



## Spring 2010 Newsletter

### MESSAGE FROM THE PRESIDENT – ELIZABETH ADAMS

Renewal. Take a good look around. It's spring again. Precious spring--the best time of the year when you live in Chicagoland. Wake up a bit, dust yourself off from the winter. Life is different, things are more possible than they were.

This spring take some time to renew yourself professionally. Reflect on the skill sets you want to develop. Remind yourself of a career interest that got buried a while back. Reach out to someone in another unit whom you've wanted to get to know. Schedule coffee with your mentor or a potential mentor. Small steps lead to big steps.

This spring ANUW has you in mind. We've got some great programming coming up on both campuses on a variety of topics to freshen up your professional life. In May, ANUW will present one of NU's own women staff members (and published author), Susan Abrams, who will speak on reaching your career goals. June promises fun as ANUW holds a culinary networking event at a local Evanston business.

You might have noticed that ANUW is renewing itself too. We now have over 230 members from all over the University--this membership level is unprecedented in the history of ANUW. Our richness as an organization starts with our members. The ANUW Board is working hard to strengthen our organization. We're in the process of overhauling our website, we're growing our committees (programming, membership, publicity) and we're always thinking about relevant, compelling programming to provide to our members. We're also targeting areas in which we want to attract more members to continue to diversify. Let us know how we can make an even better organization at [anuw@u.northwestern.edu](mailto:anuw@u.northwestern.edu). We'd love to hear from you.

## ANUW Welcomes Its Newest Members

An important part of ANUW's mission is to facilitate the networking of women across departments and campuses. We invite you to reach out to a new member (you can find contact information in the on-line directory). Introduce yourself, perhaps schedule lunch together. Get to know someone new!

<u>FIRST NAME</u>	<u>LAST NAME</u>	<u>DEPARTMENT</u>	<u>CAMPUS</u>
Loren	Armstrong	Division of Endocrinology	Chicago
Cara	Bell	The Women's Center	Evanston
Debora	Boetcher	Chemical & Biological Engineering	Evanston
Jennifer	Bradley	Alumni Relations & Development	Evanston
Sonya	Brown	Human Resources, Benefits	Evanston
Mary Ann	Carroll	Center for Comparative Medicine	Chicago
Yvette	Davis	Life Sciences Financial Services	Evanston
Erin	Denney	Weinberg Administration	Evanston
Janet	Dobbs	University Relations	Evanston
Kiama	Doyle	Department of Dermatology	Chicago
Eva	Erskine	Human Resources	Evanston
Elizabeth	Frisch	Office of Alumni Relations	Evanston
Leah	Gidron	Office of Equal Opportunity and Access	Evanston
Dauphine	Gregory	Kellogg Admissions	Evanston
Heidi	Gross	NU Center for Civic Engagement	Evanston
Marianyelli	Hanna	International Office	Evanston
Emily	Heppard	Office of Research Development	Evanston
Keely	Harris	Communication Studies	Evanston
Kimberley	Heuer	Office for Research, Information Systems	Evanston
Ashley	Hopkins	Center for Comparative Medicine	Chicago
Sheila	Judge	Chemistry of Life Processes Institute	Evanston
Stefani	LaBrecque	University Library	Evanston
Noelle	Lynch	Communication Studies	Evanston
Janet	Maher	Accounting Svcs. for Research and Sponsored Progs.	Evanston
Roseann	Mark	University Relations	Evanston
Vanessa	Martinez	Student Loans	Evanston
Nicole	Mladic	Feinberg School of Medicine-Communications	Chicago
Sharlene	Olivera	Life Sciences Financial Services	Evanston
Alexandra	Patera	Office of Corporate Relations	Evanston
Kelly	Patterson	McCormick Administration	Evanston
Amy	Potter	NU Athletics -Wildcat Sports Marketing	Evanston
Rachel	Rufer	Department of Surgery	Chicago
Emily	Rutkowski	Human Resources	Evanston
Victoria	Schiffman	International and Area Studies	Evanston
Cathryn	Smeyers	Life Sciences Financial Services	Evanston
Iwona	Spath	Office for Research Safety	Evanston
Cyndee	Timmerman	Audit and Advisory Services	Evanston
Katie	Trachok	NU Administration and Planning	Evanston
Debra	Walker	Biochem., Molec. Bio., and Cell Biology	Evanston
Staci	Zake	Communication Studies	Evanston

