

CATHARINE S. EBERLY CENTER FOR WOMEN

2017 Spring Calendar

Serving The University of Toledo
and surrounding communities.

Monday–Friday, 8:30 a.m.–5 p.m.
Educate. Empower. Engage.



CATHARINE S. EBERLY CENTER FOR WOMEN

THE UNIVERSITY OF TOLEDO

Dear Friends of the Eberly Center,

It has been a fantastic 2016 for the Eberly Center for Women. We awarded the highest number of scholarships to UT students in the history of the Center, we saw a more than 420% increase of Center usage in September compared to the previous year, and a 45% increase in Kate's Closet appointments when also compared to the previous year.

We appreciate the support we receive from both the university and the community that allows us to continue programming and partnerships that Educate, Empower and Engage!

Sincerely,



Shanda Gore, Ed.D.
Associate Vice President
Catharine S. Eberly Center for Women
Minority Business Development Center



How to Register

Please call **419.530.8570** for more information or to register.

You will receive a confirmation email upon registration, then a courtesy call as your program approaches.

Payment for programs with fees is expected within one week of registration. Refunds will not be issued for cancellations within seven days of program start date.

Need-based fee waivers are available. Please call the center to inquire.

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Eberly Center Adventures!

Connect with Us:

Center Hours: Monday - Friday 8:30 a.m.- 5 p.m.
419.530.8570 | ecwomen@utoledo.edu | utoledo.edu/centers/eberly
2801 W. Bancroft St. | MS 502 | Tucker Hall 0168 | Toledo, OH 43606

 @eberlycenter

 [facebook.com/eberlycenterforwomen](https://www.facebook.com/eberlycenterforwomen)

LUNCH WITH A PURPOSE

The Catharine S. Eberly Center is excited to present its new series, Lunch with a Purpose. This series allows individuals to present their outstanding research to colleagues and community members, while fostering interdisciplinary discussions.

For information about presenting your research at Lunch with a Purpose, please call 419.530.8570.

Life Imbalance and Stress for Single-Mother University Students: Barriers to Continued Education

Wednesday, Jan. 25 | 12:10 – 1 p.m. | Eberly Center
Dr. Maggie Maloney, assistant professor and director, occupational therapy program

This study examined single-mother university students to understand their ability to satisfactorily perform within their roles of mother, student, employee, friend and/or daughter. The study aimed to understand the factors influencing the physical, emotional, social and cognitive well-being among this sub-population of university students.

Being Mary Willing Byrd: Race, Property, and Widowhood in Revolutionary Virginia

Wednesday, March 22 | 12:10 – 1 p.m. | Eberly Center
Dr. Ami Pflugrad-Jackisch

The British invasion of Virginia during the American Revolution further catapulted plucky widow, Mary Willing Byrd, into an unfamiliar world of legal problems, financial upheaval, and war time dangers. The British army repeatedly raided and occupied her Westover plantation, compounding this already demanding personal and economic situation and forcing her to interact with the state, the military, the market, in ways she likely never imagined and that were out of the ordinary for a woman at that time. My research on Byrd's experiences before and after the American Revolution offers insights into the construction of the gendered and racial hierarchies that shaped and defined life in the post-revolutionary American South.

Becoming Globally Competent through a Community-Based Approach

Wednesday, April 5 | 12:10 – 1 p.m. | Eberly Center
Dr. Karie Peralta, assistant professor of sociology
Dr. Shahna Arps, lecturer of anthropology and advisor

This presentation will explore how a community-based approach was used to develop an International Field School that will be offered this summer in the Dominican Republic. A focus will be on how community-based principles may guide the development of global competencies for professors and students.



Dr. Patricia Case (Center) and the Lunch With a Purpose Audience.

Guests are encouraged to bring their lunches.

COMPUTER CLASSES

Come for computer training in one of the only labs using Microsoft Windows 10! Whether you're a true beginner or building your workplace skills, our courses will provide up-to-date information. The course is taught by Janis Weber, owner of Ohio Computer Training & Support.

Microsoft Word

Wednesdays: Feb. 1, 8, 15 | 5:30 – 8:30 p.m. | Fee: \$45

Come for an introduction to MS Word and learn the many useful features to create personal and professional documents. Basic computer skills are required.

Microsoft Excel

Wednesdays: Feb. 22, March 1, 8 | 5:30 – 8:30 p.m. | Fee: \$45

Learn MS Excel by creating a budget. Build experience tracking spending, maintaining lists of data and automatically calculating lists of figures. Charts and graphs also are discussed through hands-on practice. Basic computer skills are required.

Microsoft Excel Advanced

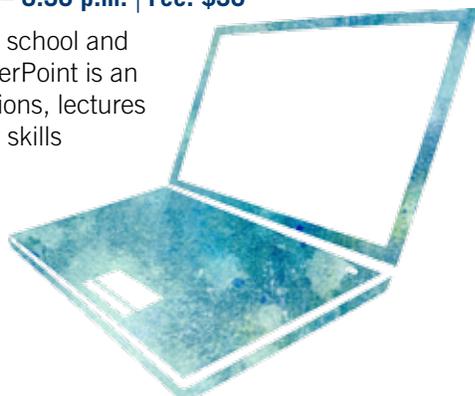
Wednesdays: March 15, 22, 29 | 5:30 – 8:30 p.m. | Fee: \$45

From charts to advanced functions, participants will effectively analyze and display data in a whole new way. Elaborated formatting also will be explored. Basic MS Excel skills are required.

