



February, 2020

Save the Date

April 16th
@ 7:00 pm
Mentors
Conference
Call

April 15th
@ 7:00 pm
Mentees
Conference
Call

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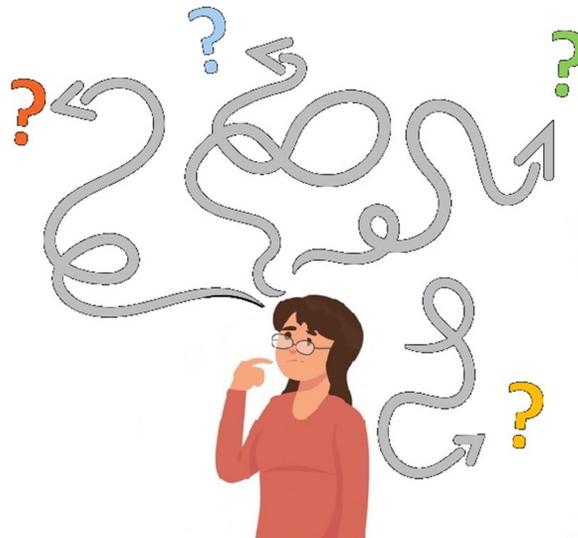
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Updates

The AADC Mabel's Alumnae Mentoring Program is entering the new year and the new decade with a full complement of mentors and mentees. The program continues to provide a valuable resource for alumnae of all ages.

The [Mentor](#) and [Mentee](#) Facebook groups have nearly 100 members and are a great way to connect with current and past program participants. Thanks to Kathi Love '75 for regularly adding links to thought-provoking and informative video posts. If you haven't seen them, check out the page. You are welcome to post your reactions and additional suggested links. It's a great venue for discussion. For our non-Facebook users, see links for further discussion on page 3.

This newsletter focuses on the big question of post-college training. It's a key part of goal setting, work/home balance and personal growth — and another area of life that just doesn't come with an instruction manual. Tara Dhawan '17 is a welcome addition to the newsletter team. She shares how her mentoring experience helped her move ahead with graduate school plans. Linda Parry '75 spent many years as the training coordinator for a public organization, and offers some more general thoughts on maximizing personal training investments.



Mentee Spotlight



Tara Dhawan '17

“Participating in the AADC Mabel’s Alumnae Mentoring Program was an immensely gratifying experience.”

What mentoring meant to me — by Tara Dhawan '17

Tara Dhawan '17 graduated with magna cum laude in Cell Biology and Neuroscience from Douglass Residential College and Rutgers University SAS Honors Program in 2017. She was subsequently accepted into the BA/MD program between Rutgers University and Robert Wood Johnson Medical School. She is currently a fourth-year medical student going into anesthesiology for residency. She participated in the AADC Mabel's Alumnae Mentoring Program from 2018-2020, where she was paired with another alumna who also pursued medical school and a residency in anesthesiology. Throughout her undergraduate and medical school career, Tara has been involved in issues of advancing women in STEM, as well as bringing light to social inequalities. She credits her time at DRC for instilling her awareness and passion.

In discussing her experience as a mentee, and why she is considering coming back into the program as a mentor, Tara provided a thoughtful and detailed description of what she got out of the program:

Participating in the AADC Mabel’s Alumnae Mentoring Program was an immensely gratifying experience. It helped me locate a mentor who went through the same process as me. I was very fortunate to have connected with her since she helped me navigate through various aspects of medical school, including how to find mentors and opportunities that I was not aware of. She also gave me advice on building my application for post-graduate programs that I did not find elsewhere. Moreover, my conversations with her were instrumental in helping me decide which career path was ultimately best for me and how to quickly adapt my application to that specialty in a short amount of time. I would not have had access to my mentor and these opportunities if it were not for AADC and its impactful mentoring program.



Up For Discussion — Learning just never ends...

Remember that lovely feeling when you were handed your diploma and thought, “I made it! I finished!”? Like all of us, you realized almost immediately that now the real choices on training and learning begin, without benefit of a course of study or a clear path to graduation. The absolute necessity for ongoing education, skill updates, and new learning is built into our ever-changing world. We all face a world of changing technology, changing economic and business climates, changing life priorities— and we are all taking more personal responsibility for finding our way towards the next challenge. Trying to plan out the next step can be like sipping water from a fire hose – grad school? Residential or online? Degree? Professional certificate? Licensing? Computer skill upgrades? Emotional intelligence and team building workshops? Languages?...

While it’s tempting to pull out the Ouija Board, there are some basic steps that can help organize the decision process. First, look at the actual requirements (degree, license, continuing ed credits) for the job you have or want. Ask the Human Resources department, check the job description, check out LinkedIn profiles of people in similar positions— but don’t just assume. Things change. Check with your employer (or possible employers) about support for continuing education, including not just financial aid but schedule and assignment adjustments. Watch for the changes in the workplace that are going to require skill updates and learning. Remember that learning occurs outside of colleges. Community colleges have greatly expanded workplace development programs, geared for professionals, in everything from database development to grant writing. Most public libraries now offer free access to online college and technical classes. Every professional organization maintains offers training options. New jobs or assignments mean chances for learning by doing.

Before committing to any training program, do a quick cost benefit scan. Every program involves cost – money, time, energy; costs range from free to forever in debt. Each has an expected return in enhanced salary, promotion or career change possibilities, or personal satisfaction.

Your learning is a key part of your professional identity. Keep a personal record of all training activities, and make sure that these are included in resumes, job interviews, performance appraisals, and career discussions.

Ongoing training and learning are a given, not an option. The challenge that we face is how best to take control of the process and figure out the best path to meet individual goals.

Links for further discussion

[How to Turn Off Work Thoughts During Your Free Time](#) (Ted)

[Dangerous Times Call For Dangerous Women](#) (Ted)

[How We Can Protect Truth In the Age of Misinformation](#) (Ted)



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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 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 Upcoming Events and Programs

Saturday, February 22, 2020

AADC Smart Talks: "Your Time, Your Goals," Presented by Ikecia Lenese Mapp '01

Ruth Schilling Hennessy Alumnae Center, 11:00 am to 12:00 pm, [Register](#)

Vision Board Party Hosted by VDS Development Planning Committee

Ruth Schilling Hennessy Alumnae Center, 1:00 pm to 3:00 pm, [Register](#)

Saturday, March 7, 2020

AADC & RAA Co-Host "Destination Motown" at the New Brunswick Performing Arts Center

11 Livingston Ave, New Brunswick, NJ 08901, 6:00 pm, [Register online](#)

Sunday, March 8, 2020

AADC Annual Zagoren Lecture Featuring Attorney Caprice Jenerson '90

Douglass Student Center, 2:00 pm, followed by light refreshments, [Register online](#)

Saturday, April 4, 2020

AADC Smart Talks: "Why Compost?" presented by Esther Schachter Barcun '63 & Varsha Manjrekar

Ruth Schilling Hennessy Alumnae Center, 10:30 am to 12 noon

Saturday, April 18, 2020

AADC Spring Alumnae Council

Douglass Student Center, 8:30 am

AADC Celebrates Founders Day & AADC Alumnae Awards Ceremony Luncheon

Douglass Student Center, 12:00 pm to 2:00 pm. [Register](#)

Sunday, April 25, 2020

AADC Open House During Rutgers Day

Ruth Schilling Hennessy Alumnae Center

Saturday, June 5 – 7, 2020

AADC Alumnae Reunion Weekend 2020: The Power of Our Sisterhood

Douglass Campus, For Reunion information, please visit www.douglassalumnae.org/reunion