## Celebrate Our Success!



Violets for Hilary  
Acrylic and collage  
Private collection.  
Copyright K Mandell 2009

Artwork created by ANUW member Kathleen Mandell, senior editor and creative director in the Office for Research's Planning, Finance, and Communications (ORPFC) division, was awarded "Best in Show" in a lettering arts exhibition at the Skokie Public Library. Mandell's piece, "Violets for Hilary", was created for her daughter and features calligraphy and collage. It also received an award in the same show for "Best Use of Abstraction." Mandell will have three other pieces included in Exploration 2010, the 24th Annual Juried Exhibition of the Chicago Calligraphy Collective (CCC) held at The Newberry Library.

A longtime member of the CCC, Mandell served as a judge for last year's Newberry show. Any calligraphic art accepted into this exhibit has the opportunity to vie for the Newberry Purchase Prize. Each year, The Newberry Library is able to purchase an original artwork to be included in its calligraphic collection. The John M. Wing Foundation on the History of Printing is one of the world's leading collections in its field and housed at The Newberry Library.

Mandell's work in the Office for Research includes the design of the Annual Report and CenterPiece, which won a 2009 Graphic Design USA American Inhouse Design Award.

The upcoming Exploration 2010 exhibit at The Newberry Library will run from March 15 to May 28, with an opening reception on March 27 from 11 a.m. to 3 p.m. The exhibit will then travel to the Skokie Library during the months of June and July. For more information, please visit <http://www.chicagocallig.com/exhibits.html>.

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ANUW has just learned that on November 20, 2009, NURAP announced that Michelle Suran (Chemistry of Life Processes Institute) and Seletta Nichols (Medical Social Sciences) were the recipients of the first ever NURAP travel awards. Both women are ANUW members!

The travel awards are a part of NURAP's mission to provide education and to facilitate networking. These awards provide an opportunity for research administrators to travel and gain career changing experiences at national meetings of research administration professional societies like NCURA and SRA, at a time when departmental and university wide resources for these kinds of opportunities are scarce.

Ms. Suran and Ms. Nichols were selected from a competitive pool of applicants from across the university's schools and research centers. Both Ms. Suran and Ms. Nichols attended the NCURA regional meeting this spring in Omaha, Nebraska.

Congratulations, Michelle and Seletta!

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If you have success stories, promotions, recognitions, etc., that you'd like to share please email your story to Deborah Coleman at [d-coleman2@northwestern.edu](mailto:d-coleman2@northwestern.edu). If you have photos, please include those as well.

# ANUW EVENTS

## Career Resolutions: Social Networking and LinkedIn

by Bethany Clifford Smith

If you've noticed an uptick in the number of ANUW members on LinkedIn, credit Northwestern alumnus David Fisher, who presented "Growing Your Career with Online Networking" on January 14th. Forty-five attendees learned how to develop a personal professional webpage and leverage LinkedIn, a professional social networking site, for career success.

Fisher began by polling attendees about their use of LinkedIn. While some reported being experienced LinkedIn users, others admitted they never use the site. Regardless of one's comfort level with social networking sites, Fisher assured the audience they are not fads and are here to stay. Although it is only six years old, LinkedIn has 55 million users. Fisher pointed out that our networks of family members, friends and colleagues often help us make the most important decisions of our lives as we often find jobs and find partners through the people we know. LinkedIn extends this idea online, Fisher explained, allowing you to tap into the wealth of knowledge and experience that rests with the site's millions of users.



