

# ACADEMIC WOMEN'S FORUM

## FALL 2017 SEMINARS

All seminars held 3:30-5:00pm, Chittenden Hall, Room 110

Register for events at the Academic Women's Forum webpage: <http://bit.ly/AWForum2017>

All faculty, academic staff, post-docs, librarians, and graduate students who identify as women are cordially invited to participate in the MSU Academic Women's Forum. The forum was created to provide a safe space to connect, build community, and explore issues relevant to the success, support and empowerment of academic women at Michigan State University. Free and open to all. If you have questions, call the WorkLife Office at (517) 353-1635.

### Tues., September 19

#### Thriving as an Academic Woman

Gear up for a new academic year by connecting with women across campus. Regardless of your field of study or position, this panel will be sure to inspire. Participants will learn about the art of "leading up," or how to get buy-in from the top; micro-aggressions and what to do when you experience them in the workplace; and thriving as an academic woman, even on days when you may feel like an imposter in academia.

Panelists include:

- **Dr. Dorinda Carter Andrews**, Assistant Dean, College of Education
- **Dr. Sonja Fritzsche**, Associate Dean, College of Arts & Letters
- **Dr. Kelly Millenbah**, Associate Dean, College of Agriculture and Natural Resources

### Wed., October 25

#### Value-Guided Action

Sometimes, when life is coming at us fast and furious, we can be tempted to take what seems like the easiest way forward in the moment. We procrastinate, hesitate to use our voice, numb our feelings, and even camp out on Netflix for the whole weekend.

How do we keep going?

How do we decide to use your time/energy/resources in service to our core values?

It is easier to help yourself be brave or dedicated to a cause in the moment if you are clear about what matters most and you have the skills to notice and align with your values on a day-to-day basis. Come explore ways to live your life with value-guided, committed action.

Presenter: **Lisa Laughman**, Employee Assistance Program/MSU Health4U

### Tues., November 14

#### Leveraging Connections: Building Your Network Roadmap

Mentoring is one of the key components for promoting career success. It has been increasingly recognized as a bilateral exchange between a mentee and a network of mentors, with one of the primary goals being to increase the knowledge, skills, and strategic moves of mentees in preparation for advancement in current or future professional objectives.

Participants will increase their understanding of the role of mentoring in their own professional development, to begin drafting a mentoring roadmap, and to expand their appreciation for the efficacy of using a mentoring roadmap in their careers.

Presenter: **Dr. Beronda Montgomery**, MSU Foundation Professor, AAN Node Leader

**Reading Group Dates:** (at Harrison Roadhouse): Tues., Sept. 26, at 5:30pm and Tues., Nov. 14, at 5:30pm

**Social Event Dates:** Thurs., October 5, at 5:30pm and Wed., December 6, 5:30pm