Microsoft PowerPoint

Wednesdays: April 5, 12 | 5:30 – 8:30 p.m. | Fee: \$30

Create slideshows for personal, school and business applications. MS PowerPoint is an easy way to enhance presentations, lectures and speeches. Basic computer skills are required.



Ballroom Dancing

**Mondays: March 20, 27, April 3, 10 | 5:30 – 6:30 p.m.
Eberly Center | Fee: \$25**

Whether you want to learn to dance, meet new people, acquire a new skill or just have fun, this is for you! This session will focus on Waltz. No experience or partner is needed. The classes are taught by Sariah Flores-Shutts.



American Association of University Women \$tart \$mart

By appointment only

Women in the United States are paid on average just 66 percent of what men are paid. Through AAUW's \$tart \$mart, we're fighting to close the pay gap, one workshop at a time.

The \$tart \$mart workshop is a hands-on, guided experience that provides women approaching the job market with the knowledge and skills to negotiate salaries and benefits. Topics include benchmarks for salary and benefits, salary negotiation skill-building, and developing a personal budget to determine salary needs.



Scholarships for Women

For a complete list of Eberly Center scholarships and qualifications, as well as the online application, visit utoledo.edu/centers/eberly/scholarships.html.

Current scholarship listings are for the **2017-18** academic year. Applicants must complete the Free Application for Federal Student Aid (FAFSA) for the 2017-18 academic year to be considered. The deadline for all 2017-18 Eberly Center scholarships is **Monday, March 20**.

Personalized Consultation Services

Come to the Eberly Center and consult with UT and community professionals who use their expertise to provide feedback in one-on-one sessions.

Resume Review – Submit your resume to the Eberly Center and make an appointment to meet with a professional for feedback to make your history shine. Participants may then use our walk-in computer lab to make updates.

Money Matters – Do you have questions about budgeting, investing, planning for retirement or other financial concerns? Our financial volunteers listen, provide feedback and give general direction.

Return to Learning – Considering returning to college and not sure where to start? Meet with a UT admissions counselor for guidance and get information about degree programs and financial aid.

Call 419.530.8570 for a meeting today!

Kate's Closet

By appointment only

Affectionately using Catharine S. Eberly's nickname, Kate's Closet provides free business and professional attire to UT students and women participating in Eberly Center programs.

To shop in Kate's Closet or to donate gently-used, professionally dry-cleaned business attire, please call 419.530.7232 for an appointment.



Quiet/Lactation Room

As needed | Eberly Center, Tucker Hall, Room 0162

The Eberly Center is committed to helping nursing mothers meet the combined demands of campus responsibilities and lactation needs. This space also is a perfect retreat for anyone needing quiet space to relax, meditate, pray or simply sit. All are welcome to use the private quiet/lactation space in the Eberly Center.



WOMEN'S SUCCESS WORKSHOPS

Managing Life Transition and Life Balance

Monday, Feb. 6 | 5:30 – 8:30 p.m. | Eberly Center

Learn effective strategies for managing life transitions. What does that mean? Participants learn to navigate, manage and cope with transitions and balance through this interactive workshop.

Ready, Set, Job: Perfect Your Professional Brand and Presence

Monday, Feb. 27 | 5:30 – 8:30 p.m. | Eberly Center

Come for an evening of interactive skill building, including discussion about job searches, resumes, cover letters, social media, interviewing and professional dress.

UT staff will be available to answer your questions, making your job search as effective as possible.

Emotional Intelligence

Monday, April 24 | 5:30 - 8:30 p.m. | Eberly Center

During this workshop, participants learn from the Emotional Intelligence 2.0 book. Increase your knowledge of how to:

- Perceive emotions and remain aware of them as they happen.
- Use awareness of emotions to remain flexible in order to positively direct behavior.
- Accurately pick up on emotions of other people and sense what is really going on.
- Use awareness of emotions of self and others to manage interactions, guide clear communication and effectively handle conflict.

Yoga - As You Are

Tuesdays | 12:10 – 12:50 p.m. | Eberly Center

Session One: Jan. 24 - Feb. 28

Session Two: March 14 - April 18

Fee: \$30 per session, payable within one week of registration; UT students are admitted free. Limit: 12 participants.

Come as you are (work or workout attire) for instructor-led yoga that accommodates busy schedules. This compact class focuses on relaxation and strengthening breathing and stretching techniques, which makes it ideal for **everybody and every body**. Learn more about the leader, Kate Ingersol, trained instructor and yoga practitioner of 29 years, by visiting *katiesopenroad.blogspot.com*.

