

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



The Center for  
WOMEN'S STUDIES



### 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](mailto:ekelley1@una.edu)

"ONE OF THE MOST COURAGEOUS THINGS YOU CAN DO IS  
IDENTIFY YOURSELF, KNOW WHO YOU ARE, WHAT YOU BE-  
LIEVE IN AND WHERE YOU WANT TO GO."

— SHEILA MURRAY BETHEL

# THE CENTER FOR WOMEN'S STUDIES NEWSLETTER

## AUGUST/SEPTEMBER 2017

## TABLE OF CONTENTS

Social Media.....	3
Self-Improvement.....	4
White Ribbon Days.....	5
Self-Awareness Month.....	6
Self-Awareness Quotes.....	7
Women in History.....	8
Women's Center Resources.....	9
Internally Speaking.....	10
Coordinator's Notes.....	11

## SEPTEMBER CALENDAR

**9/4**—Labor Day—UNA Closed

**9/6—4:00 PM**—I Am That Girl! Meeting—Women's Center

**9/11—10:30 AM—1:00 PM**—White Ribbon Day & Vision Wall—  
GUC

**4:00 PM** Women's Center and Gender Studies Association  
Meeting—Women's Center

**9/12—10:30 AM—1:00 PM**—White Ribbon day & Vision Wall—  
GUC

**9/13—9:00 AM** Convocation—Norton Auditorium

**11:00 AM**—Speaker, Elizabeth Moore, Exec. Director, One  
Place— Women's Center

**9/20—4:00 PM**—I Am That Girl! Meeting—Women's Center



**Stay connected to the UNA Center for Women's Studies by following us on social media:**



**UNA Women's Center**



**@UNAWomenCenter**



**@unawomenscenter**

# Self-Improvement Month

**"The mind is everything. What you think, you become."**

**-Buddha**

Here are 13 small ways to improve your life and yourself. Try to do one of these this month and see if you enjoy it!

1. Face your fears.
2. Exercise your willpower to change direction.
3. Admit your mistakes.
4. Refine your goals.
5. Believe in yourself.
6. Ask for wisdom.
7. Conserve your time.
8. Invest your profits.
9. Live with intensity.
10. Find your place.
11. Demand integrity for yourself.
12. Welcome the disciplines.
13. Fight for what's right.



Sources:

<http://www.success.com/article/rohn-13-ways-to-improve-your-life>

<https://www.linkedin.com/pulse/write-your-2017-self-appraisalnow-vikram-kolar>



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**WHERE: GUC**

**WHEN: SEPTEMBER 11 & 12**

**10:30 A.M. - 1:00 P.M.**

**Pledge yourself against violence toward women by wearing a white ribbon**

**Get Carded**

an info card on how to reduce your risk of sexual assault and what to do in the event you are sexually assaulted

**Vision Wall**

Imagine a world without sexual violence....

*What's Different?*



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# Self-Awareness Month

EVERYTHING IS TEMPORARY AND THAT'S OKAY.

Most of us have an obsessive desire to “know.” We need to know what’s happening and what tomorrow will bring. We need to know how the people in our lives think, and we often think we know what’s best for them. The truth is that even the people closest to us have mystery. It’s not healthy or kind to assume one knows everything. The truth is that we are not in control. We do not know everything. Maybe it’s time to relinquish some of that

self-inflicted pressure. It could all fall apart tomorrow, and that’s okay. An ongoing mantra I have is “everything is manageable.” It couldn’t be more true. You must walk your own path There’s no telling where it will lead . As much as you grasp and hope, things may change. Some things will disappear and others appear. An exercise you could try is to think back through your life and remember the unexpected changes. Many of them were terrifying at the time, but almost

all of them shaped you and your life. Even tragic loss is necessary. The balance of life is of utmost importance. Without death, we could not appreciate life. Without sadness, we could not appreciate joy. These are the things that make this world filled with beautiful colors and not just a world of gray.

Source: <http://todayievolve.com/post/86332378502>

# Self-Awareness Quotes

Epictetus said, "It's not what happens to you , but how you react that matters."

Many things are not in our control, but we always have the power to choose how we react to events. Think of this next time you are caught up at a red light. You can be bothered by it or maintain your peace.

Source: [www.reddit.com/r/ZenHabits/](http://www.reddit.com/r/ZenHabits/)

In his address to the Governing Board of the Pan American Union in April 1939 US President Roosevelt said that, "Men are not prisoners of fate, but only prisoners of their own minds. They have within themselves the power to become free at any moment."

Roosevelt's insight, shared by thought leaders around the world points to an opportunity to achieve the ultimate freedom. You can stop reacting to events and emotions and learn to choose your response to any situation. This is the key to greater confidence and assertiveness in your life. Don't be a prisoner of your own mind. Achieve the freedom you deserve.

