Self-Care as Self-Love

In this “peer-led” workshop, we will discuss and share methods and resources for self-care. The dominant ways we are taught about self-care often ignore the complexity of physical, mental, and emotional health and are rooted in capitalist consumption. Often, we are also taught that caring for our wellbeing should come second to work, family, school and other responsibilities. We will discuss how self-care looks different for everybody and ways that we can incorporate self-care into our everyday lives. In the words of Audre Lorde, “Caring for myself is not self-
indulgence, it is self-preservation, and that is an act of political warfare.”

Everyone is welcome - undergrads, grads, faculty, staff.
Tuesday February 19th, 12-2pm
(Drop in for as much time as you can)
Women’ Studies Conference Room – Woods 2101R
We look forward to hanging out with you!

Notable Department News
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Notable Department News

Exciting Internships that our Amazing Students are a Part of!

Spring 2019 Internship Placements

Rachel Greenberg - Naral Pro-Choice Maryland
Faculty mentor: Dr. Michelle Rowley
NARAL Pro-Choice Maryland – pro-choice advocacy organization; works to protect every individual’s right to access the full range of reproductive health options, including preventing unintended pregnancy, bearing healthy children, and choosing legal abortion.

Serena Lim - Human Rights Campaign
Faculty Mentor: Dr. Alexis Lothian
As the largest civil rights organization working to achieve equality for lesbian, gay, bisexual, transgender and queer Americans, the Human Rights Campaign represents a force of more than 3 million members and supporters nationwide — all committed to making HRC’s vision a reality. HRC envisions a world where lesbian, gay, bisexual, transgender and queer people are embraced as full members of society at home, at work and in every community.

Bridget Rittman-Tune - Coalition on Human Needs (CHN)
Faculty mentor: Dr. Ashwini Tambe
Founded in 1981 by organizations concerned about President Reagan’s proposals to consolidate targeted federal funding for human needs programs into block grants, the Coalition has since expanded its work into other issue areas. The Coalition promotes adequate funding for human needs programs, progressive tax policies and other federal measures to address the needs of low-income and other vulnerable people.

Mekdes Sisay - HIPS
Faculty Mentor: Dr. Elsa Barkley Brown

HIPS promotes the health, rights, and dignity of individuals and communities impacted by sexual exchange and/or drug use due to choice, coercion, or circumstance. HIPS provides compassionate harm reduction services, advocacy, and community engagement that is respectful, non-judgmental, and affirms and honors individual power and agency.

Ashley Thieme - Bipartisan Policy Center (BPC)
Faculty mentor: Dr. Ruth Zambrana

The Bipartisan Policy Center is a non-profit organization that combines the best ideas from both parties to promote health, security, and opportunity for all Americans. BPC drives principled and politically viable policy solutions through the power of rigorous analysis, painstaking negotiation, and aggressive advocacy.

Past Fall 2018 Internship Placements included:

Katie Dallimore - The Advocacy Project
Faculty mentor: Dr. Michelle Rowley

The Advocacy Project is a nonprofit that focuses on helping marginalized communities all around the world. Their mission statement is:

"The Advocacy Project (AP) supports marginalized communities in the Global South that face poverty, violence, and discrimination. Working through graduate students (Peace Fellows) we help advocates from partner communities to tell their story, strengthen their organizations, and launch innovative campaigns. We believe that social change begins at the local level and is triggered by those who have experienced and resisted discrimination."

Their partners/programs regarding women can be found athttp://www.advocacynet.org/women-partners/

Frieda Greenthal - Maryland Coalition Against Sexual Assault (MCASA)
Faculty Mentor: Dr. Ashwini Tambe
The Maryland Coalition Against Sexual Assault (MCASA) advocates for accessible, compassionate care for survivors, the prevention of sexual assault, and accountability for all offenders. MCASA actively works to end sexual violence in the State of Maryland through professional training, public outreach, public policy advocacy, technical assistance, and legal services.

**Maili Knox - Amara Legal Center**  
Faculty mentor: Dr. Jessica Mathiason

The Amara Legal Center is a non-profit organization located in Washington, D.C. that provides free legal services to survivors of sex trafficking and to sex workers in the D.C. metro area.

