



Associate Alumnae of Douglass College

Volume 4, Issue 3

April, 2020

Save the Date

**May 30,
2020**

End-of-Year
Virtual Event

**2020-2021
Application
Deadline:**
July 10, 2020

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Updates

Dear Participants of the Mabel's Alumnae Mentoring Program,

Like so many of you I have been "sheltering in place" for several weeks, relying on TV, phone and FaceTime to keep in touch with the world. On good days – days when I'm not anxious and worried – I tackle spring cleaning with a new vigor, exercise and meditate each day and try out new culinary skills on my husband.

But, inevitably, there are days when I'm anxious and worried and my 30 minutes on the elliptical doesn't help. What does seem to help? For me, I start with a dedicated and disciplined focus on the positive. Sometimes that means making a list of people and things I'm grateful for and also helps me put what I'm feeling into perspective. One of the posts making its way around Facebook helped: "Earlier generations were called to war; we're being called to stay inside, sit on our couch and watch Netflix. We've got this."

I also try to reach out and spend some time each day talking with a friend or a colleague or a mentee! Another young woman I know set up a Google Hangout Happy Hour, telling her friends to pour their own glass of wine and sign in at 6 pm. Connecting helps me to remember that I am part of a larger, vibrant community of women who are all trying to do their best in these unprecedented circumstances.

Perhaps you might use some newly-available time to connect with your mentor/mentee partner and support one another. We encourage all pairs to be safe and continue to connect virtually.

We've got this. Good health to you and your loved ones.

Kathi Love '75

Conversations will not be cancelled.

Relationships will not be cancelled.

Love will not be cancelled.

Songs will not be cancelled.

Reading will not be cancelled.

Self-care will not be cancelled.

Hope will not be cancelled.

May we lean into the good stuff that remains.

@jamietworkowski

Mentor Spotlight



Khushboo Baldev '12

*We are a
community that
helps lift those
around us to
greater heights.*

Honoring the work of a diligent and passionate mentor- Contributed by Mentor Khushboo Baldev '12 and Mentee Survandita (Tara) Dhawan '17

Khushboo Baldev '12 is currently an anesthesiology resident at Yale University. She received her BA from Rutgers University in Cell Biology and Neuroscience. She then attended Rutgers New Jersey Medical School where she earned her MD and was inducted into Gold Humanism Honor Society. After graduation, Khushboo participated in the AADC's Mabel's Alumnae Mentoring Program. Her first mentee was another alumna interested in medicine. Khushboo credits Douglass Residential College as the institution that helped nurture her professionally through a plethora of opportunities, including research in the basic sciences as well as extracurricular activities geared towards honing her skills as a mentor. As a mentor, she has provided guidance to empower her mentee maneuver through medical school. Khushboo also provided unwavering support and advice throughout the application process for her mentee, which truly empowered her mentee to put forth her best step for the next phase of her training as a future physician. It is truly alumnae mentors like Khushboo that personify the values that define the AADC, as well as AADC's mentoring program. We are a community that helps lift those around us to greater heights.



Apply for next year's mentoring program!

Visit <https://www.douglassalumnae.org/mabels-mentoring-program/>
for the 2020-2021 application. Apply today!

On the Fence about Graduate School? - by Survandita (Tara) Dhawan '17

Graduate school can seem like a herculean task and consequently, a difficult decision to make. This year the decision might be even more difficult given the COVID-19 pandemic. While the decision to pursue graduate school remains to be a very personal one, here are some things to keep in mind if you are on the cusp of deciding whether graduate school is right for you:

