

## Women@NCSA Home



We provide professional development and networking opportunities for employees, affiliates, and students. Our objective is to create a more diverse and inclusive environment through outreach, talks and events. The monthly events are structured to drive conversations around our experiences as women in the workplace, develop professional skills, and to create and strengthen professional relationships. Women@NCSA hopes to empower and provide a network of support within NCSA, UIUC, and the community.

### Women@NCSA Organizing Committee:

[Sophie Bui](#) – Lead

[Jewel Goodly](#)

[Thu Nguyen](#)

[Tiffanie Bui](#)

😊 Subscribe to the W@NCSA mailing list [here](#) to stay up-to-date on all events, talks, and topics!

★ Provide your feedback and/or suggestions for our future events [here](#).




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### Upcoming Events for 2023

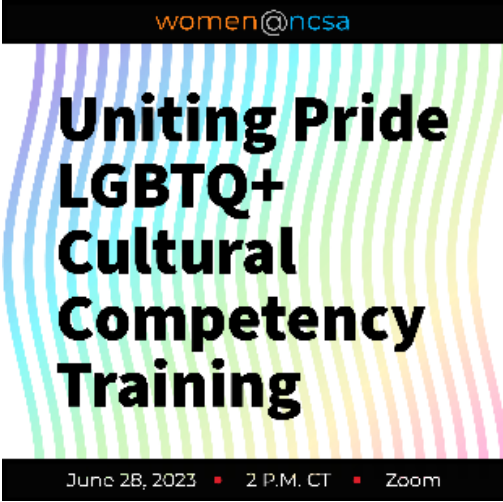

*Our events typically run from 2-3 p.m. unless noted otherwise. Most Zoom meetings will be recorded and uploaded for later viewing. However, privacy and confidentiality is important and we and our guests reserve the right to request that sessions are not recorded.*

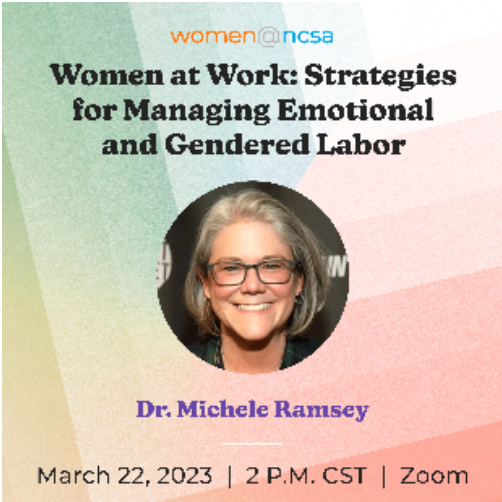
At the beginning of our events, we read the land acknowledgement statement provided by the [Native American House](#) at UIUC. This is an important step towards supporting Native and Indigenous people and communities, but there is more that we can do. [Learn more here](#).

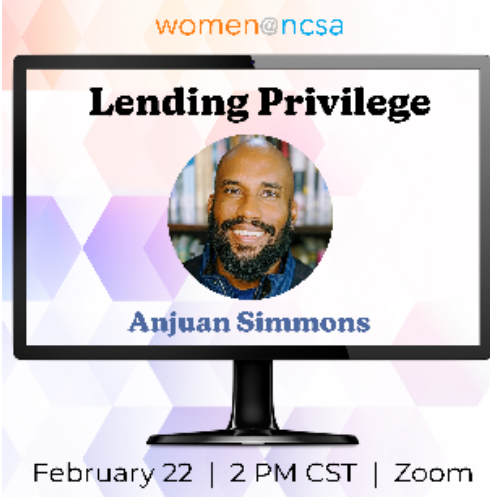
Date	Activity	Featured Speakers & Organizations	Notes	In-Person or Zoom

