

# The Center for Women's Studies Newsletter

September 2019

TO EDUCATE, SUPPORT, AND REACH OUT TO WOMEN ON OUR CAMPUS IN THE CONTEXT OF A GLOBAL COMMUNITY.

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#### September-October 2019 Calendar

Friday, Sept. 6 - Safe Zone Training - GUC Loft - 1:00 PM - 4:00 PM.

Friday, Sept. 13 - Peer Body Project - Banquet Halls - 8:45 AM - 5:00 PM.

Saturday, Sept. 14 - Peer Body Project - Student Counseling Services - 8:45 AM - 4:30 PM.

<u>Tuesday, Sept. 17</u> - White Ribbon Days - GUC - 10:30 AM - 12:30 PM.

<u>Wednesday, Sept. 18</u> - White Ribbon Days - GUC - 10:30 AM - 12:30 PM.

<u>Tuesday & Wednesday, Oct. 1 & 2</u> - Purple Ribbon Days - GUC - 10:30 AM - 12:30 PM.



#### The Center for Women's Studies

663 N. Wood Ave. Florence, AL 35630 (256) 765 - 6198/4380

Hours of Operation:

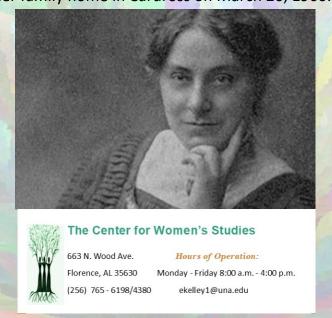
Monday - Friday 8:00 a.m. - 4:00 p.m.

ekelley1@una.edu

### Women in History Eunice Murray

Eunice Guthrie Murray was born on January 21, 1878. Eunice was a Scottish suffrage campaigner and author. She was the only Scottish woman in the first election open to women in 1918. Murray was born in Cardross to American born abolitionist parents David Murray and Frances Porter Stoddard. Her father was a leading lawyer and both were supporters of the women's movement. Murray was educated at St. Leonard's School, and then undertook voluntary work with the League of Pity. In 1908, she joined the Women's Franchise League, and was soon appointed its secretary for the whole of Scotland outside the major cities. She became its leading figure in Glasgow, and was president of its Scottish Council in 1913. She opposed the undemocratic nature of the Women's Social and Political Union and so did not become involved with it. However, she was arrested in November 1913 for addressing a crowd outside Downing Street after she had attended the "International Woman Suffrage Alliance" conference in Budapest. Murray did not blame the suffragettes for being militant as she decided that the government was the instigator of their behavior.

During World War I, Murray worked at William Beardmore and Company Munitions Factory and on confidential business, but also found time to write her first novel, The Hidden Tragedy. She stood in Glasgow Bridgeton as an independent candidate at the 1918 general election, the only woman to stand in Scotland at the election, although she did not come close to winning the seat. After the war, Murray wrote a memoir of her mother, Frances Murray a memoir in 1920, Scottish Women of Bygone Days in 1930 and A Gallery of Scottish Women in 1935. She became interested in folklore and wrote Scottish Homespun which was illustrated with pictures of dolls dressed in the outfits she was discussing. Murray made many of these outfits. She campaigned for the creation of Scottish folk museum. Murray served on the committee and donated money to the National Trust for Scotland. She never married and died in her family home in Cardross on March 26, 1960.



#### September is Self-awareness Month

By: Tia Sherer

Self-awareness is defined as conscious knowledge of one's own character, feelings, motives, and desires. While self-awareness is something that is central to who you are, it is not something that you are deeply focused on at every moment of every day. Instead, self-awareness becomes woven into the fabric of who you are and emerges at different points depending on the situation and your personality. Have you ever judged yourself regarding the thoughts or experiences you have? If so, then you are not alone. As we notice what's happening inside us, we can acknowledge and accept them as an inevitable part of being human, rather than giving ourselves a hard time about it. A simple quick assessment of self awareness might be:

Basic – Aware of your thoughts while you have them.

Medium – Aware of the thoughts and emotions you have about your thoughts in the moment. High – Able to put attention on your emotions and physical state in a way to relax and thereby change your thought process in the moment.

Here are also three steps to help you gain self-awareness:

- 1. Understand your life story: Your narrative identity is the story of your life; but it's more than just a story. How you understand your narrative frames both your current actions and your future goals.
- 2. Create a daily habit of self-reflection: you should develop a practice of setting aside at least twenty minutes every day in which to reflect on your life. This practice enables you to focus on the important things in your life, not just the immediate.
- 3. Seek honest feedback: We all have traits that others see, but that we are unable to see in ourselves. We call these "blind spots." Do you see yourself as others see you? If not, you can address these blind spots by receiving honest feedback from people you trust.

Essentially, the more you pay attention to your emotions and how you work, the better you'll understand why you do the things you do. The more you know about your own habits, the easier it is to improve on those habits.





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THE

### WHITE RIBBON DAYS

September 17th & 18th from 10:30-12:30 at the GUC

THE PURPOSE OF WHITE RIBBON DAYS IS TO RAISE WARENESS ABOUT VIOLENCE AGAINST WOMEN.

