



Northwestern

ANUW

ASSOCIATION OF
NORTHWESTERN UNIVERSITY
WOMEN

ANUW Winter Newsletter 2017



Hello ANUW membership!

Happy 2017! I hope everyone is feeling ready to take on new challenges, and celebrate professional and personal growth in the coming year. First, I want to say “Welcome!” to all of the new members who have joined ANUW throughout the fall – our membership is growing at a rapid pace and I am so excited to connect with every one of you! I feel so lucky to lead this incredible group of women and am pleased that ANUW is able to provide our membership with resources to grow professionally and socially. Thank you to our long standing members; you are the foundation of ANUW and have given us the groundwork upon which we are continuing to build and grow.

We had quite a busy fall which kicked off with our annual Fall Breakfast. We also wrapped up our 2016 mentoring cycle, have continued the Eat with ANUW lunches on both campuses, and have much more in store for you for the rest of the year.

Want to join us for an event? Check out what is coming up!

The ANUW book club will be meeting on March 23 at the John Evan’s center to discuss *Feminist Fight Club* by Jessica Bennett. The Mentoring Committee will be hosting information sessions for the 2017 Mentoring cycle during the first week on February on both campuses and online. Keep your eye out for specifics if you are interested in participating! Also, big thanks to Alecia Wartowski for a great set of presentations given on the Chicago and Evanston campuses titled “Acing Interviews with Alecia Wartowski” - you can read more about it in this newsletter. I am looking forward to seeing you soon - Happy 2017!

Ellie O'Brien, ANUW President
Innovations Design Engineer, Department of Medical Education
Northwestern Simulation

Read this issue to catch up on our fall events, find out what’s coming up in winter and spring, and much more!



Fall Breakfast 2016: Laura Nirider presents

by Meghan Whalen

Northwestern School of Law

Laura Nirider presenting to the ANUW audience.

The annual ANUW Breakfast was held on October 20 at the Hilton Orrington in Evanston. ANUW members were able to mingle, network, and hear a fascinating keynote speaker presentation.

Incoming ANUW president Ellie O'Brien gave an update on ANUW membership and activities, before introducing the keynote speaker, Laura Nirider of Northwestern Pritzker School of Law. Ms. Nirider is a Clinical Assistant Professor of Law and the Co-Director of the Center on Wrongful Convictions of Youth. She has represented clients in high-profile cases, and is currently an attorney for Brendan Dassey, whose story was featured on the hit Netflix documentary *Making a Murderer*. Dassey confessed to murder and was sentenced to life in prison.

Ms. Nirider's presentation, "Brendan Dassey: A True Story of a False Confession," showed the ways that people can be manipulated into confessing to crimes they did not commit. She played several clips of Brendan Dassey's interrogation, demonstrating how

detectives can ask leading questions and wear down a suspect enough to make them falsely confess. She also gave an update on her work on Brendan Dassey's case and the continuous work she and others are doing to get him released. Since her presentation at the ANUW Breakfast in October, Dassey's conviction has been reversed by a judge and he has been ordered released from prison, though the state of Wisconsin is currently appealing the decision.

The breakfast brought together women from all around the university, and the speakers and presentation demonstrated the great things that women are accomplishing around Northwestern. Thanks to all the ANUW members who attended!



Left: Current and past presidents.

Below: ANUW members enjoying Breakfast at the Orrington Hotel.

Fall Breakfast 2017



Congratulations to the Mentors and Mentees of 2016

The ANUW 2016 Mentoring Program is a wrap! Twenty-four pairs of mentees and mentors participated this past year; thank you to our 48 participants!

We kicked off the program in March with a Breakfast Match Mixer introducing our mentors and mentees followed by a Chicago Meet and Greet happy hour event, brown bag lunches, and a Summer Appreciation lunch celebration. We recently capped off the program with an end-of-the-year Recognition and Appreciation event at the John Evans Alumni Center. Each of our participants in attendance received a certificate for participating in the program along with a bag of goodies from different departments on campus.

We were honored to have a mentor and mentee pair speak to the group about their experience throughout the program. Mentor RuthAnn Ostrowski and her mentee Carly Loonan are a wonderful example of how well this program can work. They shared their thoughts on the program and spoke about the value it has brought to their personal and professional lives. As a veteran mentor RuthAnn provided advice and words of encouragement for future mentors: "Don't be afraid. Share thirty minutes a week, listen and encourage your mentee, and just be yourself. Share your own experiences on how you have solved a problem, effectively contributed to your job, and improved working relationships. Explore new possibilities or opportunities together for personal growth and change, like mindfulness!"

We look forward to welcoming all new and returning mentors and mentees to the program in 2017 for a wonderful new year of mentoring! The application process for 2017 is now **OPEN**. Please complete and submit your application by 5:00 p.m. on Friday, February 24, 2017.

