-800-732-8353
Monday—Friday, 8:00AM—8:00PM (EST)

Feel free to invite a colleague who’ll enjoy this workshop!

Co-sponsored with TIAA-CREF Financial Services, MSU Family Resource Center, MSU Human Resources, The Women’s Advisory Committee for Support Staff, and the MSU Women’s Resource Center.
MSU Women in STEM Conference

A recent report found that the gender wage gap still exists.
Women with same degrees have lower starting salaries. . .
$39,600 for women vs. $51,300 for men

HOW CAN YOU ADDRESS THIS ISSUE?
Join us for a reception, dinner and keynote address.

WOMEN MUST ASK (THE SMART WAY):
TIGHTROPE NEGOTIATION
by Lisa Marshall, author of Smart Talk

If women act too feminine and don't negotiate, they end up with lower salaries. If they act too masculine and ask, people don't want to work with them. In the workplace, women walk a tightrope between being too feminine and too masculine, especially when it comes to salary negotiation. Tightrope negotiation explores gender bias in the workplace, the importance of visibility and sponsorship, and practical advice for asking the smart way.

Attendees will receive a copy of Smart Talk as part of their registration.

THURSDAY, OCTOBER 17, 2013
Reception begins at 6:00PM
Dinner to follow at 7:00PM
Kellogg Hotel and Conference Center
East Lansing, MI

Lisa B. Marshall is a professional development consultant and the host of the Public Speaker podcast which has earned over 10 million downloads. Her clients include Johns Hopkins Medicine, Harvard University, New York Academy of Science, University of Pennsylvania, Genentech, and Roche among many others and her work has been featured in CBS Money Watch, Ragan.com, Woman's Day, and Cosmopolitan. She’s the author of Smart Talk, Ace Your Interview, Powerful Presenter, and Expert Presenter.

Registration is required
Bring a friend and receive 20% off both registrations womeninstem.msu.edu
Registration Deadline: October 1, 2013

This event is generously sponsored in part by the MSU Alumni Association

This event is part of the MSU Women in STEM conference on Friday, October 18, 2013 which features presentations and breakout sessions that focus on professional development and leadership. ALL MSU ALUMNAE, FACULTY & STAFF, AND FRIENDS ARE WELCOME TO ATTEND.

For a complete conference agenda, go to: womeninstem.msu.edu

Questions? Contact Elizabeth Wheeler at szufnar@msu.edu or (517) 884-0290

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AMERICA’S MENTAL HEALTH MADNESS
October 9, 2013 Event Connects Mental Illness Awareness Week and the Great Michigan Read

Pete Earley, former Washington Post reporter and author of Crazy: A Father’s Search Through America’s Mental Health Madness, will speak at Hannah Community Center, 819 Abbot Road, East Lansing, at 7:00PM, Wednesday, October 9, 2013, at the invitation of NAMI Lansing, the local affiliate of NAMI, the National Alliance on Mental Illness.

Earley will speak on the experiences of persons living with mental illness and their families, the incarceration that often occurs in the absence of medical care, and the barriers to providing treatment. His perspective is informed by extensive research on mental health services and the criminal justice system and his personal experience as the father of a son with bipolar disorder.

Earley’s account provides context for Annie’s Ghosts, the book selected by the Michigan Humanities Council as the Great Michigan Read for 2013-2014. Annie’s Ghosts, by Michigan native Steve Luxenberg, a former colleague of Earley’s, describes the stigma, secrecy, and frequent institutionalization of the mentally ill in the midtwentieth century, factors that kept his aunt’s existence a secret even from her nieces and nephews.

In Michigan it’s estimated that over four times as many people with mental illness are in prison or jail than are in hospitals. Incarceration has replaced the institutionalization described in Annie’s Ghosts. The Great Michigan Read brings statewide attention to mental illness in Michigan. “America’s Mental Health Madness” will be held during Mental Illness Awareness Week which is October 6 to 12, 2013.

“America’s Mental Health Madness” is free and open to the public. It is made possible in part by a grant from the Michigan Humanities Council, an affiliate of the National Endowment for the Humanities. Refreshments will follow the presentation and Earley will be available to sign his book.

NAMI Lansing, the tri-counties’ voice on mental illness, is an all-volunteer organization that provides family education and support, including weekly support groups for consumers and family members of persons with mental illness. For more information visit www.namilansing.org or call (517) 484-3404.

Event is FREE to the public with suggested donation of $10.00.

Source: News Release from National Alliance on Mental Illness—Lansing.
Post-Perfectionist Teaching:
Wholehearted Presence in the Classroom

Thursday, October 3, 2013
12:15PM—1:15PM
Student Services Building, Room 6
(Feel free to bring your lunch!)

Julica Hermann is a Martha Beck Certified Life Coach. She has been coaching individuals and groups in central and southeast Michigan since 2003, and she has worked long-distance with clients across the country, in Mexico and Europe. Julica inspires her clients to live a wholehearted, post-perfectionist life where they embrace themselves and the present moment. She is fierce and nurturing in her coaching style—she attributes this to the fact that she has an eight- and a four-year old at home that keep her on her toes. In addition to the Martha Beck certification, Julica completed an ICF-accredited coach training program through CoachVille, where she also taught the Inner Freedom Method. She holds two Masters degrees, in Sociology and Social Work, from the University of Michigan.

In order to truly create a safe and wholehearted environment, this presentation is specifically focused for faculty, academic staff and graduate TA’s.

FREE program sponsored by the MSU Women’s Resource Center.

RSVP to: wrc@msu.edu with (“Post-Perfectionist Teaching” in the subject line) or phone (517) 353-1635 by Monday, September 30, 2013.

(See article on page 1 for additional details)

Love Your Body Day
Wednesday, October 16, 2013

Do you love what you see when you look in the mirror?

Hollywood and the fashion, cosmetics and diet industries work hard to make us believe that our bodies are unacceptable and need constant improvement. Advertisements reduce us to body parts – lips, legs, breasts – airbrushed and touched up to meet impossible standards.

The media tell women and girls that cosmetic surgery is good for self-esteem.

Is it any wonder that 80% of U.S. women are dissatisfied with their appearance?

Together, we can fight back!

For more information on the “Love Your Body Day” campaign, visit: http://loveyourbody.nowfoundation.org/

Reprinted from http://loveyourbody.nowfoundation.org/

Are YOU Registered To Vote?

General elections for select Michigan cities (including the greater Lansing area) are fast approaching; November 5, 2013 to be exact. So, be sure to save the date!!

The deadline to register for the November election is, Monday, October 7, 2013.

For additional information, including how to register, to make sure you are registered, absentee voting, statewide ballot proposals, candidate information, etc., visit:

Michigan.gov/vote

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.