

# Words to the WISE

University of Michigan



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## UC 107: WISE RP Seminar Debuts in Fall 2008

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For the first time since it was formed in the mid-1990s, the WISE RP offered a one-credit membership course, UC 107: WISE RP Seminar, in Fall term 2008. Like all of the other Michigan Learning Communities which have membership courses associated with their programs, this one-credit course is required for all WISE RP first-year students.

The class was offered in two sections in order to make the class size smaller and to allow for a better learning environment in the new MoJo classrooms. The goals of the class, taught by the WISE RP director, Chris Bass, are to expose students to the

research taking place in some of the science, technology, engineering and mathematics fields; introduce students to the intellectual life at the U of M and what it means to pursue a liberal arts education. Guest lecturers included faculty from LS&A, the College of Engineering, The School of Public Health, and Kinesiology.

In addition to the guest lectures, students also met with a panel of women from medicine, engineering, and social work (all past members of the WISE RP) talk about their jobs, balancing their personal and professional lives, and their advice to first-year students embarking on

their studies in the STEM fields.

The new MoJo classrooms offer state-of-the-art technology which promotes greater mobility and interaction between faculty and students and among the students in the classroom. Two Smart Boards in each classroom also provide new modes of access to information as well as enhanced interactions among students.

For Fall 2009, the class size will be even smaller to allow for a more discussion-based format and better use of the classroom technologies and space.

~Chris Bass, Director

## Dinner and Discussion Recap

During the Fall term, the WISE RP piloted a new "Dinner and Discussion" series, which is aimed at connecting our second-year student leaders with scientists and engineers across campus. Each student attended two dinners with UM faculty or WISE RP program alumni, during which they had the opportunity to hear about the guests' professional and educational experiences.

The guests shared words of wisdom for achieving success in their field and offered guidance about graduate school,

internships, and balancing one's professional and personal lives. Overall, it was a great success, and the WISE RP students enjoyed dining with these fantastic role models.

~Beth Gibney, Associate Director



### Guests Included:

- Liz Stavens, Chemical Engineer with ExxonMobil Chemical Company & WISE RP Alumna
- Jennifer Ogilvie, Assistant Professor of Physics and Biophysics
- Sam Daly, Assistant Professor of Mechanical Engineering
- Malgorzata Sobilo, Oncologist
- Traci Morrison, Officer and Project Manager for Flagstar Bank
- Adam Matzger, Professor of Chemistry and Macromolecular Science and Engineering Departments
- Elyssa Cox, Developer for Microsoft
- Jennifer Linderman, Professor of Chemical Engineering
- Tia Sutton, Regulatory Engineer



WISE RP Women spending a Sunday afternoon decorating flower vases with their RAs.



*“Instead, you expose yourself to intercultural learning by participating in local community projects. Your participation will be considered an internship, and therefore, you will also get paid to be overseas.”*



Sex and the City viewing during the RAs' safe sex presentation,

## Program Board Recap

If you've missed seeing those numerous fliers on the bathrooms doors, we thought we'd fill you in...

The fall semester flew by! WISE RP Program Board members planned fun events and organized activities for the community. With a total of eleven events throughout the semester, and great participation from first- and second-year students, Program Board events were a huge success!

Our goal for the winter semester is to out-do the fall. We can only be successful if **YOU** get excited about the upcoming events and let us know if we're missing an event you're dying to see.

**\*\*Remember, Program Board meetings are Wednesdays from 5:10-6:10pm in the Classrooms. Anyone is welcome!**

~Liz Boettner, WISE RP Program Board Member

### A few upcoming events to watch for:

- **Month of March is Women's History Month**—Look for a month-long event that includes information about amazing women in the science and engineering fields, a raffle for some prizes, and a great time celebrating women like us!
- **Grad Workshop**—On March 19th, come learn more about graduate school options from a panel of current U of M grad students. Stick around afterwards to mingle and eat after the panel.
- **Massage Night**— The first round of exams have you stressed? Check out for the upcoming night of massages in March!
- **End of the Year Banquet**— Celebrate the year with friends, food, and good times! Keep your eyes open for more details towards the end of March/early April.

## Dealing with Change

At the beginning of the year, the number of clubs and organizations can overwhelm the savviest of freshmen. There are so many choices, each providing a wealth of opportunities to grow and meet new people.

I chose to get involved in the University of Michigan Engineering Council (UMEC), which “acts as an umbrella organization for the many societies that make up the College of Engineering and provides student

representation on boards and committees in the College.” UMEC has a variety of social, service, and community-building events that are open to everyone.

UMEC is especially great at producing leaders. At UMEC, even first-year students have the opportunity to make profound changes and input ideas. There must be the realization that there is no hierarchy or ranking system in college. I found an

outlet to support my passion for writing in the Publicity Committee working on *The All-Nighter*, which is the College of Engineering newsletter. Although I am still a freshman, all of that fervor for writing has brought me to my current position as the Editor-in-Chief.

My best advice? Join an organization that you can love so you can grow as an individual. Contact me at [hgracie@umich.edu](mailto:hgracie@umich.edu) for more information about UMEC!

~Grace Hsia, WISE RP first-year student

## U of M Summer Opportunities

Are you looking for something exciting to do this summer? Well, there are a lot of fun things that you can do in Ann Arbor!

Last year, I took some classes during the spring term and ended up staying here for the entire summer. I really enjoyed the Ann Arbor Summer Festival and the Ann Arbor Street Art Fair. There were live performances during the festival and a variety of unique art forms displayed along the sidewalks during the art fair. It was quite eye-opening to witness the number of people

crowding the streets while the event were taking place.

