



## **2013-2014 Women's Center Programming**

During the 2013-2014 academic year, the Women's Center hosted approximately 1200 attendees comprised of UC San Diego students, staff, faculty, and community members at roughly 65+ programs and events. In order to support the goals outlined by the University's strategic plan, programming was divided into 3 key areas: community & experience, retention & success, and faculty engagement. In particular, these programming areas were designed to be in line with strategic goals 1. *Delivering an educational and overall experience that develops students who are capable of solving problems, leading, and innovating in a diverse and interconnected world* and 2. *Cultivating a diverse and inclusive university community that encourages respectful open dialogue, and challenges itself to take bold actions that will ensure learning is accessible and affordable for all.* Through promoting dialogue around diversity issues and opportunities for interaction across difference, the Women's Center furthered these goals both on campus and beyond.

### **Program Highlights**

#### **Community and Experience**

##### *Winter Wellness Series*

During the 2013-2014 academic year, the Women's Center secured a mini-grant from Counseling and Psychological Services (CAPS). This grant was used to develop a quarter-long Wellness Series. Research shows that women enter college with higher levels of self-reported stress and lower ratings of their physical and emotional health than men. This gender gap persists over the college years. The Women's Center Wellness Series addressed issues connected to wellness and provide an outlet for the exploration and practice of wellness at the center. This series provided a space for students to develop new connections while learning strategies for physical, emotional, and mental wellness. Events in the series included guided meditation practice, crafting, and a screening of *The Fat Body (In)Visible*, followed by a Q&A with the film's director, UCSD alum Margitte Kristjansson. These programs provided strategies for improving stress management, body image, and other health issues that impact *all* college students, but disproportionately impact women.

#### **Retention and Success**

##### *Black Women's Collective*

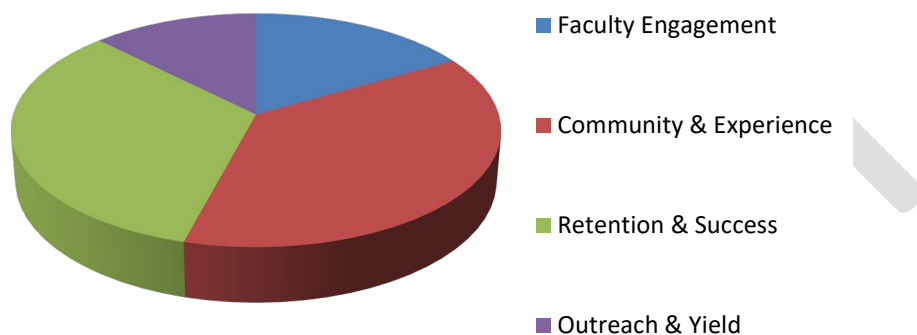
The Black Women's Collective is a collaborative effort between the Women's Center and Counseling and Psychological Services (CAPS). This support group's biweekly meetings are facilitated by CAPS Psychologist, Doriane Besson, and Assistant Director of the Women's Center, Cecily Nelson-Alford. This space primarily serves as a support system for undergraduate students who identify as Black women, and provides an opportunity to connect with others who share experiences. Through guided activities, open dialogue and sharing, participants explore what it means to be a Black woman at UC San Diego and beyond.

## Faculty Engagement

### *Hunger Games: Catching Fire Screening*

Each quarter, the Women's Center hosts a film screening that centers around issues connected to gender, feminism, and the intersections of different identities. In Spring 2014, the Women's Center screened *Hunger Games: Catching Fire* in an effort to outreach to the broader UC San Diego community. As a way of strengthening student-faculty engagement, this event featured a Q&A session with Dr. Sara Kaplan, Ethnic Studies Dept. and Dr. Jillian Hernandez, Critical Gender Studies Dept.

## Women's Center 2013-2014 Programming Breakdown



## Staff Programming

In an effort to cultivate a people and service oriented campus culture we believe that staff must be supported and feel appreciated. The Women's Center offers staff-focused programs that provide information, as well as a variety of opportunities to develop new skills and build relationships. The Center has recently added staff workshops to enhance the quality of people's work-lives using the 7 Dimensions of Wellness Model that integrates social, emotional, spiritual, environmental, occupational, intellectual, and physical wellness.

Programs held throughout the year included Toddler CPR/Safety Classes, Breastfeeding workshops, Mothers' Discussion Group, Book Club, Caregiver/Eldercare Support Group, and Stress-Reduction Workshop.

## Campus Impact

[Insert "Impact Grid" and "Education & Outreach Table"]

## **Intern Program**

Women's Center interns are an integral part of the Women's Center staff, contributing to the Women's Center mission, developing as student leaders, and providing services and programs around gender and social justice issues. Interning at the Center provides students with hands-on experience developing skills that will be useful to them in the wide variety of fields that they pursue after graduation.

Interns work closely with the professional staff, volunteers and the community. Intern responsibilities within the Center include: programming and coordinating events, educating the campus on gender and social justice issues, creating the quarterly newsletter, coordinating social media, assisting with the campus-wide lactation program, and managing the facility.

Interns contribute valuable insights and energy to the Center and are directly involved with the communities we serve. The internship program is one of the most vital aspects of the Center's programs and resources. Professional staff devote much work, emotion, and energy into maintaining and enhancing the program. Participants in the internship program develop skills that they can apply in graduate school and professional settings.

As the Women's Center has continued to grow, interns have been central to this effort and to the mission and vision of the Center. A primary goal of the internship program is to enhance and support students' academic experience at UCSD. Women's Center interns are able to explore new ways of engaging with their communities in an effort to advance the goals of achieving a more just and equitable society through the FACES Guiding Principles. Throughout the course of the internship program interns will...

1. Demonstrate an increase in understanding of the dynamics of power, privilege, and oppression.
2. Demonstrate the ability to critically reflect on experiences with power, privilege, and oppression in their own lives.
3. Demonstrate an increase in awareness of gender and its intersections with issues of race, class, sexuality, ability, and religion.
4. Demonstrate enhanced leadership skills, which include:
  - a. Time management and prioritization of tasks.
  - b. Effective communication skills.
  - c. Collaboration and conflict resolution skills.
5. Articulate an intersectional approach to feminism.
6. Understand the connection between feminist theory and practice.

Through the internship program, the Women's Center is able to have a greater reach on campus. Providing training and education around issues of social justice to undergraduate interns not only enriches their college experience, but provides them the tools they need to educate peers. *"I feel like I have a much deeper understanding of social justice and feminist issues, and have gained the ability and confidence to share and educate others about those issues"* (2013-14 Women's Center Intern). While the internship centers on issues of gender and social justice, the skills learned through participating in the program are transferable and holistic. As one intern stated,

*“In a space like the Women’s Center you learn so much about yourself and about the world around you...”*

Students who participate in this high impact, year-long internship receive personal, professional, and academic support in myriad ways. Through intern training, developing Gender Action Projects, working as a team on large, annual events and participating in weekly staff meetings and one-on-ones with professional staff, students learn what it means to balance work, school, and life, as well as how to connect their work at the Women’s Center to goals beyond graduation. They also develop a greater connection to UC San Diego, demonstrated by the following quote *“it gave me the opportunity to build a community that I feel I strongly belong to”*.

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