The focus of Fisher's presentation was how to easily build a compelling LinkedIn profile and how to use the site to its potential without spending hours doing so. He asked the audience to think of LinkedIn as a "personal professional webpage" to showcase your career achievements. The first step is building a profile. Fisher recommended that a user's profile should include an up-to-date resume, a professional-looking picture, and a brief description of your current work. He noted that it's especially important for women to include their maiden name in the profile's name field, making it as easy as possible for people to find and connect to you.

Once your LinkedIn profile is established, you are ready to make connections and Fisher provided guidance on how to approach this aspect of the site. He recommended using his "D. Fisher happy medium" as far as establishing connections. For example, if you telephoned a potential connection, would they recognize your name and take your call? If so, this is probably a useful connection.

After reviewing these basics, Fisher went on to describe the useful tools that exist within LinkedIn. The Recommendations feature allows users to give, and receive, brief recommendations for and from their connections. Stating that it's as good to give as receive, Fisher advised posting recommendations for your colleagues and then asking for a recommendation of your own work. The recommendations, Fisher explained, validate the information on your profile – valuable information for a prospective hiring manager or client. Other helpful tools within the site include the Status Update feature and the Groups functionality. The Status Update allows you to post a "mini press release" about the latest developments in your work while the Groups feature allows you to connect with others who share your professional interests.

To maintain your profile, Fisher recommended a five-minute daily review of your site and a weekly 30-minute session. Daily reviews allow you to stay current on the activities of your connections and groups while a weekly session provides enough time to reach out to new connections, post recommendations, and respond to messages in your inbox.

Note: We encourage you to check out the ANUW Group on LinkedIn and contribute to the discussion.

## Pathways To Success

by Bethany Clifford Smith

ANUW's annual Pathways to Success event yielded record attendance on February 11 with 79 members hearing from Sarah Mangelsdorf, Dean of the Weinberg College of Arts and Sciences and Professor of Psychology. Dean Mangelsdorf described her own career path in academia and held the audience's attention throughout her hour-long talk.

Dean Mangelsdorf's professional journey began with an interest in psychology from a young age. She completed her undergraduate degree at Oberlin College and afterwards, took a position that provided care to those with mental illness. When she had the opportunity to work on the research side of psychology, she realized this aspect of the field was more engaging to her. She decided to pursue a doctorate in child psychology at the University of Minnesota, one of the most prestigious psychology programs in the country. After completing her PhD, Dean Mangelsdorf held a faculty position at the University of Michigan before being recruited by the University of Illinois' Psychology department in 1991. While receiving numerous awards for teaching, she was also tapped for several administrative roles, including Chair of the psychology department and Associate Provost. In 2004, she was named Dean of the College of Liberal Arts and Sciences, the first woman At U. of I. to have this role. She joined Northwestern in August 2008 as Dean of Weinberg.



Dean Mangelsdorf spoke frankly of the unique personal and professional challenges she has faced, and what she sees other women facing in their careers. She noted the different perceptions people often have of male and female leaders; men who voice their opinion strongly are seen as confident, while women who do the same are often viewed as aggressive. She described her own growth in the area of public speaking. While always a shy student, she learned to overcome her anxiety by developing her presentation and speaking skills.

When asked by an audience member how she manages her work/life balance, Dean Mangelsdorf acknowledged that everyone has different approaches to achieving balance. However, she did offer the group advice that has proven effective for her: be willing to give up on perfection in every area of your life. While describing herself as a perfectionist, she noted that we often establish artificial standards of good and bad for ourselves. When we decide, for example, that we're not a good friend if we don't send birthday cards on time, we are not helping to create balance in our lives. By

relaxing some of our personal standards, we can concentrate on those that are truly important to us.

## Conversation With Eugene Sunshine

by Jeannine Burgdorf

Gene Sunshine, NU's Senior Vice President of Business and Finance, added some sunshine to an already bright and windy spring day, speaking informally with a group of NU women staff, an annual event sponsored by ANUW. Approximately 40 women attended the brown bag lunch in Lowden Hall on the Chicago campus. The topics were wide-ranging and the audience had plenty of questions. Mr. Sunshine spoke from the hip about Rod Blagojevich's recent visit to the Evanston campus to discuss ethics and more seriously about security in the downtown campus.

