

*The St. Catherine Experience provides an overview of opportunities in your major and the co-curriculum at St. Catherine University. Use this guide in discussions with your academic advisor and other mentors to choose those experiences that will best support your academic, career and personal goals. Please read through this entire guide. Some tips and opportunities may be more relevant for you in different years.*

Suggestions for making connections with your classmates,  
the University and the Women's Studies Program.

YEAR I  
Gateways

### **Welcome to St. Kate's and the Women's Studies Program**

*"The area of Women's Studies immediately drew me in, and I was thrilled. I had the capacity to immerse myself within the theories and ideas at the center of feminism and critical race and ethnicity studies. The more I learned, the more I wanted to understand. My under-utilized critical thinking skills essentially exploded into action and I began to question everything I previously thought I understood. Many of my viewpoints and opinions, drawn from my ignorance and blind acceptance of virtually everything I heard or read, drastically changed, often to the direct opposite of my original position, after I began to claim my education. When I became a student at St. Catherine University, I was ready." Senior Women's Studies Major*

*"You want to change the world? Here is how to do it in a smart way." Sharon Doherty, Professor & Program Director*

#### **ENTERING STUDENTS Get Involved in your new community!**

- ❑ Begin your connection to the University through the New Student Orientation program.
- ❑ Don't miss the department Open House in the fall. Learn about the Women's Studies major and minor, and related programs of study including the Women and International Development major and Women in the Arts minor.
- ❑ Consider earning a double major; students can "double-dip" credits earned with courses in Sociology, English, Philosophy, Psychology, Theology, Critical Studies in Race and Ethnicity and others. Discuss these options with any faculty members in this department.
- ❑ Talk to your advisor early about ways to enhance your Women's Studies major with Study Abroad, internships, collaborative research and more. Don't miss out on these experiences. See highlighted boxes for more information.
- ❑ The Abigail Quigley McCarthy Center for Women works closely with the Women's Studies program. Stop by the Center, Room 230 CdC, to explore ways to connect your academic interests to your activities and your life. Program Coordinator Sia Vang (x6783, svang@stkate.edu) provides key resources and can help you to create networks with students similar to you.
- ❑ There is a culture of thinking about issues related to women and feminism that permeates St. Kate's. Because

St. Catherine University is a women's college, the curriculum is very grounded in women's issues. This depth allows the curriculum to go deeper, past the introductory level.

- ❑ The Women's Studies program at St. Catherine University is committed to helping students develop writing skills for leadership and influence on the wider society.
- ❑ Our program draws from multiple disciplines (such as biology, communication studies, English, history, philosophy, psychology and theology); many classes include a service-learning component to apply theory to practice and to gain a multicultural experience at a local organization.
- ❑ The Women's Studies major is a consortial major offered collaboratively by four of the Associated Colleges of the Twin Cities (ACTC): St. Kate's, Augsburg College, Hamline University and St. Thomas University.
- ❑ The Women's Studies major is unique in that it allows students to design their program around specific areas of interest and passion. Students love the flexibility in creating their own program!

#### **ACADEMIC AND ADVISING CONNECTIONS**

- ❑ Meet with your First-Year Advisor throughout fall semester. Discuss the results of your Mapworks Survey and identify resources to that will help you with your academic and personal goals.

- ❑ Engage in the TRW Salons: learn what it means to be a woman educated in the liberal arts.
- ❑ Declare your major officially by April 1. Go to the Student tab in KateWay and review your Academic Profile. If you have not declared your major, go to Change Your Record.
- ❑ Work hard to achieve a strong GPA that will open many doors for you: honors and awards, scholarships, graduate school admission, Dean's List admission, Phi Beta Kappa admission, etc.
- ❑ Conduct a "What If?" scenario on the Degree Evaluation link with your advisor. Explore minors and double major options with your Women's Studies or Women and International Development major.
- ❑ Review the St. Catherine Experience Antonian Honors Program Advising Guide if you are an honors student or considering applying to the Honors Program. This guide is available in the department, Academic Advising or Career Development.
- ❑ Strengthen your writing and math skills at the O'Neill Center for Academic Development.

## CAREER DEVELOPMENT

### Consider ways to connect your Women's Studies major and interests to your future career plans

- ❑ Conduct shadowing or an informational interview with Women's Studies alumnae. Obtain names from department faculty or from Career Development staff; sample questions are available in Career Development.
- ❑ Apply for student employment. To begin, log in to KatieCareer and complete your profile. You'll need a résumé and cover letter to apply; Career Development can help you with this.
- ❑ Explore career options for the Women's Studies major. Majors find satisfying careers in a number of areas including non-profit, business, government and human services. If a career in law is your goal, review the St. Catherine Experience Pre-Law Advising Guide, available in the department, Academic Advising and the Career Development office.

## SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT

### Learn about St. Kate's mission of social justice

- ❑ Connect with Campus Ministry at the opening bonfire to learn what Campus Ministry has to offer. Participate in the New Student Retreat, a day to reflect on the journey ahead as you begin your time at St. Kate's. Serve your community at Citizen Katie Day in the fall and through weekly service projects with Volunteers in Action (VIA).

## COMMUNITY CONNECTIONS

### Get involved in campus life

- ❑ Attend the Women's Studies and Critical Studies of Race & Ethnicity Bag Lunch Discussion Series offered throughout the year. This informal lecture series brings students, faculty and staff together to discuss current research and related topics. To see upcoming programs, go to the Abigail Quigley McCarthy Center for Women website and link to Community Gatherings.
- ❑ Volunteer at an agency, advocacy group or political campaign. Build experience related to your WOST major.
- ❑ Attend lectures, programs and other on-campus and off-campus events. Make sure to get on the email list of the Abigail Quigley McCarthy Center for Women and check the *Daily Update* often for campus discussions.
- ❑ Don't miss the Activities Fair in September. Join a club or organization that captures your interest. Consider Women of Color, SHE Pab: Voices of Hmong Women, Katies Entrepreneur Organization, Women Against Domestic Violence, Minnesota Public Interest Research Group (MPIRG), Anti-Racism Coalition, and the Social Justice Leadership Team. The Activities Fair is offered again in February.
- ❑ Take in the rich Twin Cities arts culture: see a play, attend a concert, and visit a gallery or museum.
- ❑ Attend an event at The O'Shaughnessy, a premier theater/music and dance venue right on campus!
- ❑ Use your St. Kate's Involvement Planner to help manage your time and involvements.
- ❑ Develop financial management skills; attend the college-wide Money Management speaker series or register for the two-credit INDI 2994: Personal Financial Fitness (only first and second year students).

### Thinking of Pre-law?

**Obtain a copy of the St. Catherine Experience guide to plan your Pre-law curriculum at St. Catherine University** Law Schools admit students from a wide range of experiences and majors. St. Kate's prepares students for law school through rigorous academic preparation, co-curricular programs, and resources to explore the legal profession and to work through the application process. This guide maps out year-to-year suggestions that will prepare you for the application process. Pick up your SCE Pre-law Advising Guide in the department, Career Development Office (CdC 460) or Academic Advising (Derham Hall 203). A Pre-law advisor is available to assist students through this process.

### Abigail Quigley McCarthy Center for Women's Research, Resources and Scholarship

The Abigail Quigley McCarthy Center for Women actively supports the mission of St. Catherine University by affirming the dignity of women and fostering their intellectual and leadership potential. The Center serves as a catalyst and supporter of many projects and programs that address women's issues. A commitment to open, honest dialogue about tough issues and a belief in the necessity of work for justice form the backbone of the work the Center supports. Visit this welcoming space often: build a community with other majors and minors, study, or just hang out. View the Center's website for upcoming events and be sure to sign up for the Center's email list.

*"Women's Studies opened my eyes to the interconnectedness of activism and academics."*

*Christina McElderry, St. Kate's Alumna and Truman Scholar*

### ACADEMIC AND ADVISING CONNECTIONS

- ❑ Attend the Second Year Celebration program as a second year student in the fall, an important initiation event for a scholar at St. Catherine University.
- ❑ Attend the Women's Studies and CRST bag lunch series in the Abigail Quigley McCarthy Center for Women. Learn about current research taking place in the field.
- ❑ Work with the Office of Global Studies to plan a study abroad experience; consider a year, semester, J-term or summer study abroad program.
- ❑ Take advantage of the faculty's "open door policy." Stop in to build your major, learn about the course offerings, and share your specific interests. Discuss possibilities for double majoring. Explore with your advisor how to integrate your interests with another major at St. Kate's.
- ❑ Take advantage of the "double dipping" opportunity that allows Women's Studies majors to use cross-listed courses to also count towards other Core requirements. There are a number of cross-listed courses with Women's Studies.
- ❑ Complete the online form to declare your major before reaching junior status (60 credits). Review your academic catalog and complete a Degree Evaluation, then meet with your advisor to identify which major, minor, liberal arts core or other graduation requirements you have left to complete. Create a schedule with your advisor to ensure you can graduate in the timeline you are planning.
- ❑ Attend the annual ACTC Student Conference on Women's Studies held in the spring. See highlighted box.

### COMMUNITY CONNECTIONS

- ❑ Join one of the many clubs and organizations that will help build your confidence in public speaking and leadership skills. Clubs that may be of interest to majors include: the Pre-Law Club (provides an outlet for students interested in exploring the legal field, applying to law school, learning from current attorneys and examining

current laws/justice issues. This organization also supports the Mock Trial Team), and the Student Senate, the student governing body for Day undergraduate students. Check out all opportunities at the biannual Activities Fair in the fall and spring, at the Student Center and Activities website, or in the SCA office, 270 CdC.