Self-Defense for Women

Tuesdays: Feb. 7 – 28 | 5:30 – 8:30 p.m. | Women only

Fee: \$25; UT Students are free

This course is facilitated by retired UT police officer and certified Rape Aggression Defense (R.A.D.) instructor Jill Goldberg. R.A.D. is an internationally recognized, hands-on self-defense class that utilizes specialized simulation techniques especially for women. Participants practice these techniques to defend against an attacker.

Participants should wear comfortable athletic clothing and shoes, and are required to sign an informed risk waiver.



WOMEN'S FILM AND LECTURE SERIES

All events are open to the public and require registration. Fees listed are for community members. All programming is free to UT Students.

Hidden Figures

Tuesday, Jan. 24 | 6 – 10 p.m. | Franklin Park Mall | Fee: \$5

The bus leaves the Eberly Center at 6 p.m. and returns by 10 p.m. This motion picture is based on the true story of African-American mathematician Katherine Johnson and her colleagues, Dorothy Vaughan and Mary Jackson, who, while working in the segregated NASA, helped develop important mathematical data needed to launch the program's first successful space missions.

Anita Hill at Authors! Authors!

Women's History Month Special Event

Wednesday, March 29 | 6 - 10 p.m. | Fee: \$10

The bus leaves the Eberly Center at 6:15 p.m. and returns by 10 p.m. Anita Hill is an attorney, advocate for equality and civil rights, and author of *Speaking Truth to Power and Reimagining Equality: Stories of Gender, Race, and Finding Home*. She is a professor of social policy, law and women's studies at Brandeis University, and raised awareness nationwide regarding the issue of sexual harassment during the 1991 confirmation hearings of current U.S. Supreme Court Associate Justice Clarence Thomas.

WOW Foundation Partnership

Watch us on social media for announcements about our partnership with the WOW Foundation.
[facebook.com/thewowfoundation](https://www.facebook.com/thewowfoundation)



EBERLY CENTER ADVENTURES!

Join us as we go exploring, stepping out of our comfort zones and seeing familiar sites through a new lens.

Registration is required. Call 419.530.8570 today to reserve your spot.

House and Home: The Intersection of Domestic Architecture and Social History 1870-1970

Friday, Jan. 20 | 2 – 4 p.m. | Fee: none

There will be no bus; we'll meet at the Eberly Center and walk to Carlson Library. This exhibit attempts to answer questions about what the architectural styles of American middle class homes say about the people who live in them. From catalogs and home kits to ladies' manuals, technology and women's ever-changing roles outside the home, there is much to see!

Groundhog Day at the Valentine

Friday, Feb. 24 | 5:30 - 10 p.m | Fee: none

The bus leaves the Eberly Center at 6:30 p.m. and returns by 10 p.m. Hop on the bus and check out Toledo's historic Valentine Theatre to catch Bill Murray and Andie MacDowell in the classic film *Groundhog Day*. Join us for pizza at the Eberly Center before the show.

National Girls and Women in Sports Day at UT Women's Basketball

Saturday, Feb. 11 | 1:30 p.m. | Fee: none

There is no bus; we'll meet at the Eberly Center and walk to Savage arena at 1:30p.m. Come watch the battle of I-75 as the Rockets take on the Falcons. See you at the game!

SPECIAL EVENTS and COLLABORATIONS

The Trials of Spring documentary

Women's History Month special event

Wednesday, March 22 | Time and location TBD | Call 419.530.8570 for more info! Presented by WGST and UT School of Interdisciplinary Studies

This documentary, produced by Abigail Disney and Gini Reticker, tells the story of the Arab Spring, highlighting one activist's ordeal with imprisonment, family sanction and struggle against the dictatorship in Egypt. Go to trialspring.com for more information.

The Clothesline Project: T-shirt making session

**Monday, April 3 | 11 a.m. – 1 p.m. | University Counseling Center
Rocket Hall, Room 1619**

Survivors of violence can express their emotions by decorating a shirt that will be displayed at the Clothesline Project as a testament to their courage.

The Clothesline Project Display

**Wednesday, April 12 | 11 a.m. – 2 p.m. | Thompson Student Union,
front steps (rain location: Student Union, Trimble Lounge)**

See the shirts that tell the stories of UT survivors of violence against women. Learn more about UT's Student Assault Education and Prevention Program (SAEPP), the YWCA campus advocate and what you can do to prevent interpersonal violence.

Celebrity Wait Night

Thursday, Feb. 9 | 6 – 9 p.m. | The Pinnacle

Come support the Eberly Center Celebrity Wait Night!

Ticket and sponsorship information available at utoledo.edu/centers/Eberly

Call 419.530.8570 for more information!

Women of the World (WOW) Symposium

**Saturday, March 18 | 8:30 a.m. – 4 p.m.
Roy C. Start High School | Fee: \$15**

Spend an empowering day attending workshops, networking and honoring the "SHEroes" of 2017!

Go to wowtoledo.org for registration, workshop proposals, "SHEro" nomination forms and sponsorship information.





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THE UNIVERSITY OF TOLEDO

Catharine S. Eberly Center for Women

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