Upcoming Events

The UND Women’s Center would like to wish you a safe and happy summer!

Whether you are working, taking classes, or traveling, we hope you enjoy yourself and the weather!

“Just Keep Swimming” De-Stress Fest 2014

Wednesday, May 7th 10 AM-1 PM
Loading Dock in Memorial Union
Awesome Activities and Fun Prizes!

Mother’s Day is May 11th, 2014

Dates to Remember:
May Day: May 1st
Reading & Review Day: May 9th
Cinco de Mayo: May 5th
Finals Week: May 12th-16th
Graduation: May 17th

Contact Information:
Staff:
Kay Mendick, Director
Patty McIntyre, Program Associate
Address:
305 Hamline Street
Grand Forks, ND 58203
Phone:
701-777-4300
Email:
und.womenscenter@und.edu
Website:
www.und.edu/womenscenter
Hours:
Monday - Friday: 8:00 am - 4:30 pm

Find us on Facebook! Search UND Women’s Center

In This Issue:
- Upcoming Events
- Why We Still Need Women’s Centers in 2014
- Summer Safety
- Stress Management for Finals
Why We Still Need Women’s Centers in 2014

Education
- Women now make up the majority of college students, but are more likely to be the majority in less prestigious colleges and in less prestigious academic majors.
- Although women are now making up more than 50% of enrolled college students, women still lag behind men in earning doctoral and professional degrees.

Math and Sciences
- There are fewer women in math and science due in large part to the hostile environment many face in these fields (The Margaret Fund, 2005).
- Women receive 47% of bachelor’s degrees in mathematics and 40% of bachelor degrees in physical sciences; however women are awarded only 25% of doctorate degrees in these areas.
- In computer and information sciences, the number of women receiving bachelor’s degrees reached a high of 37% in 1984, but dropped to 28% in 2000-01.

Athletics
- Girls make up 42% of H.S. and college varsity athletes, but represent more than 50% of the population.
- Women in D-I colleges are over 50% of the student body, but receive only 32% of athletic recruiting dollars and 36% of athletic operating budgets.
- In 2001-02, 44% of coaches of women’s teams were women. In 1972, the number was over 90%.

Sexual Harassment
- 8 in 10 students (males and females) experience some form of harassment during their school years, and more than 25% of them experience it often. 60% of students experience physical sexual harassment.
- 62% of female college students and 61% of male college students report having been sexually harassed at their university. 10% or less of student sexual harassment victims attempt to report their experiences to a university employee. (AAUW-Drawing the Line)

Women Faculty and Administrators
- Women are more than 50% of the lecturers and instructors, and a little less than 50% of the assistant professors.
- Women are 36% of the associate professors and only 21% of full professors. Only 2.4% of full professors are women of color. On average women earn less, hold lower ranking positions, and are less likely to have tenure.
- Women head only 19% of colleges and universities.

Earnings
- A typical college educated woman working full time earns $44,200 a year compared to $61,800 for college educated male workers—a difference of $17,600!
- Women who work full time earned about 81% of the wages of their male counterparts in 2011. The gap is even greater for women of color.
- The highest median starting salaries for college graduates are in the fields of computer science and engineering, fields that have the lowest percentage of women.

References:
http://titleix.info/index.jsp
http://www.aauw.org/research/statedata/index.cfm
http://www.cawp.rutgers.edu/Facts/Officeholders/cong-current.html
Men and Unwanted Sexual Experiences

A new study challenges some widely held assumptions about coercion, sexual assault and gender. According to a paper published in the American Psychological Association journal, Psychology of Men and Masculinity, 43% of high school and college-aged men say they’ve had “unwanted sexual contact,” and 95% of those say a female acquaintance was the aggressor.

Researchers surveyed 284 young men and found that 18% reported sexual coercion by force, 31% said they were verbally coerced sex, and 26% said they’d experienced “unwanted seduction by sexual behaviors.” Half of those surveyed said they ended up having sex against their will, 10% said sex was attempted, and 40% said the coercion resulted in fondling or kissing.