- ❑ Learn important financial management skills; consider taking a financial management course. Consider enrolling in the 2-credit INDI 2994 course: Personal Financial Fitness. Learn how to develop and live on a budget.
- ❑ Apply as a planning member or audition for Catherine Monologues, an annual performance that shares experiences of the St. Catherine community on topics that celebrate and honor identity in its various expressions.

### SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT

- ❑ Apply classroom theory to practice; enroll in a service-learning course (designated on the course schedule).
- ❑ Attend the Chili and Cornbread events offered by Multicultural and International Programs and Services (MIPS) to discuss engaging topics on diversity and inclusion.
- ❑ Expand your experience of community by participating in monthly Emmaus Dinners in Campus Ministry. Live out the Sisters of St. Joseph of Carondelet (CSJs) commitment to love of God and dear neighbor without distinction by participating in an immersion trip over Spring Break.

#### Consider a double major

A double major provides students with the opportunity for deeper learning and to develop the important skills of integrative thinking: the ability to make connections and apply different intellectual perspectives across courses and subjects. Majors that are very accessible for double majoring with Women's Studies include Critical Studies of Race and Ethnicity, Sociology, Philosophy, History and English.

### Study Abroad Experiences

Women's Studies majors gain a sense of women in the world. Go abroad. Seven out of ten jobs today include an international component. Employers look for the skills, abilities, and qualities that result from international experience: cooperative problem-solving, tolerance for ambiguity, respect for diversity, open-mindedness, self-reliance and adaptability. Start planning now! Many internships can be included in study abroad programs. Conduct your research well in advance!

- Meet with staff in Global Studies early in your academic planning for best options. Your advisor, the department chair, and Global Studies staff have information on the best study abroad programs for completing major courses and staying on track towards graduation.
- Attend the Study Abroad Fair in February. Application deadline for spring semester is October 1 and for summer, fall or year applications, March 1. J-term priority application deadline is mid-April.

## LEADERSHIP DEVELOPMENT AND STUDENT EMPLOYMENT

- ❑ Build on your leadership skills. Take a leadership role in Student Senate, a club or organization, the LEAD Team, Students Who Are Parents (SWAP), Social Events and Experiences for Katies (SEEK) or serve as a Student Center Student Building Coordinator, an Orientation Leader or in other campus employment positions.

## CAREER DEVELOPMENT

- ❑ Conduct informational interviews with alumnae who have graduated from St. Kate's with a major in Women's Studies; find out how they are applying their discipline in their professional lives. Contact Career Development staff to help you develop these important contacts. Talk to your professors; invite them to share their wisdom, reflections and their own personal networks.

- ❑ Explore internship possibilities in Career Development and start the planning process.
- ❑ Consider creating an electronic portfolio to highlight your skills, experiences and accomplishments. See the eFolioMinnesota website at: [efoliominnesota.com](http://efoliominnesota.com) for information. Meet with one of the career counselors in Career Development for guidance.
- ❑ Plan to attend the Annual Career Opportunities Fair and the Government and Non-Profit Career Fair (Fall), as well as the Minnesota Private College Job and Internship Fair (Spring) to identify internship and job possibilities and to speak with employers.
- ❑ Focus on your career development and learn important career-related skills by enrolling in INDI 2000: Career Development for Women. This 2-credit course is offered fall and spring semesters as well as during J-term. It is the perfect course to help you think more broadly about the versatility of your major.

### Here's a sampling of what St. Kate's Women's Studies Alumnae are doing

**Nancy Anderson**, owner, Midwest Sign & Screen Printing Supply; double major Women's Studies and Theology

**Dana DeMaster**, Agency Policy Specialist – Research, Minnesota Department of Human Services; Women's Studies and Social Welfare minor

**Cara Hawkinson**, Associate General Counsel, United Health Care, Minneapolis-St Paul Area; English major, Women's Studies, Critical Studies of Race and Ethnicity, and French minors

**Kelsey Hjelmeland**, Medical School Student, University of Minnesota, Twin Cities; Women's Studies major, Critical Studies of Race and Ethnicity minor

**Jewelly Lee**, Board Member, Hnub Tshiab: Hmong Women Achieving Together and Scholarship Associate, Minnesota Private Colleges Fund; double major Women's Studies and Sociology

**Rebecca McDonald**, owner of B FRESH Photography and Media; triple major: Women's Studies, Communication Studies, Critical Studies of Race and Ethnicity

**Erin Ring**, Counseling Psychology Doctoral Student, Albany, New York Area Higher Education; Psychology and Women's Studies minor

**Sandra Vargas**, CEO and President, Minneapolis Foundation and first woman and Latina to hold position of Hennepin County Administrator; Business Administration and Women's Studies minor

