

ANUW

ASSOCIATION OF NORTHWESTERN UNIVERSITY WOMEN

Letter from the President — Joan Trimuel

One of my favorite quotes comes from Emerson and it says, *“To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better...to know even one life has breathed easier because you have lived. This is to have succeeded!”* As I reflected on my experiences at Northwestern University and my involvement with the Association of Northwestern University Women (ANUW), this quote emphasizes why I decided to get involved and become a more engaged member of the NU community.

Prior to coming to NU, I worked for a public accounting firm in downtown Chicago. This was a wonderful career experience for me; however, as time moved on I realized I wanted a more balanced work/life experience. My clients included higher education institutions and I always enjoyed those projects; therefore, I started my job search in that arena. Fortunately, an opportunity was available at NU in an area that matched my skill set and interest. Five years later, I still feel blessed to work for an organization that has a mission to impact the world through sharing of ideas and innovative research, while offering individuals the opportunity for personal and professional growth.

One of my NU experiences that has broadened my perspective is my participation and involvement in ANUW. I have always recognized the importance of constant personal development and networking with others. Therefore, I did not hesitate to join ANUW. The next hurdle was to become an engaged member of the ANUW community. My involvement began as a paid member who attended events occasionally. I had reservations about becoming more involved, due to personal time constraints. As I interacted with others at the events, my reservations subsided and I became more involved in ANUW. I co-chaired the Publicity Committee, served as the Vice President, and now I am the President of the organization. I was motivated

to continue to participate because I saw how the organization continued to evolve to meet the needs of its members.

Based on feedback from the members and partnerships with internal and external constituents, ANUW continues to provide quality programming for its members. As a co-organizational sponsor with the Executives' Club of Chicago, ANUW members are able to participate in the Women's Leadership Breakfast Series at a discount, providing networking and career development opportunities with other women in the Chicagoland business community. I have personally found the breakfast series to be an invigorating and motivating experience. At the conclusion of each session, I have walked away with real-time career strategies that I can use and share with others. ANUW continues to offer networking lunch discussions to assist individuals in achieving their career goals within the University, including our



Joan Trimuel

Speed Networking sessions and panel discussions on how to advance one's career within NU. The Speed Networking concept provides a more formal and effective networking strategy that naturally takes people out of their comfort zone. The panel discussions have also proven to be effective. It is always nice to hear real life stories on an individual's journey to success within the NU culture. ANUW also sees the value of investing in the next generation of women leaders, which is why the organization supports the Take Our Daughters to Work Day (TODTWD), which is spearheaded by the Women's Center. This event provides young ladies the opportunity to see firsthand the career options available to them. In addition to the TODTWD, ANUW also works with the Women's Center on the *NU Connections* program designed to orientate new staff to the University environment by matching them with veteran staff members. Individuals who have participated in the program have indicated that their interactions with each other have been mutually rewarding.

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...Committed to encouraging and supporting all women at Northwestern University who are interested in professional development...

A Journey to Success...*Shericka Pringle*

1) What path did you take to get to your current position?

Upon completion of my undergraduate degree from the University of Illinois at Chicago, I knew I wanted to work in an academic environment. I began my career in the Northwestern Community in February 1998 as a Medical Secretary for the Department of Surgery. In March 1999, I was promoted to a Department Assistant. Working closely with the Operations Manager and Department Administrator, I learned a great deal about department administration. After working almost a year as a Department Assistant, the Operations Manager position became vacant, which presented an opportunity for me to serve as Interim Operations Manager. This role equipped me with substantial management experience. After several months in this position, I sought out a permanent management position and was promoted in October 2000 as a Business Coordinator for the Department of Preventive Medicine. While in this position, I began taking graduate courses in February 2002 towards a Masters of Business Administration at Keller Graduate School of Management and received my MBA in June 2004. After almost four wonderful years of working with the Department of Preventive Medicine, I accepted a promotion in August 2004 to my current position as a Financial Manager for Northwestern's Law School.



Shericka Pringle

2) What factors have led to your career success?

My personality has often been characterized by my interpersonal skills, insatiable thirst for knowledge, and problem solving ability. I have a hunger for helping others when no one else has the answers. When I enter any position, I not only learn everything about my position, I also learn everything about the department, school, and responsibilities unrelated to my current job. Being knowledgeable not only helps me; however, it enables me to help others when problems arise. My eagerness to learn, share my knowledge and network with others greatly contributed to many of my accomplishments.

3) What words of wisdom do you have for those interested in excelling in their careers?

Always be flexible about taking on more challenging higher level responsibilities. Don't confine yourself to a preset job description only to develop the "not in my job description" mentality. Look at every opportunity from multiple perspectives and most importantly as a learning experience.

Celebrate our Success . . .

ANUW Members continue to inspire us with personal and professional growth. Please join us in congratulating them!

DeBorah Krueger: In November, DeBorah was promoted to the position of User Services Specialist, joining the Division of Student Affairs and in January passed two of Microsoft's industry exams, earning her the Microsoft Certified Desktop Support Specialist (MCDST) certification.

Kathy Mendell: Kathy had three original mixed media pieces accepted into the 19th annual juried exhibition of the Chicago Calligraphy Collective, "Explorations 2005." The exhibit will take place at the Newberry Library, Chicago, in February 2005.

Alexandra Yarbrough Pierschalla: Recently Alexandra was awarded a Green Business Certificate from the Chicago Center for Green Technology/Chicago Department of Environment.

Mary Ann Theis: Mary Ann was awarded her Master of Arts in Liberal Studies from Northwestern University in June. Her thesis was *Chicago's Columbian Exposition of 1893: Defining Moment for the "New Woman" of the New Century*; advisor Henry Binford, PhD.



