WOMEN’S CENTER

INCLUSION, COMMUNITY, & BELONGING

Women’s Center Welcome Week fest

The Women’s Center Welcome Week Fest is an open house for new students to learn about the Women’s Center and other organizations at UC San Diego that focus on gender and social justice issues. The event increases awareness of the Women’s Center to incoming students while connecting these students to the Center, other resources on campus, and each other. This event seeks to build a sense of community among the over 100 student participants and introduces the Women’s Center to as a resource to new students early in their college career.

PSYCHOSOCIAL WELL-BEING

Love Your Body Day

Love Your Body Day is an annual campaign developed by the National Organization for Women to challenge negative messages perpetuated by media and other industries that encourage women to adhere to rigid and unrealistic beauty standards. Love Your Body Day at UC San Diego provides an opportunity to educate the campus community about how to be healthy in mind and body, provides a forum to engage in media literacy and deconstruct the messages and techniques used by various media outlets to objectify women, and provides space for women to be in community and reflect on the beauty of all people. In addition, students are given resources to take action against harmful beauty standards and practices.

ACADEMIC SUCCESS/CO-CURRICULAR ACTIVITIES

$mart $mart

The Women’s Center held our inaugural $tart $mart workshop after purchasing a three-year license to administer the program on campus. The three and a half hour $tart $mart campus workshop teaches participants how the gender wage gap affects their lives, how to develop a personal budget to determine salary needs, how to benchmark salary and benefits, and how to negotiate for their first salary out of college.
WOMEN’S CENTER

TEACHING/TRAINING/CONSULTING

*First Year Experience*

In collaboration with the Center Directors and First Year Experience (FYE) Coordinator, planned and implemented diversity curriculum for pilot FYE course. Worked with student discussion leaders and trained them to facilitate discussion on diversity issues with students in their sections. Led a short presentation to FYE lecture to provide an introduction for first year students regarding concepts of equity, diversity, and inclusion with the goal of helping them connect these concepts to the University experience.

OUTREACH, YIELD, & RETENTION

*Voices Leadership Retreat*

The VOICES Leadership Retreat is a day-long retreat targeting first year and first year transfer women students at UCSD. The retreat was designed to provide an opportunity for women new to UC San Diego to explore their understanding of leadership, to build a supportive community on campus, and to discover the importance of their voice. Through team building activities, personal reflection, small group dialogues with peer mentors, and interactive workshops, participants worked to uncover their leadership potential. 100 percent of retreat participants strongly agreed or agreed that they gained a better understanding of their social identities and how they connect to leadership, felt more comfortable voicing their experiences in a group, and felt more comfortable identifying as a leader as a result of the retreat. All participants also expressed that they will use what they learned at the retreat to further their leadership on campus or in the community. This was our first year hosting the retreat and we plan on expanding the program for the 2015-2016 academic year.