



November/
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Associate Alumnae of Douglass College

Volume 2, Issue 2

Special points of interest:

- Shivani Chopra Shah '04 shares her suggestions for end of calendar year discussions
- Parenting skills bring benefits to the workplace
- Active Mentor and Mentee Facebook groups enhance the mentoring experience

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Mentoring Moments, from Linda Parry '75



Mentor Karen Lynch '79, left, with Mentee Rosanna Mootoo Iancu '09 at the Kick-Off Introductory Session as part of the AADC Victoria Dabrowski Schmidt '42 Workplace and Professional Development Symposium on September 16.

As we move towards the end of another calendar year, it is nice to report that the AADC Mabel's Alumnae Mentoring Program is going strong. Over 100 alumnae are actively participating as Mentors or Mentees and making strides towards meeting personal goals. The Facebook groups (AADC Mentors/AADC Mentees) have provided great suggestions for resources and discussion topics.

Conference calls open to all participants were successful opportunities for sharing ideas and feedback.

Our featured Mentor this month graduated with the Class of 1959 and reminded me that, despite all of the changes that have occurred, we are all still Douglass alumnae. It is a meaningful and valued link. Both the alumnae participants in this program and the AADC help make that link a vital and ongoing part of our lives.

This month, we focus on ending the calendar year reflecting on what we have and what we achieved, as well as on our challenges. Check out thoughts on this hectic time of year from Shivani Chopra Shah '04 on page three, and please add your own to your Mentor/Mentee conversations and to the Facebook group discussions.

Keep in Touch with Us!

Connect on Social Media

Facebook groups have been set up for each set of participants to facilitate communication. Please sign up to join the groups through these links: [AADC Mentors](#) and [AADC Mentees](#). These closed groups are a key way to keep everyone up-to-date on events, establish a platform for questions and suggestions, and to share links to useful resources.

Special Thanks

The newsletter offers a way to highlight people and topics. Thanks to Mentee **Christina Yakaski Blanos '94** and her **Mentor** for sharing their partnership experience, and to **Shivani Chopra Shah '04** for offering her end of the year reflections.

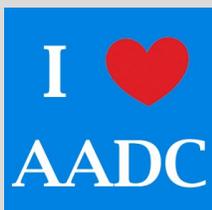
Write for Us!

Interested in submitting content?

Contact Linda Parry '75 (lmparry@gmail.com).

We welcome your ideas!

Alumna Mentor



Our highlighted Mentor enthusiastically shared her experience, but prefers not to use her name online.

She is part of the Class of 1959, and brings to the program decades of experience in teaching, advising and counseling college students. When she became aware of the AADC Mabel's Alumnae Mentoring Program, she knew she wanted to be a Mentor.

During her academic career, she found opportunities to provide one-on-one advising fulfilling; they gave her the chance to focus on giving one person what she needed, when she needed it. The mentoring program gives her that same chance.

She feels the current partnership is going beautifully.

Her biggest surprise has been discovering what a magnificent person her Mentee is, and how fulfilling it has been to work with her on goals and plans. They started talking about strategies for job search, and are moving on to long-term life goals and dreams.

The connection of the program and our mutually shared experience as alumnae are very important. *"Despite all the changes, we are all still Douglass alumnae. That makes it a delight."*

Next Mentor Conference Call: Wednesday, January 10, 2018 at 7:00 pm EST
Next Mentee Conference Call: Tuesday, January 9, 2018 at 7:00 pm EST

Alumna Mentee



Christine Yakaski Blanos,
Class of 1994

Our highlighted **Mentee Christine Yakaski Blanos** is from the Class of 1994. She decided to pursue mentoring after hearing Jeannine LaRue speak at the 2016 Victoria Dabrowski Schmidt '42 Workplace and Professional Development Symposium. She realized that *"being independent does not mean doing it all by myself. I felt the AADC Mabel's Alumnae Mentoring Program would provide someone to guide me and help me learn how to expand my network."*

Christine came into the program with an initial goal of finding a job.

Her expectations have changed and she now expects to *"gain insight on how to utilize the skills I already have to transition into a new career and develop a voice to create my own future."* She reports that meetings have been inspiring and have given her confidence to move ahead on the job search and to explore new ideas.

"Having a shared connection is an incredibly important factor in this partnership with my mentor. Knowing she was a sister alumna made the idea of opening up to a stranger more comforting. It made getting to know her very easy and I am never nervous to meet with her or trust her with my thoughts and ideas."

Personal Development/Women's Issues

'Tis the Season for Recovery, Celebrating Success and Prioritizing From Shivani Chopra Shah, Class of 2004



We are rounding out into the last months of the year. While updating my performance goals in our system, I was reminded that I had fewer than 30 days remaining in the calendar year.