**Zi Li Strzelecki - On Our Own of Prince George’s County**  
Faculty Mentor: Dr. Sydney Lewis

On Our Own of Prince George’s County is a friendly place where people with lived experiences can come to find community and support. We offer hope, information, resources, and an opportunity to those with mental health and substance use concerns. We promote self-advocacy by staying active and aware of issues that concern individuals with mental health and substance use challenges as well as issues in the community. We offer workshops and activities on Wellness Recovery Action Plan (WRAP®), Recovery, Better Days, self-esteem, Anti-Stigma, daily living, fun field trips, In the Studio, and service in the Community.

**Upcoming Events**
March 5th from 10am-6pm will be the big day for all of our May Grads!

We encourage all graduates to make their way to the University Book Center on the 5th, so that they can be guarantee the correct size/style of regalia for commencement. Please note that April 15th is the last day the University Book Center will be able to guarantee correct style/size for anyone attending commencement.

Any students that are unable to attend Grad Fair, regalia can now be ordered online! Because it is a vendor site, it will not be applicable for the discount at Grad Fair. The site will open for ordering March 8th. Only complete packages will be available for purchase online.

Visit https://umdcollegepark.shopoakhalli.com

SAVE THE DATE - The Department of Women’s Studies Commencement Spring Ceremony is scheduled for Thursday, May 23, 2019, 3pm, Memorial Chapel.

More Department Events

More Opportunities & Events: On-Campus
ARHU Dean's Lecture Series featuring Edwidge Danticat

Wednesday, 02/20, 5:30pm, Gildenhorn Recital Hall, The Clarice - Reserve Tickets

Award-winning novelist Edwidge Danticat joins Distinguished Scholar-Teacher Merle Collins for an intimate and informative conversation about their lived experiences as Caribbean Americans. The event combines a reading from Danticat, followed by a discussion and audience Q&A; on themes of storytelling, immigration, advocacy and the challenge of finding home away from home.

Admission is FREE, but tickets are required - Reserve tickets

Amy Stanley, Rewriting the History of Sexual Assault in the Age of #MeToo

Tuesday, 2/19, 3:30-5pm, Margaret Brent B, Stamp

The #MeToo movement is now over a year old, but over the past few months its stakes have become increasingly clear, not only in American culture and politics but also in many of our intellectual lives as historians. This talk considers
how the rallying call “believe women” challenges our epistemology and might lead us to a different approach to our evidence. The sources are drawn from an early nineteenth-century Buddhist temple in rural Japan, but the problem they present is familiar to both historians and feminist activists: sexual assault often causes a rupture or fracturing of conventional narrative. What do we do with the silences and changing accounts? Which stories do we tell? And, ultimately, who do we believe?

Bayley Marquez, "Settler Colonial Racial Grammars"

Tuesday, 2/19, 2:30-4pm, Tawes 0330

Join the Department of American Studies for a talk by Bayler Marquez entitled, "Settler Colonial Racial Grammars: Indigenous Women’s Hyperpunctuation, and Constructing Racial Hierarchy at the Hampton Institute, 1868-1922."
MLAW, UMD's Pre Law and Society Minor Program, is currently recruiting for their Fall 2019 cohort.

Applications are now being accepted on a rolling basis until February 18, 2019. Learn more about MLAW programs.

Education Abroad (EA) is accepting applications for all summer, fall and full-year 2019-2020 programs.

Most application deadlines are on March 1 with some exceptions so check for program-specific deadlines.
Huracán, Tormenta, Storm: Winds of Change - Latin American Studies Center Annual Student Conference
Submission deadline: March 1, 2019
Event date: May 2-3, 2019
Find the 2019 Call for Papers and Invitation to Participate

Graduate students and advanced undergraduate student submissions from all disciplines are welcome. The conference is scheduled for May 2-3, 2019, on the University of Maryland campus in College Park, and will include two days of panels, a keynote panel discussion (scholars, activists, and artists), and a music-filled closing reception. We look forward to your participation and attendance. This event is an opportunity for scholars, artists, and activists to examine “Huracán, Tormenta, Storm” from multiple perspectives. Envisioning the winds that transport elements and transform landscapes, we welcome papers that analyze all forms of change across the Americas. How do movements--social, migratory, religious, intellectual, artistic, and environmental--work as winds of change? What are possible approaches for studying catastrophe? How can the non-linear movements happen in a storm help us to understand the Americas? For submissions and more information, contact us at lasc@umd.edu

More Opportunities & Events: Off-Campus
Interested in Graduate Studies?

