WRC TODAY

Women's Resource Center Newsletter



Pushing Through the End of the Semester & Finals Week

By Caitlin Ortis

It's November which means only one more month of classes and then all we have left is Finals! Finals week can be overwhelming, but there are steps you can take to help ease the stress and tackle finals week head on.

1. Start preparing now

I am guilty of waiting to study until last minute - but even if you can't find the motivation to start studying right away, you can start by making a schedule and to-do list. Make a list of things you can do each day leading up to finals week - whether it's organizing your notes based off of your study guide or making an outline for your paper. If you do a little thing every day your finals week to-do list will be way more manageable.

2. Move Around

Being active is a great way to relieve stress, energize your moud, and boost your confidence. If you don't have a workout routine, that's ok! Even just taking a few minutes each day to stretch or go for a short walk can be beneficial. Even taking a lap around the library can help clear your mind. If you do have a workout routine, keep it up during this time! Some studies have shown that moving your body regularly can increase your memory and release endorphins which can cause positive feelings. Get up once every hour and move around. Your body and your final exam grades will thank you.

3. SLEEP.

College students are notorious for pulling all-nighters even though research shows that it doesn't necessarily improve grades. According to research from St. Lawrence University, students who never pulled all-nighters had a higher average GPA than those did. Studies have also shown that cramming is a considerably less effective study technique, and your memory becomes less functional the longer you stay up. So do yourself a favor, even if you can't find the motivation to start studying right away: try to keep your sleep schedule as regular as possible.

4. Self-Care, Self-Care, Self-Care!!!!!

At the end of the day, stress management is about taking care of you, and no one knows what you need better than you do. Whatever safe and healthy self-care looks like for you, make it a priority. You may find it beneficial to chedule blocks of time to engage in acts of self-care.

5. Utilize Campus Resources

UNC has several resources available to promote student well-being. Consider attending drop-in hours at the Counseling Center, Writing Center, or going to one of the seven Cultural and Resource Centers (see list on pg. 3). Most folks on campus realize the intense stress that surrounds finals week and have specific tools and services to offer you. Don't forget that your professors are a resource, too.

6. Check, Double Check

Finals Week has a weird schedule and your final exam time is usually different than your regular meeting time. Your Final Exam date and time should be on your syllabi but you should check and double check with your professor. Missing an exam because you had the wrong date and time is the worst feeling! If you want to double check your exam times, you can see the full final exam schedule here:

http://www.unco.edu/registrar/pdf/reg-final-exam-fall.pdf

To view sources please view this newsletter online @ www.unco.edu/wrc

The "Holidays": Considering Counternarratives



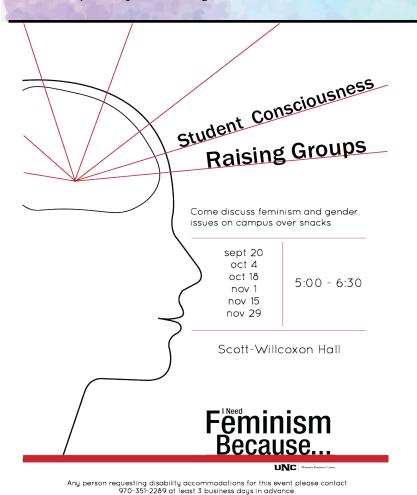
By Allie Berger

Entering these colder months can be nostalgic and exciting for many; however, it's crucial we remain intentionally mindful of the difficulties some must navigate during the "Holiday Season". At an institutional level and in our personal relationships we encounter the reinforcement of certain norms and values that don't fit with every person and situation. When your narrative doesn't conform to the normalized holiday paradigm, the barrage of Holiday hallmarks can be microaggressive.

Not every person has a nuclear family to celebrate with, not all cultural experiences resonate with what Thanksgiving and Christmas stand for, not every person has the financial means to partake in the capitalistic aspects of the holidays (i.e. buying gifts or having time off of work), some people who struggle with disordered eating find food-based holidays triggering, and some traditions and celebrations remain largely invisible - and that's just the tip of the iceberg!

If your story and experiences surrounding this time of year are complex and difficult (perhaps not "Merry" or "Happy"), I see you. And if you do partake in celebrations, I charge you with challenging and expanding the meaning of the "Holiday Season." I am new to the University of Northern Colorado, and it's clear to me that Bears care for their fellow Bears. In caring for each other, we can all practice consciousness around each other's experiences during this time of year.

I wish you all peace during the next few months, and all of the months after.





Resources on Campus

Student Health Center

(970) 351-2412 Hours: M-F 8a-5p

The Student Health Center Walk-In Clinic is located in Cassidy

Hall.