***-Maureen Knight-Burrell and Shayna Thomason,
2017 Mentoring Co-Chairs***



**Check for Mentoring
events on Plan-it Purple
or the ANUW Membership
website at :
[http://www.anuw.
mentoring.u.northwestern.edu/](http://www.anuw.mentoring.u.northwestern.edu/)**

See Yourself as a Mentor

by Gretchen Oehlschlager

Center for Interdisciplinary
Exploration and Research in Astrophysics



At work, many more of us feel that we need mentors than feel we can be mentors. Maybe you think you're not experienced enough, or that you haven't been at Northwestern long enough. Put those thoughts aside. You have much more to offer a colleague than you might realize.

Here are some questions to help you start to see yourself as a mentor. If you answer yes to any of these questions, stay tuned for emails about the ANUW Mentoring Program and sign up to be a mentor! Visit the website for more information, or reach out directly to our Mentoring Co-Chairs, who are happy to answer any of your questions! The application process is **OPEN**. Please complete and submit your application by 5:00 p.m. on Friday, February 24, 2017.

Website: <http://www.anuw.mentoring.u.northwestern.edu/resources/get-started>

E-mail:
Maureen Knight-Burrell
mo-knight@northwestern.edu

Shayna Thomason
s-duesenberg@northwestern.edu

1. Do you like relationships that are a two-way street?
2. If you don't know the answer to a question, are you willing to find out and report back?
3. Are you a good listener?
4. Are you willing to make a commitment to a new relationship?
5. Do you accept people with compassion wherever they are, knowing that everyone has the capacity to learn and grow?
6. Are you a positive, productive person at work?
7. Do you agree that what's "right" for one person might be different than what's "right" for another person? Do you like helping people find what's right for them?
8. Do you like your job and/or your department right now and feel enthusiastic about work?
9. Do your colleagues, at all different levels of your unit, respect you and appreciate your contributions?
10. Are you good at setting and meeting goals for yourself, whether big or small?
11. Are you a team person?
12. Do you have a genuine interest in seeing others succeed?
13. Have you made mistakes and learned something from them?
14. Do you like motivating others and celebrating their successes?
15. Are you good at keeping others in mind, so that when you see an opportunity that might help them, you can share it?



Left: Alecia Wartowski takes questions from the audience.

Acing Interviews with Alecia Wartowski

by Kelly Coffey

Program of African Studies

January 31, 2017 on the Evanston Campus, (and previously on the Chicago campus, December 6, 2016), Alecia Wartowski, EdM. JD, Interim Director from Northwestern University's Women's Center presented "Acing Interviews" to ANUW members. The presentation focused on preparing for the interview, understanding how to champion your career story, and how to be aware of and able to handle certain gender biases in the interview.

To prepare, Wartowski recommends looking at the job posting to get a sense of what is important to the employer the role they are hiring for. That way, you are prepared to describe and focus on strengths that fit the employer's interests. It is also important to do your research on the business you are interviewing at - check out their website, it's just a Google search away.

When giving the interview, Wartowski says don't be shy! Highlight your strengths and be ready to talk about the times you had a great idea or solved a problem. This is not a time to be modest, but an opportunity to assert your strengths and explain why you're a great fit for the job.

At the end of the presentation, members paired up for mock interview sessions. Wartowski stressed that practicing for the interview is an important part of preparation. Practicing with a person who asks standard interview questions gives you a chance to develop and hone your answers. This activity is not just about saying the answers out loud, but it gives you a chance to develop body posture, and ultimately feel more relaxed and prepared for the real interview date.

And remember, Wartowski notes, if you've made it to the interview round, your potential employer already likes you - this is your chance to shine!



Educate Yourself:

Women's Health Research Institute Workshops and Mentees of 2016

by Anita Chase

Feinberg School of Medicine

Men may not be from Mars, nor women from Venus, but it has become increasingly evident that sex is a biological research variable that can have a great influence on the efficacy of medications and treatments. A new National Institutes of Health policy, effective on all grants starting January 25, 2016, and after instructs scientists to factor sex into research designs, analyses and reporting.

The Northwestern University Women's Health Research Institute (WHRI) addresses sex and gender variances through a monthly forum showcasing leading health professionals sharing the implications of their evidence-based research. The WHRI states three key objectives for its forums:

1. To present current links between basic science research, clinical research and social/behavioral research to advance women's health.
2. To provide support and role models for emerging women's health scholars via those who are already conducting sex- and gender-specific research.
3. To encourage more sex- and gender-based research studies and clinical care.

These noon lectures are open to faculty and staff, but RSVPs are requested to ensure a seat and a light lunch. Past topics of discussion have included mental health, diseases of various body systems, reproduction and how drugs affect men and women differently.

This is a great opportunity to learn more about what kind of research is going on at Northwestern and to receive useful information to share with your girlfriends, mothers, sisters, daughters, wives and friends!

Watch previous forums, including videos and notes for select lectures here.

