

**WOMEN'S
LEADERSHIP
CENTER**

Alfred University
Saxon Drive
Alfred, NY 14802

Confidence - Growth - Inspiration

Alfred University

**WOMEN'S
LEADERSHIP
CENTER**



**Annual Report
2005-2006**

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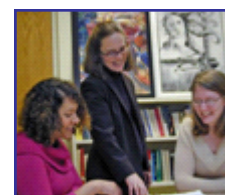
Advisory Board

Pamela Bernstein, '71	Sylvia Bryant
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Christine Kulp '71	Victoria Meyer '81
Christa Christakis '01	Patricia Riley '65
Susan Rozak '86	Sherry Walton '80
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Become Involved!

Find out how you can become a part of the WLC community. For more information please contact Amy Jacobson at (607) 871-2971 or at wlc@alfred.edu



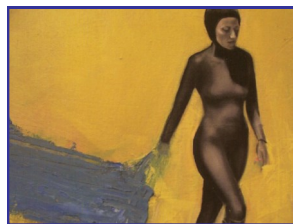
To help ensure our continued success, please consider supporting the WLC. For more information, please contact:

University Relations
Alfred University
Welcome Center at the Fasano House
Alfred, NY 14802
(607) 871-2144

Student Leadership Opportunities

STUDENT CURATED ART SHOWS:

In collaboration with art faculty, this program provides a unique opportunity for students to manage all aspects of mounting a show. In the fall of 2005, Erica Harney '06 curated "*What Drives Me*" (image right). In the spring, Kaci Smith '06 curated "*Beauty, Strength, Confidence, and Courage,*" which was also a silent auction and raised \$900 for Alternatives for Battered Women of Rochester.



INTERNSHIPS: Seven students interned at the Women's Leadership Center during the 2005-2006 school year. Internships were specifically catered to the individual's area of interest and to the needs of the WLC. Internships included Design Assistant, Marketing Intern, and AAUW Project Facilitator.

FINDING THE LINE: The WLC was one of eleven programs nationally to secure a Campus Action Grant from the Leadership and Training Institute of the American Association of University Women (AAUW) to implement a sexual harassment survey on campus. A team of eight students implemented a campus-wide survey, analyzed the data, and compared the results with AAUW's national findings. The students presented the survey results at a National AAUW Conference in Washington, DC in June 2006. Preliminary results are available at <http://www.alfred.edu/wlc>.



Women's Excellence in Leadership Award

The WLC is pleased to announce that Shandel Carter '06 received the first annual Women's Excellence in Leadership Award (WELA). This award recognizes the achievement of one graduating AU woman who has demonstrated exceptional leadership ability. The WELA award-winner receives a "career enhancement package" valued at over \$700.

Women's Leadership Center Mission Statement

Building on Alfred University's heritage as the first truly co-educational institution in the nation, the Women's Leadership Center offers women the opportunity to explore and fulfill their leadership potential personally, professionally, and in their communities.

The WLC seeks to:

- Enhance leadership skills for women in the Alfred University community, across all majors.
- Enable students to increase personal awareness while exploring leadership potential through avenues including: effective team-building techniques; group leadership; conflict management strategies; communication skills; creating a network; an awareness of skills, values, interests, and personality.
- Serve as a resource to our community.
- Facilitate and encourage the development of positive relationships through networking, mentoring and internships.
- Collaborate with existing departments, programs and services across campus.
- Develop and present signature programs unique to Alfred University.
- Create a network and a community among women during and after college.
- Be an integral part of an Alfred University education for all women students.
- Contribute to the personal and professional success of Alfred University women as individuals and as group members.

A Message from the Director

Greetings,

Countless individuals have helped to make the Women's Leadership Center a Reality. Our founding donors and Advisory Board members join in the remarkable history of women at Alfred.

In 1873 Abigail Allen exhorted women to be "radical, radical to the core." At that time, Alfred University was one of the only institutions of higher education in the country that integrated women into every aspect of college life. Equality and opportunity for women at that time meant emphasizing the similarities of women and men. If women could be educated alongside men, then the doors to professions and other opportunities would open.

Today, our struggle for equality takes on a different form. Many doors are open to women, both in higher education and in the professions. But differences in promotion and earning levels persist. Furthermore, the doors open into a more complex world, where leadership and success are no longer defined by men, for men. Today we advance equality and opportunity by recognizing gender differences and by crafting the educational experience accordingly.

The mission of the Women's Leadership Center is to provide Alfred women the opportunity to explore and fulfill their leadership potential personally, professionally, and in their communities.

We do this through workshops and trainings on topics such as time management, conflict resolution, and stress management. We promote networking and access to female role models through our *Women of Influence* speakers series and by fostering student contact with alumnae. We also create opportunities for women to hone their skills through internships and student-run initiatives such as our campus sexual harassment survey project funded by the American Association of University Women.

In essence, the Women's Leadership Center is a place where Alfred's women students learn to see themselves as they are—intelligent, strong, and talented—and a place where they can learn to make the most of those qualities so that they can achieve success, however they choose to define it.

If such an endeavor is radical—as it may very well be—then we have Abigail Allen to thank for leading us down this path, and Alfred University for ensuring then, now, and always that women engage equally in, and benefit equally from, their higher education.

Warmest Regards,



Amy Jacobson
Director of the Women's Leadership Center

GOOD SENSE GOURMET: A healthy body is essential for a healthy mind. Putting this principal into practice, the Women's Leadership Center and AU Dining Services collaborated with Biology Professor Kathryn Kohel to offer a delicious, nutritious, and informative eating event. While students ate a gourmet meal in an elegant setting, Dr. Kohel presented tips on smart snacking, healthy holiday eating, and women's nutrition, empowering participants with the information they need to live a healthier lifestyle.



