

WOMEN'S COUNCIL MARCH 2023 NEWSLETTER



CAMPUS HAPPENINGS

Throughout March, various events will be happening at UVU's campus to celebrate the women who tell our stories.

Women's stories and experiences are integrated throughout Utah Valley University's history. Departments, Colleges, student organizations, and athletic teams are all coming together to celebrate women who have made and will continue to make history.

Click [HERE](#) to view the calendar.

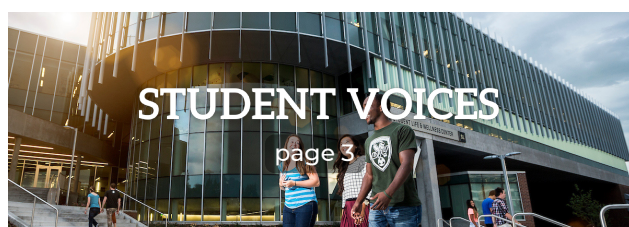
CELEBRATING WOMEN'S HISTORY MONTH

The earliest Women's Day observance took place in 1909 in New York City. Two years later, over a million people across Europe protested for women's right to vote and against employment sex discrimination. These were the roots of both International Women's Day and Women's History Month. The observance was recognized first as a national week in 1980. In 1987, the commemoration expanded to the entire month of March, largely due to the National Women's History Alliance's (NWHHA) efforts.

Today, women are an instrumental part of Utah Valley University (UVU). From the women in UVU's student body to President Astrid S. Tuminez and everywhere in between, women impact all levels of education at UVU. This March, we celebrate and honor the accomplishments of our women Wolverines.

We invite you to join us in celebrating Women's History Month. Whether you join us for one of the many on-campus events or learn more about women's history in education, there are countless ways for Wolverines to celebrate women this March.

Sincerely,
The UVU Women's Council



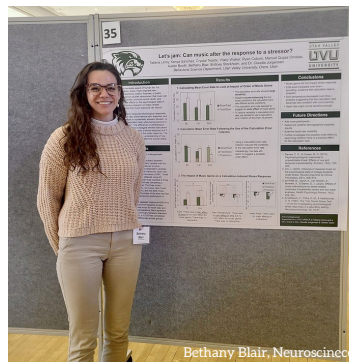
RESEARCH HIGHLIGHTS

Utah Conference on Undergraduate Research (UCUR)

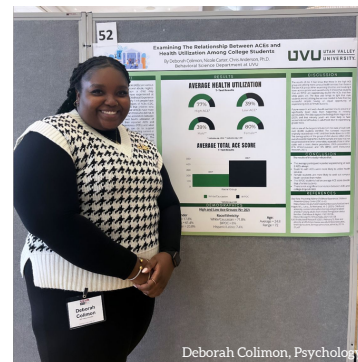
On February 17th the University of Utah hosted the Utah Conference on Undergraduate Research (UCUR). Students from all institutions across the state were present. UVU had 116 undergraduate researchers registered for the conference across 12 colleges and departments. Of the 116 students, 40% of those that presented research they have been working on were female students.

UCUR had a competition for poster prizes and UVU Art and Design student, McKenna Goade, received a humanities honorable mention for her research, "The Presence of Absence: Exploring the Shadows of Death." To learn more about her research and see her poster click [HERE](#).

We will be hosting UCUR 2024 right here at Utah Valley University Friday, February 16, 2024!



Bethany Blair, Neuroscience



Deborah Collimon, Psychology



FACULTY & STAFF HIGHLIGHTS

Women's Leadership Certificate



Offered in partnership with the Woodbury School of Business and the Women's Success Center at UVU, the Women's Leadership Certificate Program is a powerful, engaged learning experience focused on transforming successful women into outstanding leaders.

This is a select group of women leaders from top corporate, government, education, and non-profit organizations across the nation. Participants have the expertise and credibility to reach their goals and make meaningful contributions to their organizations, industries, and communities. The research-based curriculum is led by internationally recognized women's leading experts, including UVU President Astrid S. Tuminez, the program offers an exceptional selection of instructors, VIP panelists, leadership assessments, 1-on-1 consultations, and mentor and peer networking. The next cohort starts on March 1. Please visit UVU Executive Education for details.



"This is an amazing program! I learned so much about myself and those around me. I was stretched and challenged in a room where I felt safe and was surrounded by insightful and supportive women. My confidence as a leader and as a woman in our community was strengthened. I highly recommend it!"

– Kristin Wright, Programs Director | Women Tech Council

"I had an exceptional experience! I came into the program without too much thought about what I wanted to get out of the program. I was pleasantly pleased with how well organized the content and development plan was packaged. I was able to see positive results after each weekly session!"

–Alisa Garcia, Internal Auditor, Salt Lake Community College

"Excellent! I loved every bit. I was engaged, the faculty was engaged, we grew together."

–Alisa Thomas, Pharmacy Manager, Intermountain Health Care

STUDENT VOICES

Body Acceptance Panel



Join the Women's Success Center in celebrating Women's History Month by attending "Beauty Counter: Arguments on Body Affirmation." In this hour-long event, students are invited to hear from a panel of women on what body image resilience and affirmation mean to them. Representatives from various campus departments will share their experiences in navigating media, advertisements, body size, and cultural expectations and stigmas surrounding women and their bodies.

Olivia Ellis, a student in the WSC Women's Leadership Academy, will facilitate the discussion. Olivia wrote a research paper on body image resilience primarily using *More than a Body* (2020) as her inspiration and guide. Olivia is passionate about women's issues, specifically how women can learn body resilience in a culture that objectifies and commodifies bodies. This conversation is pertinent to women across the globe and critical for women in Utah to hear, share, and discuss their not-so-unique experiences.

The outcomes of this event are to open the conversation and invest in initiatives that support body image resilience, amplify women's educational efforts, encourage women to focus on traits beyond physical appearance, and strengthen confidence through overall health and well-being.

For more details and to RSVP for the event, click [HERE](#).

Students Helping Students

The Women's Success Center Advisory Board is thrilled to sponsor the kick-off event for Women's History month and invites you to join them for skating and scholarships. Entrance is free with an optional donation that will help fund scholarships through the Women's Success Center. The WSC Advisory Board has a long history of philanthropy and shares a commitment to empowering women.

"Generosity is a ripple effect. And so, we were inspired to sponsor a student-led event to cultivate a culture of generosity from student to student to see where those ripples can lead," said Kortney Osborne, Advisory Board Chair-Elect. "This event is the first of its kind so really a test to see if we could both have a blast and support one another at the same time. And we believe the female students of UVU will prove us right."

The board believes that generosity benefits more than the receiver. "It is important to start philanthropy at an early age because like anything worth doing, it takes practice. Money doesn't change who you are, it amplifies who you really are. So, if your intention in life is to be generous with an abundance mindset, it is easier to cultivate that skill from the beginning instead of waiting until later in life," added Ms. Osborne.

The Women's Success Center Advisory Board believes that empowered women, empower women. And this is a chance for students to become a part of that cycle.

KICK OFF WOMEN'S HISTORY MONTH AT

CLASSIC SKATING

FOR WOMEN'S SUCCESS CENTER SCHOLARSHIPS

9 - 11 PM

WEDNESDAY, MARCH 1

250 STATE STREET, DREM UT

ENTRANCE BY
OPTIONAL
DONATION
(CASH OR VENMO)

ALL DONATIONS
HELP FUND WSC
SCHOLARSHIPS

FIRST 100
PEOPLE GET FREE
SKATE RENTAL
(\$5 AFTER)

RSVP HERE



UVU WOMEN'S SUCCESS CENTER