



May 2019

Associate Alumnae of Douglass College

Volume 3, Issue 2



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MAMP Closing Reception

Saturday, June 1,
2019
at 4:30 pm

[Click here to register](#)

Updates

The AADC Mabel's Alumnae Mentoring Program (MAMP) is going strong. As year three winds down, we are focusing on building on the success of the program. Planning for next year includes some scheduling adjustments designed to allow the maximum time for recruitment and pair matching. Application forms will be available by Reunion at the end of May; potential mentors and mentees can apply until July 31 and pairs will be notified by September 14. An online kickoff event on October 5 will allow time for new mentor/mentee pairs to make connections and bring questions and concerns to the event.

As the program grows, so do the demands for administrative support. The Facebook pages now have nearly 100 members; the group of users who check in weekly to see the updates and resource suggestions keeps growing. If you are interested in submitting links to materials that will be of interest to the group, please volunteer. Help is also needed with organizing telephone chats, online information sessions and events to support networking among Mabel's Alumnae Mentors participants.

Newsletter articles and suggestions are welcome. Join the team making sure the program thrives by contacting: Lizethe Martinez '13 at lmartinez@douglassalumnae.org.

Thanks to Tynisha Coleman '08 for the article and research on Transitions and to Alanna Chan '04 for sharing her experience.



“An effective mentoring relationship is a win-win transformative experience for both parties. The mentee contributes to the conversation as much as the mentor.”

*Anna Giraldo-Kerr
CEO Shades of Success*



Alanna Chan '04

“You can always use a mentor!”

Mentee Spotlight— Alanna Chan '04

Alanna Chan '04 participated in the AADC Mabel's Alumnae Mentoring Program (MAMP) as a mentee during the 2017-18 cycle. She heard about the program at an alumnae event and was curious. She had never had a mentoring experience and, like so many of us, was facing life changes. With a degree in political science, graduate business studies and varied work experience, she was looking at a new opportunity that meant moving from the private sector to the world of higher education. She had few expectations about mentorings and hoped it would be rewarding.

She was matched with a mentor with extensive professional experience in higher education. They found the shared Douglass experience an easy way to start talking and get to know each other. Rather than establish a goal setting process, they decided to meet regularly and discuss issues and questions as they arose. Alanna was able to get expert insight into her new working environment – talking about the differences in work team roles in education vs. corporate culture, getting a different perspective on budget processes and working out how to approach a promotion negotiation. As Alanna noted, she got honest advice and an alert to her blind spots. The process helped her avoid potholes she would never have seen coming. Along the way, the pair talked through concerns over work/life balance and parenting and built a strong personal relationship.

Alanna reports that her mentoring experience was very positive. Alanna pointed out that trust in a mentoring relationship is essential. Her mentor joined the program just to help another person; there were no hidden agendas, corporate goals, or professional competition. Knowing that, and recognizing that the program was developed just to help alumnae succeed, made it easy to build trust and an effective partnership.

Alanna is using her mentee experience to focus on her career. She wanted to remind other mentors and mentees, and anyone considering the program, at any age, you can always use a mentor. Anyone starting a new endeavor can benefit from being open to the experience and understanding of someone who has been there before.

Up For Discussion — Transitions

Change happens. Sometimes it is yearned for and worked towards; sometimes it just occurs as the natural path of life, like graduation or retirement; sometimes it comes upon us like a summer snowstorm out of nowhere. No matter what type of change you're going through, there are strategies you can use to make the transition a little easier.



Women tend to just jump right into getting things done. However, it is worth it to yourself and those you care about for you to allow yourself time to process. As cliché as it sounds, stop and breathe. Take a moment to recognize that things are changing and think about how that will impact you. Do what you can to manage any anxiety you might have about making the transition. Speak with people who have gone through similar transitions and ask them for advice. Tell yourself that you can manage this, because you can!

Next, contemplate what this might mean for your schedule, your finances, your relationships, and your health. Do you have to reduce your hours at work to make time to provide care for an aging loved one? If so, consider what you can do to reduce the burden on your time. If it impacts your finances in a negative way, consider how you can reduce non-essential expenses to mitigate financial uncertainty.

Be mindful of your post-transition new normal. Since things have changed, you will have to recognize your limits. This means that you might have to say “no” more often than you used to. You may have no control over the expectations and requests from others. You do, however, have control over when you say “no” and when you say “yes.” Saying “no” simply means that you cannot take on whatever the request is. It does not make you a bad person. In order to say “yes” to your new normal, you will have to say “no.”

Finally, don't forget to evaluate your plans and make necessary changes. Be adaptable and recognize that things will continue to change. What works for the first six months of retirement, for example, may not work during the second year. Make adjustments as needed as you navigate through a new phase of life. Breathe, process, contemplate, plan and change. You can do this.

More food for thought...

[Ok, Breathe: A Reflection on Transitions and Productivity \(Thrive Global\)](https://thriveglobal.com/stories/ok-breathe-a-reflection-on-transitions-and-productivity/)

<https://thriveglobal.com/stories/ok-breathe-a-reflection-on-transitions-and-productivity/>

[10 Ways to Handle Stressful Life Transitions \(Thrive Global\)](https://thriveglobal.com/stories/10-ways-to-handle-stressful-life-transitions/)

<https://thriveglobal.com/stories/10-ways-to-handle-stressful-life-transitions/>

[Transition from School to Work \(Business News Daily\)](https://www.businessnewsdaily.com/6486-transition-school-to-work.html)

<https://www.businessnewsdaily.com/6486-transition-school-to-work.html>

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AADC Mabel's Alumnae Mentoring Program



**Forward Together,
Better Together**

*Alumnae-created, Alumnae-led,
Alumnae-driven, Alumnae-supported.*
SINCE 1922

Our Mission

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

May – June

31–2

AADC Alumnae Reunion Weekend

Friday, May 31 through Sunday, June 2, Douglass Campus

Enjoy the Vanguard Luncheon on Friday; Convocation, with the Milestone Classes Parade; Champagne Jazz Brunch; activities and programs on Saturday afternoon; All-Alumnae Cocktail Party late Saturday afternoon; and closing breakfast on Sunday! Join us as we herald the Vanguard Class of 1969, celebrating their 50th reunion, as well as milestone classes ending in 4s and 9s. To register [click here](#).

June

2

Mabel's Alumnae Mentoring Program Closing Reception

Register via reunion registration:

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E209370&id=109>

15

AADC Black Alumnae Network (BAN) & Young Alumnae Network (YAN) Joint Book Club Discussion of Michelle Obama's "Becoming," Picnic and Book Swap

Ruth Schilling Hennessy Alumnae Center, 11:00 am

To register [click here](#).

July

31

Deadline for the AADC Mabel's Alumnae Mentoring Program Application

The 2019–2020 application will open at the end of May.

September

14

AADC Fourth Annual Victoria Dabrowski Schmidt '42 Workplace and Professional Development Symposium

Douglass Student Center, 9:00 am