FITNESS CENTER TOURS: Together with the AU Athletic Trainers and the Health and Wellness Educator, the Women's Leadership Center organized a women's tour of Alfred University's Fitness Center. The event included demonstrations of both the aerobic and strength training equipment and was catered to the participants' interests and experience. Small groups helped to create a non-intimidating atmosphere that was perfect for beginners as well as advanced students.

WOMEN'S SELF-DEFENSE WORKSHOP: This Saturday afternoon workshop led by Elise Flynn, a third-degree black belt, and other instructors from Alfred Martial Arts taught participants the basic elements of self-defense. Focusing on simple self-preservation strategies and practical, effective techniques, students learned what to do if they were ever caught in a problematic situation. Participants then gained confidence by practicing these skills with a "padded attacker" (*picture right*).



Workshops

WOMEN IN THE LEAD WORKSHOPS: These workshops were facilitated by Teri Knopf '88, an expert in corporate leadership development. Ms. Knopf helped students develop practical skills essential to success in any field.



When Arm Wrestling and Rock, Scissors, Paper Won't Due— Handling Disagreements in Purple and Gold Fashion

Using the Thomas Kilman Instrument, participants completed a self assessment, examined the pros and cons of various conflict resolution behaviors, and learned techniques for resolving or avoiding conflict. These strategies were applicable to students' immediate experiences such as roommate disagreements as well as situations that might arise with co-workers and employers.

Putting Out Fires— Managing Your Time without Going up in Smoke

Participants learned techniques for effective time-management, organization, and delegation. Topics included how to turn procrastination to your advantage, how to cope with time-consuming e-mail, and how to create effective filing systems. These tips were relevant to both student and professional life.

How to Apprehend 'Meeting Robbers'— Managing Discussions and Meetings the Saxon Way



Focusing on meeting management techniques, participants learned the essential elements of an effective meeting, why agendas are important and what they should contain, and advice on how to run participatory yet productive meetings. The information was useful for anyone

who organizes or participates in meetings, either as a student or in the professional world.

Dedication of the WLC

June 2006

THE WOMEN'S LEADERSHIP CENTER

THE WOMEN'S LEADERSHIP CENTER AT
ALFRED UNIVERSITY, WHOSE MISSION IS TO DEVELOP
LEADERSHIP POTENTIAL AMONG OUR WOMEN STUDENTS,
WAS ESTABLISHED WITH GIFTS FROM

AN ANONYMOUS ALUMNA
DR. GENE M. '69 AND PAMELA LAVIN '71 BERNSTEIN
MRS. MILDRED H. PAPE '40
THE FAMILY OF MILDRED E. TASKER '35
THE ALUMNAE OF ALPHA KAPPA OMICRON
THE ALUMNAE OF SIGMA CHI NU
THE ALUMNAE OF THETA THETA CHI

DEDICATED FRIDAY, JUNE 9, 2006
AT ALFRED UNIVERSITY
ALFRED, NEW YORK



Women of Influence Speakers' Series

This program brings powerful female role models to campus, providing inspiration and guidance to our current students through lectures and small group discussions.

Christa NymanChristakis '01: "Advocating for Women's Healthcare in New York State." A lobbyist for the American College of Obstetricians & Gynecologists and an AU alumna, Ms. Nyman-Christakis spoke on the current legislative efforts regarding reproductive health and gave inspiration to current students about the paths that they might take after college.



Dr. Jean A. Cardinale: "The Gonococcal Cloaking Device and What it Means for You." An Assistant Professor in the Department of Biology at Alfred University, Dr. Cardinale presented her groundbreaking research on this commonly undetected disease and the process she went through in researching it. The presentation was followed by prevention advice by Rosetta Brown-Greaney, the Director of Crandall Health Center.

Cheryll Sibley-Albold '92: "Beyond Alfred: Oh the

Places You'll Go!" An Alfred alumna and the Director/Assistant Dean for Student Affairs for Graduate and Health Sciences Education at the Mayo Clinic College of Medicine, Ms. Sibley-Albold talked about her journey working in higher education and the challenges she faces.



Hoda Zakareya: "In Egypt, One Woman is Worth One Hundred Men." A visiting Fulbright Scholar and Women's Rights Activist in Egypt, Dr. Zakareya spoke about Islamic culture, her personal journey of empowerment, and her efforts to improve the rights and position of women in the Middle East.



Justice Karla Moskowitz '63: "Do You Find a Career, or Does a Career Find You?"

Discussing her inspirational journey from Alfred University to the New York Supreme Court, Justice Moskowitz encouraged students to grow in ways that they never could have imagined. Despite clear gender discrimination at every step of her journey, she was able to succeed and help change the stereotypes that affected her.



Other Mentoring Opportunities



NEW YORK CITY TRIP: Seventeen students and two faculty traveled to Manhattan and observed Alfred University alumna and New York Supreme Court Justice Karla Moskowitz in her courtroom. While in New York the students listened to motions, were taken on a personal tour of the courthouse, attended criminal and civil court trials, and explored the city. This event was co-sponsored by the Women's Leadership Center, Women's Studies, and Criminal Justice Studies.

MENTORNET: Research demonstrates that mentoring is key to the success of women in nontraditional fields. Many women in science and engineering attribute their success to encouragement they received from mentors. With this in mind, the Women's Leadership Center participates in MentorNet, a nonprofit e-mentoring program which pairs science and engineering students with professionals in the field.

This



MentorNet®

The E-Mentoring Network for Diversity in Engineering and Science