



# NCCWSL

MAY 29–JUNE 1, 2019  
UNIVERSITY OF MARYLAND

SILVER ALKHAFAJI



# CONFERENCE GOALS

- Leadership
- Professional toolkit
- Understand gender equity issues/policies



# EMPOWERMENT SELF-DEFENSE

- NO is a full sentence
- Signals of discomfort
- Mixed martial arts techniques

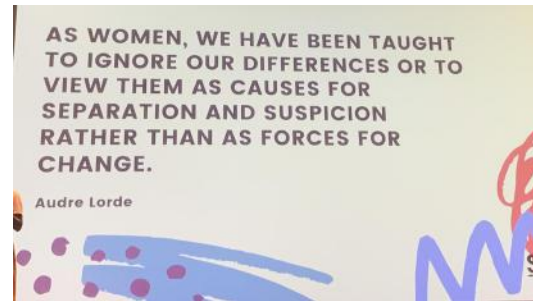




## LEADERSHIP INSIDE-OUT

- Stress management
- Balanced lifestyle
- Self-care
- Creating habits
- Achieving goals

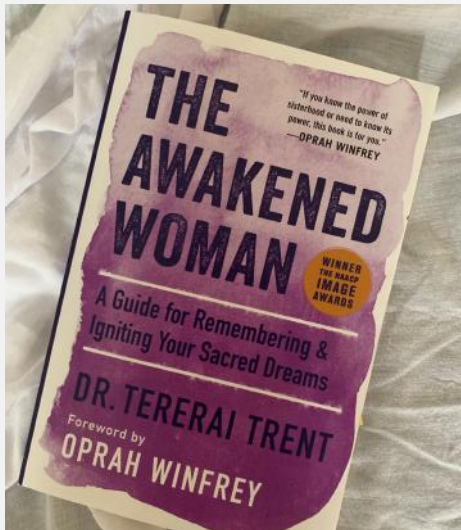




## BRIDGING THE DIVIDE

Strong relationships between white women and women of color

DR. TERERAI TRENT



Dream!

“Education is the main pathway out of poverty”

The universe will help you if you persevere

Don't lean on a man!

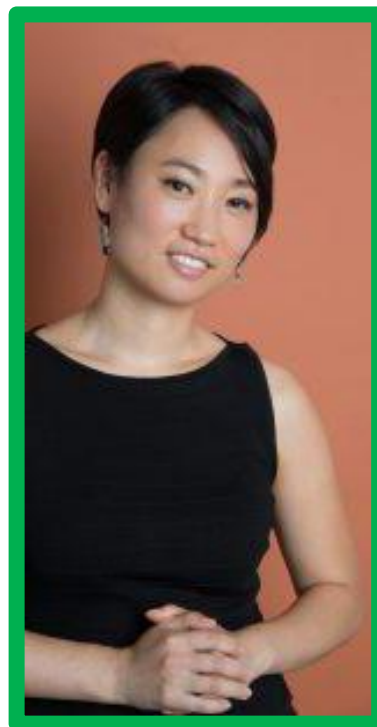
Don't be silenced  
- we are giant



**Lauren  
Simmons**



**Ashley  
Tipton**



**Sandra  
Kim**



**Jane  
Chen**

**WOMEN OF DISTINCTION**





FRIENDSHIPS

THANK YOU!



# EXTRA PHOTOS AND SLIDES

## ARCHETYPES OF WHITE WOMEN VS WOMEN OF COLOR

HPI

White Women	Women of Color
<ul style="list-style-type: none"> <li>• Miss Anne (passive, weak, fragile, powerless)</li> <li>• Snow Queen (cold, insensitive, controlling, overly ambitious)</li> <li>• Femme fatale (flirtatious, uses sexuality to manipulate men)</li> </ul>	<ul style="list-style-type: none"> <li>• Maany (faithful, obedient, nurturing, domestic servant)</li> <li>• Sapphite/Angry Black woman (rude, loud, stubborn, emasculating, bitch)</li> <li>• Jezebel (shrew, sexually aggressive, having excessive sexual appetite)</li> </ul>

## What Women of Color Can Do

- Reflect on how you have internalized and bought into the systems that separate us and pit us against one another.
- Protect your peace. You don't owe anyone your emotional labor.
- Talk about your experience of being marginalized. Your anger and fear are valid. Talk about your pain and talk through your pain.
- Challenge yourself to heal.

## What White Women Can Do

- Accept your privilege (without being defensive) and engage in the constant, deliberate, and intentional work of uprooting implicit biases and racist behaviors. (Don't think you are the exception.)
- Gather your people. (Women of Color are tired.)
- Be authentic but mindful of relationship dynamics.
- Do your own research. Don't expect Women of Color to educate.
- Compensate Women of Color for their labor.
- Listen more than you speak.
- Create space for Women of Color to speak and lead. Don't speak or lead for them.

NATIONAL CONFERENCE FOR COLLEGE WOMEN STUDENT LEADERS

**FEATURED SPEAKER**

Friday, May 31  
12:30-1:00 pm  
Grand Ballroom

**Dr. Tererai Trent**



Book sale and signing to follow

#WOCW18 | @WOCW

<h3>Slavery &amp; Jim Crow</h3> <p>"segregation's constant gardeners"</p>	<h3>First Wave Feminism &amp; the Right to Vote</h3> <p>What about Ida B. Wells and Anna Julia Cooper?</p>
<h3>2016 Election &amp; Women's Marches</h3> <p>52%</p>	<h3>#MeToo Movement</h3> <p>Tarana Burke and Alyssa Milano</p>

ADELE H. STAMP STUDENT UNION  
Center for Campus Life

NATIONAL CONFERENCE FOR COLLEGE WOMEN STUDENT LEADERS

**Empowerment Self-Defense**

Thursday, May 30  
10:15 a.m. - Noon  
Atrium

#WOCW18 | @WOCW



A black silhouette of a graduate wearing a mortarboard cap and gown, holding a rolled-up diploma. The text 'GRADUATE SCHOOL AND BEYOND' is centered in a white box over the silhouette.

## GRADUATE SCHOOL AND BEYOND

- Make grad school work for you!
- Balancing personal life with school
- Finding your village (support system)
- Develop strong communication skills with PI and fellow students
- Engage in activities that support your end goal and that are fulfilling: student orgs, internships, etc
- Seek mentors & professional orgs
- You can't be perfect at everything!
- It will be difficult, but worthwhile
- You will come out with a set of skills that enable you to conquer any field in your future job