1. Finding a mentoring support network. “You can’t be what you can’t see.” These words take on a deeper meaning in the quest of ultimately deciding whether graduate school is a good fit. As with other professional endeavors, finding a support network of mentors is immensely important in navigating the decision of attending graduate school, and then navigating the sequelae of that decision. Also, having mentors that you connect with on a deeper level can go a long way in helping to define tangible goals in graduate school and also figuring out how to overcome obstacles that present themselves during training.
2. Establishing financial support. Graduate school is expensive. It will remain so, or even become more so with time. Hence it is always a good idea to sit with a loan officer, or with Excel on your laptop, and plan finances before, during, and after graduate school. Consider weighing the cost/benefit of attending school in terms of your overall goals. However, also keep in mind that graduate school has the potential to open doors that you may not have anticipated. For information about AADC fellowship opportunities visit: <https://www.douglassalumnae.org/alumnae/fellowships/>.
3. Finding the right fit. While this is a complex decision that involves both the applicant and the school, it is important to consider this point while compiling the application materials for graduate school. Is location a factor that will matter to you? Would you be able to better afford a large public university instead of a remote private one? If you had a chance to interview or visit the potential school, did you find yourself fit better in a particular type of environment?
4. Consider the viability of developing and maintaining a social life. Oftentimes, this point gets overlooked very easily. While graduate school is certainly the time to work hard and build a particular skill set, having a social life is paramount to avoid burnout. Make sure you’ve access to your particular support network, whether it is family or friends, as well as opportunities to make new ones at your future school!
5. Take into account research funding. While this is most relevant to those pursuing graduate degrees to then pursue research, it can also be an important factor for those who aren’t planning on pursuing that path. Institutions that have more of research funding tend to present more opportunities for students to pursue research or explore the world of academia, no matter their future goals. While this certainly will not hinder anyone from pursuing research at other places where funding is sparse, it may be a consideration for those aspiring to be academics.



Survandita (Tara) Dhawan '17 is a fourth-year medical student at Rutgers Robert Wood Johnson Medical School and will pursue a residency in anesthesiology this summer. She is a past recipient of AADC fellowships, including: Ruth Adams Fellowship, Bertha Garber Modell Fellowship, Margaret Denton Wagner Fellowship, New Jersey State Federation of Women's Clubs Federation Fellowship and the AADC Alumnae Fellowship.

Associate Alumnae of Douglass College

181 Ryders Lane
New Brunswick, NJ 08901
Phone: 732-246-1600
Fax: 732-932-2883
douglassalumnae@douglassalumnae.org

AADC Mabel's Alumnae Mentoring Program



**Forward Together,
Better Together**

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

Our Mission

The AADC is an independent, self-supporting 501 (c)(3) organization. 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](http://www.douglassalumnae.org)

douglassalumnae at



AADC Status of Upcoming Events and Programs

Dear Alumnae,

After careful consideration, we have reluctantly decided to suspend all of our upcoming spring events, including AADC Alumnae Reunion Weekend. This move was made in accordance with Rutgers' decision to suspend all commencements as well as other planned events and with the priority of your health and safety in mind. All campus facilities have been closed indefinitely.

We know all of you who were planning to attend Reunion will be disappointed, but the idea of trying to conduct an event that potentially could jeopardize the health and safety of our beloved alumnae made this the only choice. Changing our plans to see our Milestone classes march down the aisle of Voorhees Chapel is unfortunate, particularly for the class of 1970 as they mark their 50th Reunion.

Ideally, we would postpone Reunion Weekend and our other events and announce alternate dates, but with the uncertainty of conditions around us, we are unsure of any future plans at this time. Will we be in touch with alumnae regarding refunds.

As for the AADC itself, the Ruth Schilling Hennessy Alumnae Center on campus has been closed and the AADC staff housed there are working from their homes. They have access to email and can retrieve voice mail messages, and they will respond to any questions you may have, although you may experience some delays.

We will continue to keep alumnae informed as developments occur. We encourage you to share these updates with your alumnae friends and classmates to be sure that they are up-to-date on the latest AADC information. These messages will be archived on our website to provide continuity of information: douglassalumnae.org

Your well-being as well as that of the entire community is our priority. Please check on your sister alumnae during these difficult days. Sometimes just a friendly voice can bring comfort to those who are in distress. We also encourage you to follow the appropriate guidelines and take every precaution to ensure your health and safety.

Helen Galt '69, Acting President
AADC