Highlights of recent events . . .

Moving Up at NU: Networking Strategies

In November, ANUW members participated on a panel discussion regarding moving up at NU. Here is a summary of the wisdom they shared with us:

- Use Human Resources as one of your job-seeking "resources;" don't just send them your resume and expect them to find you a new job.
- Review the NU Job Listings weekly at <http://www.northwestern.edu/hr/jobs/?quicklinks>. Send your resume both to HR and to the department that has the open position.
- Follow basic job-seeking etiquette, such as sending a thank-you note after each interview and making sure your resume is up-to-date with no typos or spelling errors.
- Maintain a professional appearance and try to go above and beyond your usual work tasks. Your work will be recognized in your department and in other areas of the university.
- Volunteer for an organization that interests you or take a class to enhance your skills base. The School of Continuing Studies offers lots of classes and certificate programs in the evenings. Take advantage of everything your benefits offer, especially the training classes and tuition reimbursement.
- Join ANUW or find other women with whom you can build a support network.
- Call Perspectives at 800.456.6327 or 630.932.8008 if you have any personal issues that may be hindering your professional development.
- Don't give up, and stay true to your vision. You will get there!

Women's Leadership Breakfast Series

The second session of the Women's Leadership Breakfast Series was held on November 3rd: "Line or Staff: Are There Two Roads to the Top?". The panel discussion was moderated by Jonathan Ward, Chairman and CEO of the ServiceMaster Company. The panelists included Donna Zarcone, President and Chief Operating Officer of Harley-Davidson Financial Services; Kevin Connelly, Regional Manager of Spencer Stuart, and Desiree Rogers, President of People's Gas and North Shore Gas. The common theme was that you are responsible for your career and it is important to evaluate yourself on a regular basis to ensure that you are having a fulfilling career experience. It is imperative that individuals know what they are good at and consistently demonstrate their strengths. The challenge is to also identify one's weaknesses and seek assistance to develop those skills. Panelists also encouraged participants to take risks. You may not always be asked to take the position that you want; however, these opportunities may be vital in developing the skills for your ideal job. It is also vital to build relationships throughout your career journey to foster your career development. The overall consensus from the session is there are many roads to the top; however, you must assess which road would best suit your needs.

(President's Message Continued from Cover)

The success of all of the events specified depend on the involvement and participation of others who are willing to share their knowledge and experiences. I participate in ANUW because it strives to make our experience at NU better for all of us. With all this said, I encourage you to participate in such a worthwhile organization. ANUW's greatest asset is its members and I would like to thank the membership of ANUW for their ongoing support. I am honored to be the President of such an organization and it is my endeavor to assist in the continued development of ANUW.

Joan Trimuel,
ANUW President

2004-- 2005 Executive Board

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If you would like to contribute to the newsletter or website, please send an e-mail to Susan Black (s-black@northwestern.edu).

Upcoming Events. . . .

March—Discussion with SVP Eugene Sunshine

ANUW will host a noon brown bag discussion on current events at Northwestern with Senior Vice President for Business and Finance Eugene Sunshine on Tuesday, March 1, 2005 at the Rebecca Crown Center, Hardin Hall, Evanston Campus from 12:00 p.m. to 1:00 p.m.

April—Women’s Leadership Breakfast (Members Only)

ANUW is an organizational co-sponsor of the Executives’ Club of Chicago Breakfast Series, "Perspectives from Women Shaping the Future." Mark your calendars and join other ANUW members for the final 2004-2005 breakfast, "Community Involvement: The True Rewards". The program will be held on Thursday, April 14, 2005 from 7:30 a.m. to 9:30 a.m. at the Mid-America Club in Chicago. Tickets to the event are discounted to \$35 a person for ANUW members. Look for an upcoming listserv message for registration details.

April—Take Our Daughters to Work Day

Volunteers Needed! The eleventh annual Take Our Daughters to Work Day will take place on both the Evanston and Chicago campuses on Thursday, April 28, 2005. In order to ensure the event’s continued success, volunteers are needed to assist in the planning and on the actual event day. The first planning meeting is 2/15/05 in Chicago. If you are interested in volunteering in some capacity, please contact Biz Ryan, Chicago Campus, 3-3401 and Renee Redd, Evanston Campus, 1-2733.

May—Annual Spring Event (Members Only)

The Annual Spring Event will be held on the Chicago campus on Tuesday, May 24, 2005 at 3:30 p.m. in the Lydian Lounge, 303 East Chicago Avenue. The theme is still being determined. Appetizers and a light meal will be served.

ANUW Membership Renewal (or join us for the first time)

We encourage you to join ANUW or to renew your membership for the upcoming membership year. Our membership dues are a nominal \$10.00 per year.

Please send your check
(payable to Northwestern University) to:
Mary Tobin, ANUW Treasurer
Crown #2-565, Evanston Campus 1118.

Name: _____

Department: _____

Address: _____

Email: _____

*The dues you send today are for the period covering
September 1, 2004 through August 31, 2005*



NU Connections

Sponsored by the Women's Center & ANUW

Be part of the program! NU Connections... An opportunity for newly employed female staff to meet other women at the university and benefit from their experience and guidance. New employees and volunteers can sign up at <http://www.northwestern.edu/womencenter/resources/connect.html>. Questions? Contact Elisabeth "Biz" Lindsay-Ryan at 3-3401 or e-lindsay@northwestern.edu.

Welcome Our New Members

ANUW is excited to welcome the following Northwestern women to the ANUW membership:

Lori Baker, Sheryl Corey, Angela Daniello, Nancy Gelman, Kathleen Gleeson,
Katherine Lee, Jennifer Lopez, Cecile Nganthcha and Barbara Sutcliffe