Writing Center

(970) 351-2056

Hours: M-F 9a-5p by appointment, Walk-in hours Wed. 6-8 pm Hours: M-F 8a-5p

The Writing Center is located in Ross Hall, Room 1230

Walk-In hours take place in Michener Library

Services are free

Tutorial Services

(970) 351-1904 or 970-351-1906

Hours: M-TR 8a-5p, F 8a-2p (Daytime, Michener L149) M-TR 5-8p, Sun. 6-8p (Evening, Michener main floor) You can receive tutoring services in the Michener Library.

Disability Support Services

(970) 351-2289

DSS is located in Michener L-80

Counseling Center: (Confidential Resource)

Cassidy Hall Office: (970) 351-2496

North Range Behavioral Health Emergency Line: (970) 347-2120

Suicide Prevention Lifeline: 1-800-273-8255

The Counseling Center is located on the 2nd floor of Cassidy Hall

Department of Equity and Inclusion Cultural/Resource Centers

Marcus Garvey Cultural Center

928 20th St (970) 351-2351

Gender and Sexuality Resource Center

2215 10th Ave (970) 353-0191

Veterans Services

Roudebush Cottage (970) 351-1403

Women's Resource Center

1915 10th Ave (Scott-Wilcoxon Hall) (970) 351-1492

Asian/Pacific American Student Services

(A/PASS)

924 20th St (Kohl House)

(970) 351-1909

Native American Student Service Center

(NASS)

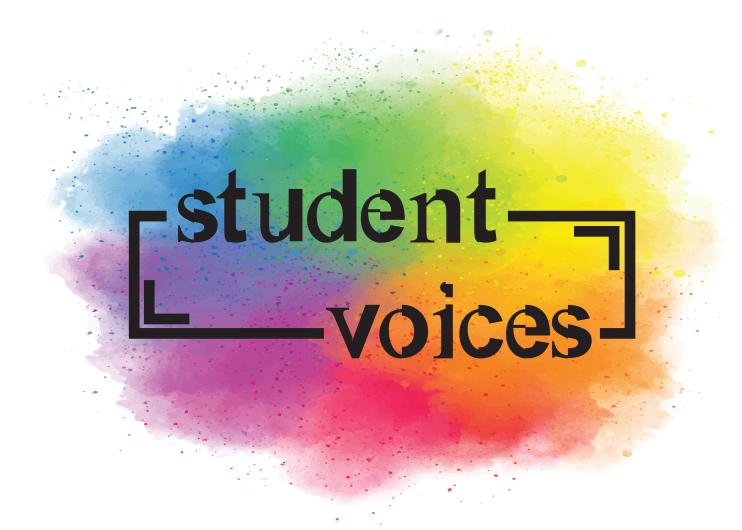
924 20th St (Kohl House)

(970) 351-1909

César Chávez Cultural Center

1410 20th St (Patton House)

(970) 351-2424



Welcome to the Student Voices section of the WRC Today! The Student Voices section of the WRC Today began in Spring, 2016. We collaborated with the Gender Studies program to feature written pieces by students to distribute in the newsletter. Student voices began as a space for students on campus to be able to discuss various topics relating to women's and gender issues, have their voices be heard, and to get various perspectives on these topics. When initially launched, the Student Voices section was not open for all students on campus to submit pieces.

While the purpose of Student Voices continues to be offering a space to heighten gender consciousness (being aware of what it means to have a gender identity and to navigate life from a place of gender), we decided to open up the section to allow all students on campus to submit not only written pieces, but also visual art, self-reflections, poetry and much more. If you want to join the Women's Resource Center in heightening gender awareness at the University of Northern Colorado, then submit your piece to us! Topics can vary anywhere from identity and intersectionality to injustice and gender.

If you are interested in submitting a reflection or piece (e.g. short story, poetry, visual art, etc.) to be featured in our monthly newsletter and online content, submit to, or for more information, contact Emily Hedstrom-Lieser at emily.hedstromlieser@unco.edu.



A view from the Gender Studies program:

The F-Bomb

By Tamara Monroe

I recently sat down with my family to enjoy a dinner in celebration of my son's birthday. We gathered at my mom's house. There sat three generations; my mom and stepfather, both in their early 70's, myself and my significant other both in our 40's, and my three children. I decided that this would be a good time to engage in a topic that is relatively new to me: that is, the topic of feminism. The term feminism is not widely understood or accepted and can have a different meaning depending upon the person.

