



USM WOMEN'S FORUM

NEWSLETTER

19th Annual USM Women's Forum Conference at UMUC



University of Maryland University College (UMUC) has graciously opened its doors to the USM Women's Forum as it will host the 19th Annual Conference on Friday, October 22, 2010. The conference theme this year is Beyond Sisterhood – Enlightened Women of the 21st Century.

Dr. Susan C. Alridge, President, UMUC, will be our keynote speaker. As chief executive of UMUC, Dr. Alridge oversees the largest state university in the United States, with divisions in Maryland, Europe and Asia. UMUC is also the world's fastest growing virtual campus of more than 90,000 students in 28 countries. Nancy Williamson, Vice President and General Counsel at UMUC will also be a featured keynote speaker.

We have lined up outstanding speakers for the many breakout sessions, and we are sure that you will find each session worthwhile.

The 2010 conference will have some new features this year, including the addition of health screenings that will take place during the Marketplace. We will continue to also have many great vendors at the Marketplace as well as a Women's Forum table where you can easily make a donation to the organization.

We look forward to seeing you at the conference!

2010 University System of Maryland Women's Forum Student Scholarship Winners

Beginning in 2009, the USM Women's Forum Student Scholarship was renamed to honor a most important member of the USM Women's Forum community. Through a very generous gift, Ms. Cristine Aggour provided the seed money for an endowed scholarship as a sign of her strong support and commitment to further the education of deserving students. The USM Women's Forum is pleased to announce the recipients of the 2010 Chris Aggour Endowed Scholarship awards:

Brittany Anne Connor – Brittany looks forward to May 2011, when she expects to receive her Bachelor's Degree in English, with a creative writing concentration, from Salisbury University. With a 3.5 GPA, Brittany is focused on a future that includes a master's degree in publishing, writing or public relations. Brittany is a first generation college student, and she is truly grateful that this scholarship will help her to concentrate on her studies, participate in extracurricular activities and achieve her dreams.

Renee Shonette Cornish – Renee is clearly focused on obtaining her bachelor's degree with a major in Social Work and a minor in Psychology from Coppin State University in the Spring of 2012. She looks forward to obtaining her State license and working as a professional forensic social worker. Ultimately, Renee plans to obtain her Master's degree. She will utilize this scholarship to help cover current expenses related to her education.

Stacey Krebs – Stacey Krebs is a graduate student at Salisbury University who is pursuing her Master's of Education degree. Stacy is on track to receive her degree in May 2011. In addition to her studies, Stacey is the current Graduate Assistant Volleyball Coach at Salisbury University, and she hopes to continue coaching upon completion of her Master's program. Stacey plans to utilize the funds provided by this scholarship to cover mandatory student fees and textbooks.

Stacie Hering – Stacie Hering is an undergraduate student studying social work at the Universities at Shady Grove (UMBC). Stacie is planning to graduate in May, 2011, and then intends on enlisting in the Peace Corps before getting a Master's degree in Public Health. She plans to use this scholarship to help her offset some of her education-related expenses.

Continued next page...

Interested in Contributing?

Do you have any thoughts that you would like to share with the USM Women's Forum? If you would like to comment on a USM Women's Forum Newsletter, or contribute to a future newsletter, please send your comments to the members of our Public Relations Committee at pilowite@af.umaryland.edu.

2010 Student Scholarship Winners continued

Bettina Jones – Bettina Jones is a graduate student at Salisbury University. She is working toward a Master of Arts degree in Conflict Analysis and Dispute Resolution in the Spring 2011, and is planning to pursue law school following the completion of her degree, as well as teaching as an adjunct professor at Salisbury. The scholarship funds will help her to continue her graduate studies.

2010 Faculty Research Award Winner

Maryam Taabodi from University of Maryland Eastern Shore was selected to receive the 2010 Faculty Research Award for her work in *Antiproliferative Role of Bioflavonoids in Human Breast Tumor Cells*. The purpose of the Faculty Research Award is to advance research that impacts the social, economic and political conditions, as well as the overall health of women.

Wellness Notes for Women

Has breast cancer changed your life or the life of someone you know? There is something YOU can do about it. Support finding a cure for this disease in any way you can. You can get physical by participating in 'Race for the Cure' activities. Or you can do more subtle things like saving your pink Yoplait yogurt lids. For each pink lid collected before December 31, 2010, Yoplait will donate 10 cents to the Susan G. Komen for the Cure. Yoplait has guaranteed a \$500,000 donation to the Susan G. Komen for the Cure, but based on lids collected, the donation could be as high as \$1,500,000. If you are not a yogurt eater, there may be others in your office who might be. Grab their attention by attaching the label below on to a pink decorated box or canister strategically placed so that your co-workers can see it. (Remind your co-workers to clean the lids before depositing them!)

Of course, you can donate in other ways <http://www.komen.org/donate/donate.html>. This website contains an enormous amount of resources that address prevention, treatment and much more.



donate lids here

For each pink lid I collect before December 31, 2010, Yoplait will donate 10 cents to the Susan G. Komen for the Cure™.

save lids / save lives

pass on your passion™
at YourLidMatters.com

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Good News for Young Women in the Workforce

According to a September 1, 2010 article in the Wall Street Journal *Young Women's Pay Exceeds Male Peers*, author Conor Dougherty advises that the earning power of young single women in metropolitan areas around the U.S. is now greater than that of their male counterparts.

Aside from this group, women as a whole have not reached parity with their male counterparts. Women at every education level still continue to earn less than their male peers. Wages for women also start to lag at the point when they begin to have children.

Manage Career Change

The song that Bob Dylan released in 1964 "The times, they are a-changin'" still rings so true today. What we thought we knew and understood just a few short years ago has all changed. This is especially true when it comes to the job market and careers. The economic downturn has wreaked havoc on many careers, and unemployment continues to remain at near-record highs. There are less job openings, but, thanks to that high unemployment, there are also many others applying for those scarce openings.

But, do not despair! Now just might be a good time to consider a career change. There are tools that can help you, such as on-line career assessments to assess your interest, values and skills to match with your work choices:

<http://www.futureproofyourcareer.com/>

A free on-line assessment program to find out about yourself—your interests, skills and career suggestion. Assessment consists of 84 questions and takes approximately 15-30 minutes to complete. Results are e-mailed to you. There are ads posted on this site and recommendations (but not requirements) to purchase a related book to more thoroughly interpret your results. This assessment is very easy to take. \

<http://www.cdm.uwaterloo.ca/index2.asp>

The University of Waterloo has an award winning site for both students and employees and offers a free on-line assessment program to find out about you—including characteristics, values and skills. This assessment is a very in-depth study of yourself and can take several hours to complete; however, as long as you keep your results you can take one section at a time. Thought provoking and informative.

Once you determine your area of interest, you will need to chart a course to develop the skills that you will need for your new career. Be sure to take advantage of tuition remission and E-Learning resources to help you on your way to your new career.