The [Women’s, Gender and Sexuality Studies Program at the George Washington University](#) offers exciting interdisciplinary degrees, drawing faculty in from a variety of departments and disciplines across the university. The program offers two graduate programs, with concentrations in Public Policy and the Liberal Arts, as well as a graduate certificate in the field of Women’s, Gender and Sexuality Studies.

[Learn more at go.gwu.edu/wgss](#)

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Scholarship Opportunities for Undocumented Students

**TheDream.US Scholarship Program for DREAMers**
Deadline February 28

Rutgers University- Newark and Rutgers University- New Brunswick have partnered with TheDREAM.US to provide financial aid to undocumented students who qualify for the Deferred Action for Childhood Arrivals (DACA) program. For more information regarding eligibility and application guidelines please visit: [https://www.thedream.us/scholarships/national-scholarship/](https://www.thedream.us/scholarships/national-scholarship/)

**The Bernie Scholarship Awards Program**
Deadline March 1
Open to Dreamers and also low-income students who live in Montgomery County, MD who receive housing assistance. For full details and how to apply visit https://berniescholarships.org/apply/

Immigrants Rising 2018- 2019 List of Scholarships
A compilation of undergraduate and graduate scholarships that do not require proof of U.S. citizenship or legal permanent residency. Visit the following link to view the list of scholarships: https://immigrantsrising.org/hot-off-the-press-our-undergraduate-graduate-scholarship-lists

Betancourt Macias Family Scholarship Foundation
The Foundation was founded to support the educational endeavors of undocumented people. The Foundation features various scholarships, most of which are open to student from all states with the exception of the Juan Betancourt Rosas Scholarship. Visit their website for more information: https://www.undocuscholars.com/scholarships

The U.S. Department of State’s Benjamin A. Gilman International Scholarship is a grant program that enables students of limited financial means to study or intern abroad, thereby gaining skills critical to our national security and economic competitiveness.
The Gilman Scholarship Program is open to U.S. citizen undergraduate students who are receiving Federal Pell Grant funding at a two-year or four-year college or university to participate in study and intern abroad programs worldwide.

Interested in learning about the important issues, innovations, and cross-sector collaborations that will enhance opportunities for equality in workplaces and communities around the world? Join the U.S. Chamber Foundation for the 2019 International Women’s Day Forum: The Equality Opportunity on March 6 and 7 in Washington, D.C. Scholarships available to attend at no cost. Learn more here: http://bit.ly/2H8az31

Career Center Events and Information

The Spring Career Fair Series is almost here!

Check out fair dates and prep events to get the most out of UMD's busy Spring season!
Each semester the University Career Center's "Careers In" Series spotlights specific industries.

Events this spring include:

- **Careers in Media, Film & Entertainment** (02/27)
- **Careers in Publishing** (03/01)
- **Careers in Health & Science Communication** (03/11)
- **Careers in Food Safety** (03/13)
- **Careers in Environmental Health** (04/23)

A full listing of career events can always be found at [www.Careers.umd.edu](http://www.Careers.umd.edu). ARHU students can schedule appointments with the University Career Center @ ARHU through Careers4Terps ([www.Careers.umd.edu](http://www.Careers.umd.edu)). Walk-in hours are also held on Mondays from 1:30-3:30 pm and Thursdays from 9:30-11:30 am in 1118 Francis Scott Key Hall.
Thousands of internships as well as part-time and full-time jobs (including the few listed below) can be found by logging into Careers4Terps at www.Careers.umd.edu. Need help accessing your account? Stop by the University Career Center (3100 Hornbake Library, South Wing) anytime Monday-Friday from 10:00 am- 4:00 pm (no appointment needed) for help with Careers4Terps.