Halfway through dinner I tossed out the questions, "so, what is feminism to you?" As soon as the words left my lips I knew there was going to be trouble. I just dropped the F-Bomb, and at the dinner table no less. My mom let out a gasp of shock and disbelief. My stepfather whispered in a breathy, exasperated tone "she's such a liberal", and my 17-year-old son giggled knowing that the show was about to begin. I thought to myself what have I done? How could one word elicit such strong responses? My stepfather is from a generation where the system of patriarchy was embraced fully, and his life hasn't changed much since the 1950's. His idea of feminism includes hippies, bra-burnings, and mouthy women who don't understand that a woman's place is in the home. This is a man who is set in his ways: which are that of discrimination and oppression towards women. He is a misogynist at heart and demonstrates it though his actions and words. The actions that include telling inappropriate and sexually charged jokes about women. The domination shown by telling women that they cannot be included in discussions about "important things" like investments and car repairs. "You ladies don't need to worry your pretty little heads about such complicated things." He also doesn't see much use for women outside of the home. I wasn't surprised by his response.

I was, however, intrigued by my significant other's response. Eddy is well educated and a progressive thinker. He is my biggest advocate and whole-heartedly supports my return to the world of academia. He sees my struggles as a full-time student and a full-time mother. I would never consider Eddy to be sexist, and he's never given me any reason to think otherwise. So, why did he recoil at the word feminism? I explored the question deeper and came to realize that the F-Bomb holds a certain stigma. He views feminism as man-hating ideals that bring about violence towards men. Then I asked him if he is someone who believes that both men and women should have equal opportunities in all aspects of life? And his answer was yes, absolutely!



How did the word feminism become so offensive? In 2005, CBS news conducted a survey using two differently stated questions about feminism. The random sample consisted of 1,150 U.S. adults. The first question asked the participants if they identified as a feminist and added a definition of feminism, a feminist is someone who believes in social, political, and economic equality of the sexes. 65% of women and 58% of men identified as feminist when a definition was provided, but only 24% of women and 14% of men considered themselves feminist in the absence of a definition.

Some confusion comes from the different uses and meanings of the term feminism. For example, some writers use the term feminism to refer to a historically specific political movement in the US and Europe; other writers use it to refer to the belief that there are injustices against women. For myself I stick to bell Hooks' definition from the book we read for my Gender Studies 101. Hooks says, "feminism is not anti-male, it's the movement to end sexism, sexist exploitation, and oppression. Feminism is about equal rights."

Feminists of today focus on important worldwide topics including: the body, class and work, disability, the family, globalization, human rights, popular culture, race and racism, reproduction, science, the self, sex work, human trafficking, and sexuality. The question of "what is feminism to you?" is very important to me. And I realize that this is not an easy question to answer. Equality is important to me, but then again, it's not about me. It's about the next generation and the generations to follow. What do I want my children and grand-children to know about feminism? Will they hear the F-Bomb and wince? I want my children to know that feminism is about standing up for those who don't have a voice. That treating all humans with dignity and respect is a requirement. I want them to know that all humans are equal and should be given equal opportunities. Feminism is not just about our rights today, but it's about establishing rights and laws for our children and their children. Past generations set the stage for change. Although the struggles may look a little different today, we are striving for the same goal, equal rights.



Tamara Monroe is doing a BA in Psychology and plans to continue at UNC to get an MA in Clinical Counseling.

Piece Editor: Dr. Ather Zia Gender Studies program UNCO Greeley

PERFORMERS NEEDED!! THE VAGINA MONOLOGUES

BROUGHT TO YOU BY:
THE WOMEN'S RESOURCE CENTER

&

PREVENTION EDUCATION AND ADVOCACY SERVICES

WRITTEN BY: EVE ENSLER

DIRECTED BY: JENNY PAN

AUDITIONS

WED<mark>NESDAY, JANUARY 24TH</mark> 4:30 - 7:30PM

**To sign up, please visit our website:

www.unco.edu/womens-resource-center/events/vday.aspx

PLEASE PREPARE A 90 SEC. MONOLOGUE

(DRAMATIC OR COMEDIC)

NO PREVIOUS THEATRE EXPERIENCE REQUIRED

AN EMAIL CONFIRMATION WITH LOCATION OF AUDITIONS

AND A CONFIRMATION OF YOUR TIME

WILL BE SENT THE WEEK PRIOR

AUDITIONS ARE OPEN TO THOSE WHO IDENTIFY AS WOMEN AND/OR TRANS

(TRANS MEN & NON-BINARY INDENTITIES INCLUDED)

PLEASE CONTACT ALLISON.BERGER@UNCO.EDU WITH ANY QUESTIONS

WHAT ARE THE VAGINA MONOLOGUES?

A poignant tour of the last frontier, the ultimate forbidden zone, "The Vagina Monologues" is a celebration of female sexuality in all its complexity and mystery.