November 13	<p><b>Budgeting for the Holidays</b></p>  <p>women@ncsa</p> <h2>Budgeting for the Holidays</h2> <p>NOVEMBER 13   2 P.M. CST</p>  <p><b>Emily Harmon</b> Finances Educator University of Illinois Extension</p>	<p><b>Speaker:</b> Emily Harmon</p> <p><b>Overview:</b></p> <p>Budgeting, in general, can be hard, but throw in the holidays, and it can be even more stressful!</p> <p>In this free workshop, you will gain a better understanding of basic budgeting concepts and tools to use to help you reach your financial goals and tips to get through the season with your wallet intact.</p>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p> <p><a href="#">View the recorded session here</a></p> <p><b>Resource Links:</b></p> <ul style="list-style-type: none"> <li><a href="#">Budgeting Handouts Download Speaker Slides</a></li> </ul>	Zoom
October 25	<p><b>Let's Talk About Menopause</b></p>  <p>women@ncsa</p> <h2>Let's Talk About Menopause</h2> <p><b>Dr. Beverly London</b> Gynecologist, Carle Health Clinical Assistant Professor, UIUC</p> <p>Wednesday, October 25, 2023   2 – 3 P.M. CT   Zoom</p>	<p><b>Speaker:</b> Dr. Beverly London</p> <p><b>Overview:</b></p> <p>With this event, we aim to change the conversation around menopause so women can get the information, support, and healthcare they need and feel empowered to take control of their health and share their experiences.</p> <p>Dr. London will share menopause information pearls and discuss how you can support your partners, colleagues, friends, and family members throughout their menopause journeys.</p>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p> <p><a href="#">View the recorded session here.</a></p> <p><a href="#">View speaker slides here</a></p>	Zoom

August 29	<p><b>Countering Imposter Syndrome</b></p> <p>women@ncsa</p> <h1>Countering Imposter Syndrome</h1> <p><b>Amie Baumeister</b> Assistant Director, Gender Equity Women's Resource Center, UIUC</p>  <p>Tuesday, August 29, 2023   2 – 3 P.M. CT   Zoom</p>	<p><b>Speaker:</b> Amie Baumeister</p> <p><b>Overview:</b></p> <p>"Imposter Syndrome" is often used to describe internal experiences of intellectual phoniness that appear to be particularly prevalent and intense among a select sample of high-achieving women. Explore the common ways imposter syndrome shows up and ways to combat it.</p>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p> <p><a href="#">View the recorded session here.</a></p>	Zoom
July 26	<p><b>Prove Your Value: Successful Negotiations at Work and Beyond</b></p> 	<p><b>Speaker:</b> Beatrice Perkins</p> <p><b>Overview:</b></p> <p>Negotiating salaries, raises and promotions can be a daunting and uncomfortable task. This free event introduces attendees to actionable tools to claim and recognize what it takes to get what they deserve. Using traditional and new media practices, this session dives into what's working and teaches you how to leverage your time and talents without becoming overwhelmed or falling prey to imposter syndrome.</p> <p>This presentation will show you how to validate your fee or request in the marketplace, whether as an employee or consultant, and give you the script that helps guide the conversation.</p>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p> <p><a href="#">View the recorded session here.</a></p>	Zoom



June 28	<p><b>Uniting Pride: LGBTQ+ Cultural Competency Training</b></p> 	<p><b>Speaker:</b> Nicole Frydman</p> <p><b>Overview:</b></p> <p>This event is designed to help attendees gain knowledge and understanding around LGBTQ+ topics, terms, and best practices. It starts with basic terminology, definitions, and concepts, but then takes attendees into a deeper dive around what affirming language and behavior should look like, what not to do, how to handle when mistakes are made, and the positive impact that can be made with even just a few small changes. This training is designed to engage attendees in discussion and get specific questions answered.</p>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p> <p><a href="#">View the recorded session here.</a></p>	Zoom
May 30	<p><b>Identity – Yang Liu's Design Journey</b></p> 	<p><b>Speaker:</b> Yang Liu</p> <p><b>Overview:</b></p> <p>During this presentation, she will lead you through a visual journey through various stations and projects - from Beijing to London, from New York to Berlin, and from questions of cultural identity to questions of interpersonal relationships.</p>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p>	Zoom