PRESENTED BY THE CENTER FOR WOMEN'S STUDIES





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#### **Self Improvement**

By Bonnie Smith

Welcoming in the new academic year brings the promise of new opportunities, fresh faces, and unforgettable fun. However, along with all the positives of higher education, the adjustment from summer shenanigans to academia can be more difficult than anticipated. Moreover, this predicament is not solely present in freshman, as older students might think. In fact, sophomores and upperclassmen are often blindsided by acclimating to their course material and can experience more issues in the middle or even the end of their journey toward a diploma. As a student, it is crucial to constantly be in check with oneself as it relates to one's performance. There are tons of variables that can affect success in the classroom. The adjustment of these factors can make or break a semester. Looking forward, consider these tips:

#### 1. Make sure you have a sleep schedule.

A sleep schedule or lack thereof is probably the most important factor as it relates to success as a human being. There is a reason people sleep for a third of their lifetime: sleep gives the brain the ability to rest, the body to perform processes necessary for maintaining homeostasis, decreases the likelihood of depressive episodes, and allows for an incubation period so that the brain can actually absorb all of the material one is taking in. College is a fun time filled with late night romps, but there is no shame in having a bedtime! Exhaustion culture (i.e., being proud of all nighters or excessive intake of caffeine) is not only destructive to your body and psyche, but it can throw your peers into the same patterns. Set a good example and settle in for the night!

#### 2. Get an accountability buddy.

Most ventures worth pursuing are inherently difficult, which is why burning out is so easy, especially for young adults who are taking care of their own affairs for the first time in their lives. However, it's encouraging to know that every student is in turn surrounded by other students. Find someone with whom you can commiserate and conversate- then make an agreement to hold one another accountable. This doesn't exclusively extend to class attendance, but anything one has difficulty maintaining, such as therapist appointments, good eating habits, or that aforementioned healthy sleeping schedule. Knowing a kind peer, who isn't grading your papers, cares about your performance can lead to major improvement in academic success.

#### 3. Wash your hands!

This is probably the most important tip, plain and simple. With the new year, new students bring new germs, and sickness runs rampant. Students come to class sick. In dorms especially, almost everything is a shared common space. Getting ill and missing class can be a major setback. The solution is simple: wash your hands in hot, soapy water, well and often.



## Resources Available at The Women's Center:

- Pride's Pantry of Personal Care Items
  - Library
  - Bottled Water
  - Lactation Room
  - Couches & Blankets
    - Computers
    - Free Printing
      - Events
    - Study Room
  - Coffee & Conversation



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#### **Internally Speaking**

Hi everyone! My name is Tia Sherer and I am the new intern for the 2019 Fall semester for The Women's Center. Although I am going to miss the Summer, I am super excited to see what this year has in store for me. I would like for each of you to get to know me through my readings, so here's a little info about me. I am a 21 year old girl trying to become more and more independent as the days go on; I am also a Senior Resident Advisor here on campus at Mattielou Hall; I am a secretary in the world's GREATEST sorority, Delta Sigma Theta Sorority, Inc.; I am also from a small town called Parrish, AL. Little to none have heard of that town so I don't expect you to have heard of it either! I would have never thought in a million years that I would have achieved half of the goals that I have already if I did not stay focused. Throughout the months, I hope to share with you guys things that are important to me, such as self-care tips, college experiences that I think everyone should try at least once, and FOOD!! I hope that I can be a lot of help and at least one person loves my tips. I am honored to have this opportunity to be an intern for this Fall here, and I hope you guys enjoy my readings.

> Sincerely, Tia Sherer



#### Coordinator's Notes

It's hard to believe that it's a new fall term, but it's great to see familiar faces and meet new ones. With any luck, cooler weather may be just around the next corner.

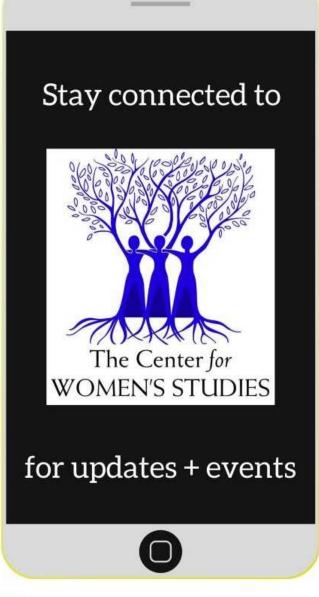
The Center began the year with a very well attended Sushi Social on August 19<sup>th</sup>. Nearly 80 students came for the all you can eat sushi, and every grain of rice was consumed. We sponsored a voter registration drive on August 26 by the League of Women Voters. We move right along to White Ribbon Days on September 17<sup>th</sup> and 18<sup>th</sup> during which we will be giving out white ribbons in the GUC to raise awareness about violence toward women. Stop by our table between 10:30 and 12:30 to pick up one. We have many more events and activities planned for the year including the Clothesline Project and the Breast Cancer Honor Tree in October. Be sure to also watch for announcements of events and activities sponsored by AAUW and the Women's & Gender Studies Association, such as our annual Halloween party.

We are always on the lookout for new contributing writers for our newsletter. We would be happy to include poems and essays that follow the awareness months that we highlight. If you are interested, just contact me at <a href="mailto:ekelley1@una.edu">ekelley1@una.edu</a> or at 256-765-4380.

Have a great and successful semester!

Emily

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