An Obie Award-winning whirlwind tour of a forbidden zone, The Vagina Monologues introduces a wildly divergent gathering of female voices, including a six-year-old girl, a septuagenarian New Yorker, a vagina workshop participant, a woman who witnesses the birth of her granddaughter, a Bosnian survivor of rape, and a feminist happy to have found a man who "liked to look at it."

Every year V-Day invites activists in colleges, communities, high schools, or youth groups around the world to present select benefit events during and leading up to V-Season (which is now FEBRUARY ONLY). The purpose of these events is to raise awareness about violence against women and girls as well as raise money (100% of the proceeds must be donated) for local beneficiaries that are working to end violence.

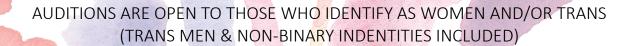
JOIN UNC'S V-DAY MOVEMENT!

V-DAY, a Global Activist Movement, is recognized and celebrated around the world on February 14th. UNC has been part of this movement of shaking the earth with the global collective for many years.

V-DAY stands for Victory, Valentine and Vagina.

To get involved, contact wrc@unco.edu, or visit the Women's Resource Center.

For more information about the VDAY movement, please visit www.vday.org and look for upcoming events on February 14th 2018!!



Enter the Gender Studies tag line contest

Submit Your Christine talbot by November 8. Ounco.edu

HELP THE GENDER STUDIES PROGRAM CREATE A "TAG LINE"!!

WIN \$49 IN BEAR BUCKS!

IN ORDER TO ENTER, YOU **MUST HAVE** TAKEN AT LEAST 2 **GENDER STUDIES** COURSES.

Tag lines must be five words or fewer. The winner's tag line will be published and credited on our website.

WE'LL ALSO USE THE TAG LINE ON ALL OF OUR PROMO-TIONAL MATERIALS





The purpose of the GSRC Mentorship Program is to provide support, resources, and connections to undergraduate students along the gender, sexuality, and romantic spectrums through partnerships with Mentors who also identify across the gender, sexuality, and romantic spectrums.

Interested in becoming a mentor or a mentee? Link provided below.

Open to UNC Faculty, Staff, and full-time Graduate Students. Applications are now open and available until 5:00 pm Wednesday, November 22nd. Mentorship pairs will be announced on or before the 1st of December.

Mentees and Mentors will be expected to meet minimal commitment requirements including, but not limited to:

- Mentor/Mentee Orientation Tuesday, January 16th, 2018 | 5-8pm | UC Aspen A & B
- Mid-Semester Program Tuesday, February 27th, 2018 | 5:30-7:30pm | UC Aspen A
- End-of-Semester Community Gathering Tuesday, April 10th, 2018 | 5-6:30pm (group activity to follow) | UC Aspen A
- Regular 1 on 1 Meetings in Mentoring Pairs (scheduled at the mutual convenience of the pairs)



Gender & Sexuality Resource Center





UNCO_GSRC **UNCGSRC**

GSRC@unco.edu | depts.unco.edu/gsrc

We look forward to your applications!

For questions or concerns, please email the GSRC Graduate Assistant, Rowen Thomas, at Rowen. Thomas@unco.edu.

https://unco.co1.qualtrics.com/jfe/form/SV_cUzcfUphp3iKUQd

Spectrum's 8th Annual Drag Show...

Tuesday, November 7 7pm in the UC, Ballrooms

Spectrum's drag show theme is GenderFlux, centered around breaking out of the binary way of thinking about gender and drag. Join us and our two local Colorado hosts Jessica La'Whor and Khrys'ta Aal!

Free Admission

Bring 1 & 5 dollar bills for tipping the performers, if you choose.

50% of all tips will go to the GSRC's emergency scholarship fund, 50% will go to the Spectrum student organization for our annual Queer Prom.

Sponsored by:



Gender & Sexuality
Resource Center & Student Senate

Any person requesting disability accommodations for these events please contact 970-351-2289 at least 3 business days in advance.



Student Consciousness Raising Groups

Come discuss feminism and gender issues on campus over snacks

sept 20 oct 4 oct 18 nov 1 nov 15 nov 29

5:00 - 6:30

Scott-Willcoxon Hall

Feminism Because...

UNC Women's Resource Center

Do you know where your next Tampon is coming from?

Currently UNC's Bear Pantry has experienced a 60% increase in visits in comparison to last year.



Donate Tampons and Pads to Bear Pantry
(all sizes are welcome)
We will be collecting at the

ANNUAL CONFERENCE ON GENDER JUSTICE AND FEMINISM

Join our breakout session, "LETS FLOW TOGETHER" and learn what you can do about the "PINK TAX" and current movements around receiving free tampons and pads.

November 8th 2017 8:00 am - 4:00 pm University Center (UC Ballroom)