April 25	<b>Flower Arranging for Mental Health</b>	<p><b>Overview:</b></p> <p>A <a href="#">study</a> conducted by researchers, including Rutgers University Psychology Professor and Human Emotions Lab Director Jeanette Haviland-Jones, examined the link between flowers and life satisfaction, which yielded positive results. Dr. Haviland-Jones says, "Common sense tells us that flowers make us happy. Now, science shows that not only do flowers make us happier than we know, they have strong positive effects on our emotional well-being."</p> <p>Women@NCSA organized an in-person event on focused on learning how to arrange flowers and how it benefits your mental health.</p>	<a href="#">More info here</a>	In-Person
March 22	<p><b>Women at Work: Strategies for Managing Emotional and Gendered Labor</b></p> 	<p><b>Speaker:</b> Dr. Michele Ramsey</p> <p><b>Overview:</b></p> <p>In this presentation, Dr. Ramsey will talk about how to change our perceptions about conflict, the role of power in conflict, emotional labor, self-care in response to emotional labor, how those in power can help mitigate the impacts of emotional labor in the workplace, ways leaders can support marginalized employees, and ways leaders negatively impact employees even when their intentions are good.</p>	<a href="#">More info here</a>  <a href="#">Calendar listing</a>	Zoom

February 22	<p><b>Lending Privilege</b></p>  <p>February 22   2 PM CST   Zoom</p>	<p><b>Speaker:</b> Anjuan Simmons</p> <p><b>Overview:</b></p> <p>Diversity and inclusion have become hot topics in technology, but how can you make a difference? This talk will help you understand that no matter your background, you may have some form of privilege you can lend to create a more fair and equitable world for everyone, especially those in historically marginalized communities. Attendees will learn the various types of privilege lending, including:</p> <ul style="list-style-type: none"> <li>• <b>Credibility Lending:</b> providing visibility to someone without privilege</li> <li>• <b>Access Lending:</b> providing access to someone without privilege</li> <li>• <b>Expertise Lending:</b> providing a voice to someone without privilege</li> </ul>	<p><a href="#">More info here</a></p> <p><a href="#">Calendar listing</a></p> <p><a href="#">View the recorded session here.</a></p>	Zoom
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## Past 2022 Events

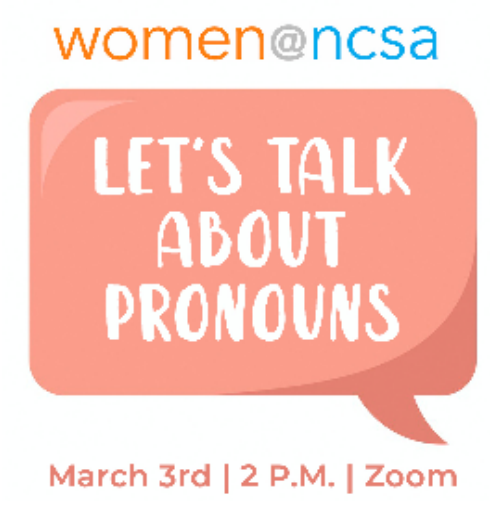

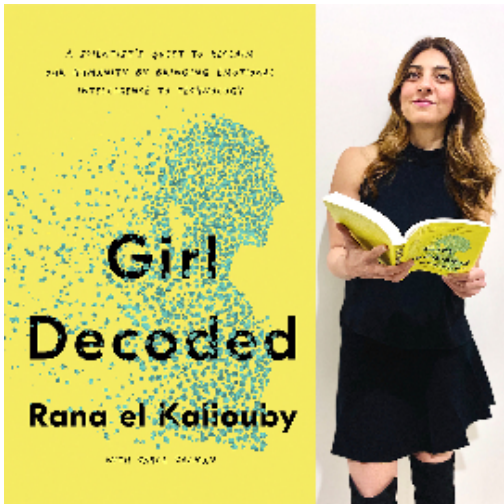
Date	Activity	Featured Speakers & Organizations	Notes	In-Person or Zoom