<http://www.womenshealth.northwestern.edu/programs/womens-health-research-forums>

Check out ANUW on the Chicago Campus

Membership in ANUW is growing on Northwestern's Chicago campus, across the medical, business, and law schools. Over the past semester, Chicago ANUW members have participated in various events, including Eat with ANUW lunches and an after-work happy hour and networking event. Members also participated in Chicago campus Health and Benefits Fair, which provided the opportunity to give employees more information about ANUW and recruit new members.

Want to get involved? Check the ANUW website or Planit-Purple for upcoming events on the Chicago campus.

More events for the spring semester will be announced soon. Have an idea for an event or want to get involved with ANUW on the Chicago campus? Contact Sheri Carsello (sheric@northwestern.edu) or Shannon Reifsteck (s-reifsteck@kellogg.northwestern.edu).

- Meghan Whalen, Northwestern School of Law

ANUW Quiz by Ann Anderson, McCormick Office of Undergraduate Engineering

Quiz yourself, quiz your coworkers, quiz your friends...

Find out the answers in next newsletter or for those so inclined, Wikipedia search them yourself!

I appeared on the U.S.S. Enterprise NCC-1701-D and NASA's Shuttle Endeavour. Who am I?

- A. Dr. Mae Jemison
- B. Lt. Uhura
- C. Valentina Tereshkova

I interned at Xerox in the 1980s and 28 years later, became its CEO. Who am I?

- A. Ursula LeGuin
- B. Ursula Burns
- C. Octavia Butler

It was said that I understood women better than any other man. I worked for army intelligence, enjoyed painting, smoked cigars constantly, and wrote many award-winning science fiction novels. Robert Silverberg found the idea that I could be a woman, absurd. Who am I?

- A. Andre Norton
- B. C.S. Friedman
- C. Alice B. Sheldon

Special thanks to the ANUW Publicity Committee!

Ann Anderson, Anita Chase, Meghan Whalen, Vy Nguyen, Kamara Fant



NEW ON-CAMPUS MOTHER'S ROOM LOCATED IN THE WOMEN'S CENTER

Northwestern strives to provide family-friendly spaces on campus to cater to the needs of nursing mothers for staff, faculty and students. This is one of several spaces for nursing mothers, and is conveniently located on the 1st floor of the Women's Center. Access to the lactation room is coordinated through the Office of Work/Life & Human Resources. Contact Magda Fong, magda.fong@northwestern.edu, for information and registration to use the room. Visit the HR website for a list of other lactation rooms on campus.

<http://www.northwestern.edu/hr/work-life/lactation-rooms/index.html>

The Women's Center is pleased to be able to offer a comfortable, private space to support women who are breastfeeding

To gain access to the Mother's Room, call or email Magda Fong at (847) 467-3631 Magda.fong@northwestern.edu

You must have an updated WildCARD to be able to access the room

Women's Center
2000 Sheridan Road
Evanston, IL 60208
847-491-7360
northwestern.edu/womenscenter

<p>AMY SCHUMER</p> <p>THE GIRL WITH THE LOWER BACK TATTOO</p>	<p>JESSICA BENNETT</p> <p>FEMINIST FIGHT CLUB</p> <p>AN OFFICE SURVIVAL MANUAL (FOR A SEXIST WORKPLACE)*</p> <p>*BOOK IS 23 PERCENT MORE EXPENSIVE FOR MEN</p>	<p>The Heart Goes Last</p> <p>Margaret ATWOOD</p>	<p>Me BEFORE You</p> <p>... Jojo Moyes</p>	<p>Never Let Me Go</p> <p>Kazuo Ishiguro</p>
<p>January 26 The Girl with the Lower Back Tattoo by Amy Schumer</p>	<p>March 23 Feminist Fight Club by Jessica Bennett</p>	<p>May 25 The Heart Goes Last by Margaret Atwood</p>	<p>July 27 Me Before You by Jojo Moyes</p>	<p>September 28 Never Let Me Go by Kazuo Ishiguro</p>

ANUW Book Club 2017

Read and discuss with the ANUW book club!
Meetings are held 5 times a year on the Evanston campus from 12-1pm at the John Evans Center, 1800 Sheridan Road.



Eat with ANUW!

Get to know your fellow ANUW members at Eat with ANUW, held regularly on the Evanston and Chicago campuses. Bring your lunch and a friend and meet women from different colleges and departments, network, and create community. No presentations or agendas, just an opportunity to get to know one another.

Eat with ANUW takes place on the second Tuesday of each month on the Chicago campus and the Second Wednesday of each month on the Evanston campus. For more information, contact the ANUW Programming Committee co-chairs, Sheri Carsello (sheric@northwestern.edu), and Shannon Reifsteck (s-reifsteck@kellogg.northwestern.edu). Hope to see you there!

- Meghan Whalen, Northwestern School of Law Chicago

Upcoming events in 2017

- February ANUW Panel
- April: Pathways to Success
- May: Conversations with Nim Chinniah
- June/July: Membership Appreciation

Check your e-mail for monthly updates on location and dates.