If you have a desire to stay in Ann Arbor without taking classes, you can also look for undergraduate research opportunities offered through the Undergraduate Research Opportunities Program (UROP) or different departments on campus.

However, if you prefer traveling in the summer like I do, you may want to look into a study abroad program. This summer, I will be traveling with a group of students to Vietnam through the Global Intercultural Experience for Undergraduates (GIEU). In this program, you do

not need to take any formal classes abroad. Instead, you expose yourself to intercultural learning by participating in local community projects. Your participation will be considered an internship, and therefore, you will also get paid to be overseas.

Beside GIEU, there are a number of other programs on campus that you can be part of as well. Whatever you choose, I hope you have a fun and relaxing summer!

~Alex Nguyen, WISE RP Peer Mentor

## Steer Stress Aside

No one can avoid stress, right? Stress is something we all deal with here at U of M, but that doesn't mean we can't manage it. I am constantly learning new ways to manage my stress with every new dose of it that each semester brings.

The best thing about stress management is that it works; you just have to find what method works best for you. I continually develop and take on different techniques that I find to be helpful. Here are some suggestions that you might want to try:

*Journal* – Take some time to write about your life, what's bugging you, stressing you out, what's

going well in your life. Getting it down on paper can be helpful to visualize and reassess.

*Talk it out* – Talk to a good friend, a family member or someone else who you can seek out for support.

*Go for a walk or go outside of MoJo* – sometimes removing yourself from an environment can give you time to reflect and evaluate situations.

*Go to the gym* – if you're active take a break and do some activity at the CCRB.

*Take some personal/spiritual time for yourself* – semesters can get extremely busy, so it's important to budget time to relax, reflect, and meditate.

Don't forget about your professors, GSIs, and advisors who are there to assist you. RAs and the APA (Academic Peer Advisor) are also great resources!

*Don't forget your hobbies* – Draw, play music, craft, play sports or do whatever you enjoy so that you stay happy and refreshed for when it does come time to study.

If you are feeling particularly overwhelmed you can always seek out your RA or visit CAPS (Counseling and Psychological Services) on the third floor of the Union. CAPS also has a weekly relaxation time on Fridays at 12:30pm. I've been before and it was really useful and relaxing – I totally recommend it!  
~Cassie Pogoda, WISE RP Resident Advisor

*“Goblets of fire, wands, house banners, games, and great friends: the conclusion of a great night”*

## A Magical Night: Winter Formal 2009

Goblets of fire, wands, house banners, games, and great friends: the conclusion of a great night. Planning started months in advance, when members of both WISE RP and MRC joined together to plan an event that both communities would enjoy.

We first planned a theme reveal party that hyped up the communities about the upcoming dance, and it allowed everyone to take a study break, eat some pizza, and enjoy Harry Potter. We met each week to discuss ideas and confirm details. We also chose invitations, appetizers, and booked a DJ.

The final decorating scheme came together in the last few meetings when decorations were purchased and we started to put things together. Many additional members spent a Monday afternoon rolling and tying invitations to be put in mailboxes.

On the day of the dance, a generous few helped transport balloons from the Union to Palmer Commons. That night a few hours before, members of the planning committee helped set up and rearrange tables, hang house banners, and set up candy trays. Our Harry Potter vision was realized when we put together the mini goblets of fire

and arranged the balloons. The amazing house banners were made the weekend before by some very committed members, and they added a great final touch to the room.

We proceeded to make our way back to Mosher-Jordan and finish completing our outfits and hair. Then at 8 o'clock we all made our way back to Palmer Commons to enjoy a great night of fun, music, great friends, and lasting memories.

~Alyssa Poma and Alyssa Rolling, WISE RP first-year students



*Enjoying good company and making wands at the formal.*





## WINTER FORMAL 2009



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# SAPAC'S Got Your Back!

One of the main premises of the Women in Science and Engineering Residence Program is to provide a supportive community for young women from a variety of backgrounds and experiences. We are united by the fact that we are seeking careers in science, math, and engineering. However, there are other things that we have in common: we are women and we face challenges such as sexism and sexual violence. That is not to say that we have all experienced overt displays of sexism and sexual violence; however, it is safe to assume that we all know someone who has experienced it in some form.

Sexual violence includes any sexist remark or action, sexual assault, stalking, sexual harassment, and intimate partner violence. It is important that we, as a community, prepare ourselves to be supportive allies to anyone who

has survived sexual violence. The University of Michigan Sexual

Assault Prevention and Awareness Center (SAPAC) is one of our greatest and most accessible resources. SAPAC provides services such as: information on all types of sexual violence, counseling for survivors and their friends and loved ones, and volunteer and education opportunities.

Sexual violence is not discussed very often because it is painful, complicated, and takes many shapes. Despite this, it is our responsibility as members of the WISE RP community to be prepared to support each other through any sexual violence that we experience. According to the Department of Justice, 1 in 5 women are raped during their college experience.

([www.ncjrs.gov](http://www.ncjrs.gov)) This statistic applies specifically to rape and excludes all other forms of sexual

violence, so we know that a significant number of women in our community need support. This support can be as simple as listening to someone's story, walking with her to SAPAC or CAPS, and watching out for each other. It is time to bring the issue of sexual violence into our discussions and to educate ourselves in order to collectively bring an end to a form of violence that will inevitably influence each of our lives.

Visit SAPAC's website at [www.umich.edu~sapac](http://www.umich.edu~sapac) for more information about the services offered there and ways to get involved.

~ Michelle Loubert, WISE RP Resident Advisor