April 13		<b>Speaker:</b> Mia Hardy <b>Moderator:</b> Mackenzie Meighan	<p><b>i</b> More info here: <a href="https://emails.illinois.edu/newsletter/578441594.html">https://emails.illinois.edu/newsletter/578441594.html</a></p> <p>★ Event will be recorded for later viewing</p>	Zoom
June 6		<b>Speaker:</b> Beatrice Perkins <b>Moderator:</b> Sophie Bui	<p><b>i</b> More info here: <a href="https://emails.illinois.edu/newsletter/998026684.html">https://emails.illinois.edu/newsletter/998026684.html</a></p> <p>★ Event will be recorded for later viewing</p>	Zoom
July 6	SPIN Professional Development Panel	<b>Speakers:</b> Diana Gonzalez, Brendan McGinty, John Mahlmeister		In-person




## Past 2021 Events

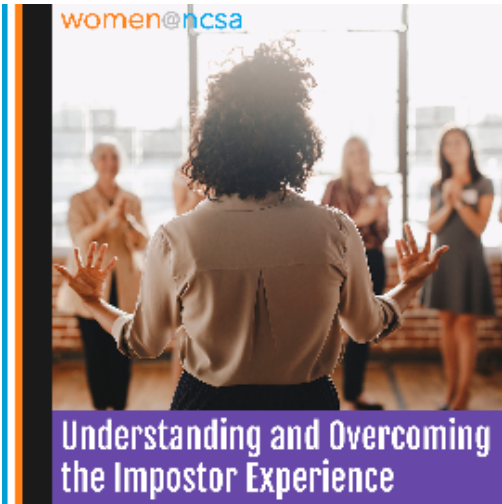
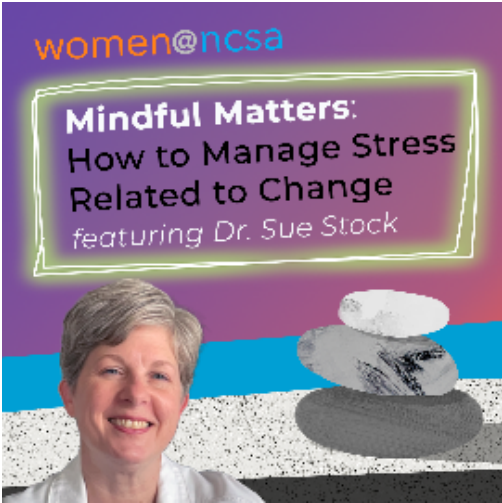
Date	Activity	Featured Speakers & Organizations	Notes	In-Person or Zoom
Feb. 10	Well-To-Go Series: Stress Management Part 2: Learning How to Relax	<p><a href="#">Campus Wellbeing Services</a></p> <p><b>Speaker:</b> Michele Guerra</p> <p><b>Moderator:</b> Kalina Borkiewicz</p>	<p>Event was moved from 2/3 to 2/10.</p> <p><b>i</b> Zoom + more info here: <a href="https://emails.illinois.edu/newsletter/2003746716.html">https://emails.illinois.edu/newsletter/2003746716.html</a></p> <p>★ View a pre-recorded session <a href="#">here</a>.</p>	Zoom



Mar. 3	<p><b>Let's Talk About Pronouns</b></p> 	<p><b>Panelists /Speakers:</b></p> <ul style="list-style-type: none"> <li>• Emma Velez</li> <li>• Toby Beauchamp</li> </ul> <p><b>Moderator:</b> Maggie Scovic</p>	<p><b>Zoom + more info here:</b> <a href="https://emails.illinois.edu/newsletter/760242623.html">https://emails.illinois.edu/newsletter/760242623.html</a></p> <p><b>Discussion Links:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://transstudent.org/about/definitions/">https://transstudent.org/about/definitions/</a></li> <li>• <a href="https://lgbta.wikia.org/wiki/Neopronouns">https://lgbta.wikia.org/wiki/Neopronouns</a></li> <li>• <a href="https://www.mypronouns.org/">https://www.mypronouns.org/</a></li> <li>• <a href="https://oiir.illinois.edu/lgbt-resource-center">https://oiir.illinois.edu/lgbt-resource-center</a></li> </ul> <p>★ View the recorded session <a href="#">here</a>.</p>	Zoom
Apr. 7	<p><b>Taking the Wheel: How to Navigate Difficult Conversations</b></p> 	<p><b>Panelists /Speakers:</b></p> <ul style="list-style-type: none"> <li>• Brenda Anne Wilson</li> <li>• Thu Nguyen</li> <li>• Emily Scherbring</li> </ul> <p><b>Moderator:</b> Jewel Malu Goodly</p>	<p><b>Zoom + more info here:</b> <a href="https://emails.illinois.edu/newsletter/1892053249.html">https://emails.illinois.edu/newsletter/1892053249.html</a></p>	Zoom
Jun. 2	<p><b>Fireside Chat with "Girl Decoded" Author Rana el Kaliouby</b></p> 	<p><b>Speaker:</b> <a href="#">Rana el Kaliouby</a></p> <p><b>Moderator:</b> Kalina Borkiewicz</p>	<p><b>Zoom + more info here:</b> <a href="https://emails.illinois.edu/newsletter/2006453073.html">https://emails.illinois.edu/newsletter/2006453073.html</a></p> <p>💡 Our book raffle has been completed and our 15 winners have received their copies of Rana's <i>Girl Decoded</i> memoir.</p> <p>★ View the recorded session <a href="#">here</a>.</p>	Zoom