Dr. Bryana French, who teaches counseling psychology and black studies at University of Missouri and co-authored the study, says that male victims are often less willing to describe sexual coercion in detail, “but when asked if it happened, they say it happened.”

French’s survey sample was small, nonetheless, she hopes her research helps upend our assumptions about sexual violence and gender. “That’s an unfortunate myth, that men can’t be raped by women,” she said. “This is not to deny the gendered impact of sexual violence, but it’s important not to ignore that men are victimized too.”

* http://time.com/37337/nearly-half-of-young-men-say-theyve-had-unwanted-sex/

Prevention Tips For Common Summer Health Risks

- **Sunburn**
  Skin cancer affects more than two million Americans each year. To protect yourself from harmful UV rays, you should try to stay out of direct sunlight during the peak hours of 10 a.m. to 2 p.m. Cover up by wearing hats, sunglasses, and long-sleeved-shirts, or hanging out under shade, and apply sunscreen.

- **Eye damage**
  UV rays in sunlight can damage your eyes. If you are out in the sunlight in the summertime, be sure to wear sunglasses that filter out UV light. Otherwise, your sunglasses are opening up your pupils by making things darker, which actually lets in more UV rays, not less. Be sure your sunglasses filter out 100 percent of UV light and be sure to wear them, especially around water, which can reflect a tremendous about of light to your eyes.

- **Food Poisoning**
  The CDC estimates that 76 million people suffer from food poisoning. Summer time is full of picnics, and picnics bring food out into the open where it can stay warm too long. Avoid an outbreak of food poisoning this summer by following simple guidelines about food safety and food handling. Common sense will prevent you and your friends and families from coming down with a food-borne illness.

- **Bug Bites**
  Bug bites can be annoying and itchy. They can also be serious if they bring an infectious disease like West Nile or Lyme disease. Prevent bug bites and infection this summer by avoiding buggy situations, using a good bug repellent and wearing long pants and sleeves when in buggy areas.

- **Poison Ivy/Oak**
  Poison ivy is not a souvenir you want to bring home from a trip or hike. When walking through the woods, stick to clear trails and wear long pants or socks to protect your legs. If you accidentally brush up against this plant, the uroshiol oil rubs onto your skin, and can instantly create redness, raised bumps, blisters, and an insatiable itch. First and foremost, get out of the clothes you were wearing on the hike and wash the oil off your skin using soap and cold water (warm water opens your pores) to prevent the rash from spreading. Applying tea tree oil can help heal the rash quickly.

- **Heat Exhaustion**
  Heat stroke is a serious medical condition that can be life threatening. In heat stroke, the body’s core temperature rises. Much like a fever, extremely high body temperatures can lead to permanent damage. Some signs of heat stroke include: Confusion , short, rapid breathing, stopping sweating, and a fast pulse.

  * http://www.fitsugar.com/How-Prevent-Summer-Health-Problems-17803144#photo-23377727
  * http://longevity.about.com/od/longevityboosters/tp/summer_risks.htm
Stress Management for Finals Week

Having stress at the end of a semester is inevitable. Tests, projects, group presentations, papers, moving to a new apartment, and getting a different job are all things students have to address at the end of a semester. If stress is inevitable, what can we do? Since we cannot get rid of the stress, we need to learn how to cope with it and adapt to the changes and new situations. We have to morph and learn to adapt to the new situations at hand like tadpoles growing into a frog or a caterpillar that grows into a butterfly. Here are some tips in helping you manage your stress:

- Be social and find support with friends and family
- Exercise
- Listen to music
- Light scented candles
- Learn how to say no—know your limits and time available
- Be assertive in your life—let people know what your needs are to be able to get your work done, and don’t let other people overtake your time
- Work on time management
- Change your standards—everything does not have to be absolutely perfect
- Get a massage
- Take a walk through a garden with beautiful scenery
- TAKE A BREAK
- Focused meditation

References:
http://www.helpguide.org/mental/stress_management_relief_coping.htm

The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND’s students, such as the Women’s Center. To support the Women’s Center, go to www.undalumni.org and designate your donation to "Women’s Center" in the comments or contact Jay Erickson, Director of Development, Division of Student Affairs, at 701.777.3693.