At the end of the year, we are all racing to beat the buzzer without missing a beat to be grateful. No pressure! Be honest. During times of self-reflection, do you focus too much on those missed opportunities? Shift your focus to your growth or learned skills. How have you changed? Who are you now? What makes you proud of yourself?

Here is a secret I know about you. You play small in life. You limit the risks you take, and incidentally, chances for success. Even when you succeed, you put yourself down. "I was only at 50th percentile in the half marathon." Does this sound familiar?

Celebrate the fact that you beat 50% of the women in the half marathon and 100% of the women who never challenged themselves to the race. Own your win! How do you break this cycle? Rip a page from the professional athlete's playbook. Declare an off-season for yourself. Watch your highlight reel, with

your supporters. Strategize how you will do things differently next season.

If the busyness has a real stronghold on you, try this simple and efficient [visualization by Cui Wang '05](#). In a quiet place, sit down and practice intentional breathing. Visualize a glow within your heart. When you inhale, expand the light. And as you exhale, shine that light on everything that you hold dear. For a fulfilling new year, prioritize your life with areas where your light touched and filled you with gratitude.

Salient Points:

- ***Declare an off-season for yourself***
- ***Watch your highlight reel, with your supporters***

Shivani's suggestions for more on this topic:

Full meditation by Cui Wang '05: <https://www.yogawithcui.com/meditation>

History of Burnout: <https://www.1843magazine.com/features/minds-turned-to-ash>

Surprise! Parenting and Personal Growth are good for the workplace

By: Linda Parry '75

I spent 40 years in the workplace, and struggled every time I needed to request time off or a schedule change to attend a child's school play, accompany my mother to a doctor's appointment or take a day for a personal adventure. I was asking a favor, shirking my duties, cutting back on what I could bring to the job.

Recent studies, though, are

showing that those out-of-workplace experiences are not just necessary for individuals, but provide real value for the workplace as well.

Ninety-five percent of professional women in one survey reported that raising children developed unique skills portable to the workplace (Human Resource Executive Online, <http://www.hreonline.com/>

[HRE/view/story.jhtml?id=533349623](#)).

Another article (<https://www.fastcompany.com/3058100/why-working-parents-should-add-raising-a-kid-to-their-resumes>) offers some great tips on effectively highlighting those skills in job search.

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AADC Mabel's Alumnae Mentoring Program

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[Kathi Love '75](#)

AADC Staff Liaison:
[Valerie Hughes Zieniuk '05](#)



The AADC develops and promotes connections among Douglass alumnae by providing programs, services, networks and life-long learning opportunities that represent the interests and needs of our diverse alumnae. The AADC provides prudent stewardship of the Douglass Fund and other endowed funds held by the AADC for the benefit of Douglass; distributions from these funds contribute financial support to Douglass and her students.

Visit our website:
www.douglassalumnae.org

douglassalumnae at



AADC Upcoming Events and Programs

Sunday, December 3, 12:00 pm

AADC Young Alumnae Network: Treat YANself Event

Ruth Schilling Hennessy Alumnae Center — [Sign up here](#)

Friday, December 8, 5:00 pm

AADC Victoria Dabrowski Schmidt '42 Workplace and Professional Development Symposium Networking Happy Hour

On the Border Restaurant, New Brunswick — [RSVP here](#)

Saturday, December 9, 11:00 am

AADC Black Alumnae Network "Expanding Horizons" Potluck and Vision Board Party

Ruth Schilling Hennessy Alumnae Center — RSVP to aadc.blackalumnaenetwork@gmail.com

Sunday, December 10

AADC New York City Regional Connection Group Lunch & Theater Outing – "The Band's Visit" – SOLD OUT

Saturday, January 20, 2018, 10:30 am

AADC Black Alumnae Network General Meeting and Evelyn Sermons Field '49 Literary Society Book Discussion

Ruth Schilling Hennessy Alumnae Center — RSVP to aadc.blackalumnaenetwork@gmail.com

Saturday, February 3

AADC Young Alumnae Network Cabin Fever & Sweet Treat Competition, Ruth Schilling Hennessy Alumnae Center

March 2018, 7:00 pm

Annual Zagoren Lecture, Traves Hall, Douglass Student Center

Thursday, April 19 - Saturday, April 21

95th Anniversary Weekend and AADC Alumnae Reunion Weekend

Enjoy the Vanguard Luncheon on Friday; Convocation, with the Milestone Classes Parade and AADC Alumnae Awards; Sisterhood Luncheon; and activities and programs on Saturday afternoon! Join us as we herald the Vanguard Class of 1968, celebrating their 50th reunion, as well as milestone classes ending in 3s and 8s. All alumnae and friends are welcome!

Saturday, April 21, 6:00 pm

Forward Together Gala, Heldrich Hotel

Gala event recognizing the Vanguard Class of 1968, milestone classes ending in 3s and 8s, honoring the New Jersey State Federation of Women's Clubs of GFWC, with special keynote to be announced.