Gene addressed the recent event in the Rubloff Building on the Chicago campus involving an unknown person who entered the building with a gun in his waistband. Chief of Police and Assistant Vice President of Public Safety Bruce Lewis was in attendance and addressed the group. Concerns of public safety and security as well as personal freedom were being addressed on both campuses and the University is taking the issue seriously. Chief Lewis addressed the need for security cameras and closed-circuit television as a

necessary tool for investigations. The cost of the cameras and recording equipment is currently being evaluated. Mr. Sunshine as well as Rita Winters, Associate Dean of Administration and Finance for the Law School, expressed that Chief Lewis and his team responded quickly and appropriately to the threat. Mr. Sunshine spoke of the need to plan for a uniform security system for students, faculty and staff of Feinberg School of Medicine, in particular as they navigate between several buildings including the Northwestern Memorial Hospital buildings and the Ann and Robert H. Lurie Children's Hospital, which will open in 2012.

Gene took plenty of time for questions from the audience. On the topic of diversity, he said that, while he has only been University President for six months, President Schapiro is addressing the issue of diversity in the student population and that the Board of Trustees, as part of its regular review process, is focusing on attracting more women and more ethnically diverse candidates.

On the heels of the completion of Project Café, one attendee asked if the University had plans for more technology upgrades. Gene mentioned the University's continued search for a Chief Information Officer and talked about the smaller scale technology upgrades that are in progress right now, including a move to a web-based database for AIMS, the University's Development database.

With some ambiguity, Gene answered a question from the audience about the recent passage of the Health Care Bill. Likely, the University will be affected, in particular with regard to its partnership with Northwestern Memorial Hospital. He stated the impact of the Bill might be positive or negative, and that, this early in the process it was not possible to anticipate the financial impact the bill could have on Northwestern.

## Now ANUW Is Cookin'!

ANUW is excited to be hosting our June event at Now We're Cookin'! Now We're Cookin'! is a local Culinary Service center, which means it provides demonstration and hands-on cooking classes as well as a rentable commercial kitchen. This unique space is located just northwest of downtown Evanston on Simpson Ave. about a block and a half west of Green Bay Road. Check out Now We're Cookin' online at: <http://www.nwcookin.com/>

On June 9th from 4:30-6:30pm we will have a hands-on class where we will learn to make tapas and sangria; yes, tasting is allowed and encouraged! Because of this unique experience there will be a modest registration fee of \$30 per person and space will be limited to the first 40 to register. Reserve your space now by emailing Beth Clifford Smith at [b-clifford@northwestern.edu](mailto:b-clifford@northwestern.edu).

At our November events on the Evanston and Chicago campuses, we raffled off two passes to the June event. Please join us in congratulating our lucky winners, Katy Pitt and Colleen Woods-Papke. We hope to see you there!



## Upcoming Events

Please mark your calendars for these exciting events we have planned in the coming year. We encourage you to please periodically check our web site for any updates.

<http://www.northwestern.edu/anuw/index.html>

We hope to see you there!

May 25, 2010  
8:00-9:15 am

Speaker: Susan Abrams, author of "New Success Rules for Women"  
Affinia Hotel  
166 E. Superior  
Chicago (off-campus)

June 9, 2010  
4:30-6:30 pm

ANUW is Cookin'!  
Now We're Cookin' Culinary Service Center  
1601 Payne St, Unit C  
Evanston (off-campus)

July, 2010

Annual Member Appreciation Event  
Evanston Campus  
July 27, Time and Location TBD

September, 2010

Annual Membership Renewal Drive

October, 2010  
7:30-9:30 am

Annual Fall Breakfast (Date TBD)  
Allen Center  
Evanston Campus



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