Source: <http://www.change-management-coach.com/self-awareness.html>

- Kristen Whirley, Student Contributor



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# WOMEN IN HISTORY

**Judith Rumelt  
(Cassandra Clare)  
1973-**



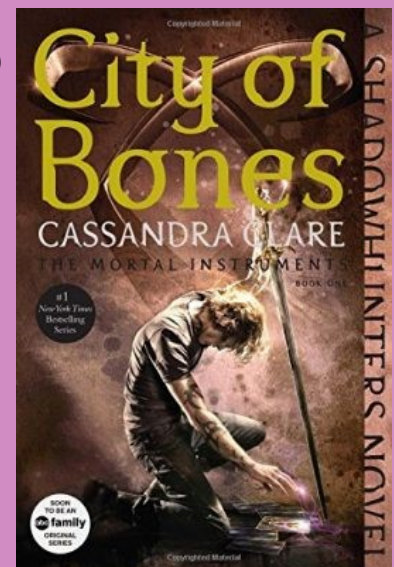
Judith Rumelt, better known by her pen name Cassandra Clare, is a modern American novelist. She was born in Teheran, Iran on July 7th, 1973. The majority of her childhood was spent traveling with her family in places such as France, England, Switzerland, etc.

Traveling around the world, she found a familiarity in books and writing. Once she had moved to Los Angeles, California in her teenage years, she started writing more, including a short novel, The Beautiful Cassandra, which was based upon a Jane Austen

short story. Rumelt's college years were spent in New York working for various magazines. In 2004, Clare wrote her first young adult novel, The City of Bones. Due to the popularity of her books, Clare left her job to write full-time. Clare currently has multiple series out including The Mortal Instruments, The Infernal Devices, and The Dark Artifices.

- Charlee Krieger, Student Contributor

Source: <http://cassandraclare.com/about/>





# RESOURCES AVAILABLE AT THE WOMEN'S CENTER

Operating Hours: Monday-Friday 8:00 a.m. to 4:00 p.m.

- . Pride's Pantry of Personal Care Items**
- . Library**
- . Bottled Water**
- . Lactation Room**
- . Couches/Blankets**
- . Computers**
- . Events**
- . Study Rooms**
- . Coffee & Conversation**



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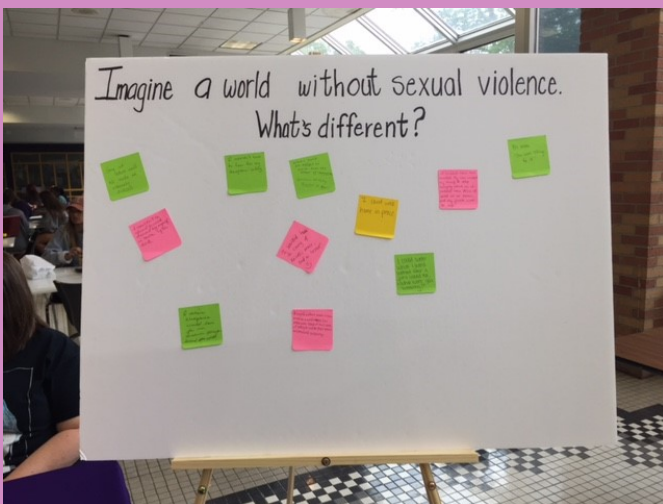
# Internally Speaking

Hello University of North Alabama! Hopefully the Fall 2017 semester has been treating each of you well so far! This fall semester, I am the Women's Studies Intern which I am very excited for, but also nervous about. I think that excitement and nervousness go hand in hand when it has to do with something as amazing as being a part of the Center for Women's Studies. I am a senior this year and have been a student of UNA since Fall 2014. I am really excited to be so involved with the Center for Women's Studies, in which I have been volunteering since last fall.

I do admit that this semester started at an extremely fast pace for me, and I am still trying to keep up, and if it's like that for you as well, then feel free to come by the Women's Center to chill out on the couches, eat some chocolate, and maybe even take a nap. That's one of the many things we are here for!

I also would like to take a minute to say that currently, there are many natural disasters occurring throughout the world including hurricanes, forest fires, flooding, and earthquakes. My thoughts and prayers are with those who are being affected.

I hope this semester brings you new friends, good grades, and the chance to pet a dog at some point!



P.S. The Center for Women's Studies had a table in the GUC on September 11th and 12th where we had a Vision Wall (refer to page 5) which prompted, "Imagine a world without sexual violence. What's different?" To the left is a picture from that event with some people's thoughts!

- Graci

# COORDINATOR'S NOTES

I am delighted to welcome you back to yet another year at the Women's Center here at UNA. We have lots of fun activities planned for you throughout the academic year, beginning this month and going through April of next year. We'll be collaborating with some of your favorite departments, reprising some well-known annual events, like the Clothesline Project and the Fair Trade Market, and initiating some activities new to our campus, like the Vision Wall and a Leadership Conference. We hope you'll participate in all of them. We started the year off with our Welcome Back Sushi Social on August 21 which was a huge success! This month we'll have White Ribbon Days (9/11-9/12) on which we ask everyone to pledge themselves against violence toward women by wearing a white ribbon and to participate in our new Vision Wall. On the Vision Wall we ask you to imagine a world in which there is no sexual violence.

What would be different? And we ask you to write that on a post-it note and post it on the "wall." We also are proud to have Elizabeth Moore, Exec. Director of One Place of the Shoals, coming to speak on Sept. 13 at the Women's Center.

We are always looking for volunteers, those to work in the Center and those to work



some of the events. Should you be interested, please drop by the center and see me or send me an email at [ekelley1@una.edu](mailto:ekelley1@una.edu) and we'll look at your schedule and see when you're available.

After September we move into October which is always a busy month for us with lots of events and activities. We hope you will continue to be active and participate in our events. In short,

*Welcome Back!*

*Emily*



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