Jul. 7	<p><b>2021 SPIN &amp; REU Panel: Preparing for the Next Step In Your Life</b></p> 	<p><b>Panelists /Speakers:</b></p> <ul style="list-style-type: none"> <li>• Diana Gonzalez</li> <li>• Ruby Mendenhall</li> <li>• Jasmine Shih</li> <li>• Sarah Habib</li> </ul> <p><b>Moderator:</b> Jewel Malu Goodly</p>	<p><b>i</b> Zoom + more info here: <a href="https://emails.illinois.edu/newsletter/696349048.html">https://emails.illinois.edu/newsletter/696349048.html</a></p> <p>★ View the recorded session <a href="#">here</a>.</p>	Zoom
Sep. 1	<p><b>Responsible Design and Social Innovation</b></p> 	<p><b>Speaker:</b> Lisa Mercer</p> <p><b>Moderator:</b> Sophie Bui</p>	<p><b>i</b> Zoom + more info here: <a href="https://emails.illinois.edu/newsletter/1708242494.html">https://emails.illinois.edu/newsletter/1708242494.html</a></p> <p>★ Event may be recorded and available for later viewing.</p>	Zoom
Oct. 6	<p><b>How to Be an Ally in Tech</b></p> 	<p><b>Speaker:</b> Candice Solomon-Strutz</p>	<p><b>i</b> Zoom + more info here: <a href="https://emails.illinois.edu/newsletter/243175344.html">https://emails.illinois.edu/newsletter/243175344.html</a></p> <p>Zoom Links: <a href="https://bit.ly/wncsa-106">https://bit.ly/wncsa-106</a></p> <p>Meeting PW: 33333</p> <p>★ Event may be recorded and available for later viewing.</p>	Zoom

Nov. 3	<b>Understanding and Overcoming the Impostor Experience</b> 	<b>Speaker:</b> Jessamyn Perlus <p><b>i</b> More details here: <a href="https://calendars.illinois.edu/detail/772?eventId=33419141">https://calendars.illinois.edu/detail/772?eventId=33419141</a></p> <p>★ <a href="#">Seminar Zoom Link</a> (Meeting PW: 33333)</p> <p>➕ Add it to your calendar! <a href="#">Download .ics file here.</a></p> <p>★ Event will NOT be recorded.</p>	Zoom
Dec. 1	<b>Mindful Matters: How to Manage Stress Related to Change</b> 	<b>Speaker:</b> Sue Stock <p><b>i</b> Zoom + more info: <a href="https://calendars.illinois.edu/detail/7097?eventId=33420669">https://calendars.illinois.edu/detail/7097?eventId=33420669</a></p> <p>★ Event may be recorded and available for later viewing.</p>	Zoom

⚠ View a full list of our past events [here](#).

## 💡 Contact Us

For any comments, questions or concerns, email us at [wncsa@illinois.edu](mailto:wncsa@illinois.edu). We will get back to you in 3-5 business days.

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