### Knowledge and Skills developed by Women's Studies Majors

#### Critical thinking

- Integrate experiential knowledge with text-based knowledge
- Understand components of complex problems
- Engage effectively in intersectional analyses of structures and experiences
- Identify gender-based assumptions, biases and consequences and analyze gender systems in cultural context

#### Discipline-based knowledge

- Possess in-depth knowledge of women's and girls' circumstances and contributions across cultures and societies
- Understand intersectionality (race, class, gender, and other differences in community contexts) and apply the concept across disciplines
- Understand gender diversity and gender inequalities in the context of dualistic thinking and fluidity
- Understand the consequences of rigid gender expectations on people of all gender identities

#### Communication

- Form and articulate reasoned arguments with confidence
- Effectively connect reason and emotion in communication
- Engage in substantive, effective and critical use of technology

#### Writing

- Understand how assumptions regarding objectivity and subjectivity influence decisions about writing styles and genres
- Possess flexibility in writing for different purposes and audiences, including personal narratives, essays in a variety of media and research papers
- Integrate ideas and content across disciplines to address a subject or theme

#### Research

- Conduct qualitative and quantitative analysis and interpretation
- Use original sources
- Possess knowledge and understand research methods in different disciplines
- Evaluate complex information on societal issues

#### Teamwork

- Work collaboratively as a team member
- Understand how diverse perspectives can strengthen teams
- Work constructively and creatively within diverse environments

*“Women’s Studies has given me a community that has taught me about my past, let me see clearly the complexities of the present, and helped me visualize and begin to actualize a future for myself that is mine to decide. It has helped me see other women, not just as other pieces in the puzzle, but as complex, unique, individual portraits unto themselves. It has helped to understand how not just gender, but race, class, orientation, ableism, ethnicity, and religion all intersect to maintain hierarchies and systems of oppression. I have always been a feminist, but now I am a Women’s Studies Major.”*  
Senior Women’s Studies Major

## ACADEMIC AND ADVISING CONNECTIONS

- ❑ Participate in the spring ACTC Undergraduate Research Symposium.
- ❑ Meet with your academic advisor early in the fall to ensure you are on the right track in planning the focus of your major and minor. Review your Program Planning sheet and plan the year of courses, internships, global studies and other opportunities to enhance your major.
- ❑ Discuss opportunities to present a paper or research you have conducted at the Sister Seraphim Gibbons Undergraduate Research Symposium, an on-campus event that celebrates student scholarship and collaborative research held each spring.
- ❑ Consider taking SOCI/WOST 2994: Qualitative Methods in Social Research to develop research methods including ethnography, focus group study, interviews, etc. This course is great preparation for graduate study.
- ❑ Maintain a strong GPA that will enable you to be considered for the Dean’s List, Department Honors and/or Alpha Kappa Delta (AKD).
- ❑ Plan for your Global Search for Justice course. Consider choosing a section that offers an off-campus learning component such as service learning or study abroad.
- ❑ Attend the annual ACTC Student Conference on Women’s Studies held in the spring. See highlighted box.
- ❑ Complete and submit the “Declaration of Intent to Graduate” form by May 15 if you will graduate in December of the next academic year. Go to KateWay, My Education tab.

## CAREER DEVELOPMENT

- ❑ Discuss internship options with your advisor; schedule a subsequent meeting with the Internship Director in Career Development for internship program information.
- ❑ Attend the Annual Career Opportunities Fair in the fall to explore career options. Practice your interviewing skills for internships and employment opportunities.
- ❑ Attend the Graduate School Fair in October if you are considering graduate school. Utilize the graduate school resources in the Career Development library or on the Career Development website. Start the application process early — consider the application process like taking a course. Talk with a career counselor about the pros and cons of attending graduate school right after graduation.
- ❑ Finalize a draft of your résumé with a career counselor.

## LEADERSHIP AND STUDENT EMPLOYMENT

- ❑ Develop your professional voice. Consider communication courses that will build your confidence in public speaking. Also, as you engage in class debates, learn how to effectively assert your ideas in both writing and speaking. Appreciate the skills you learn from peer reviews.
- ❑ Work collaboratively with a staff or faculty mentor as a research, program development, or teaching assistant through the Assistantship Mentoring Program (AMP). Contact Community Work and Learning.
- ❑ Serve as an officer in any club or organization you joined. Develop leadership skills to enhance your résumé.

### Possible Career Paths for Women’s Studies Majors ...

Women’s Studies majors can use their skills in many employment environments including:

**Business and Industry** – Training and Development, Human Resources, Equity and Diversity, Marketing, Sales

**Healthcare** – Medicine-specializing in Women’s Issues, Occupational Therapy, Public Health, Human Services, Mental Health Services, Case Management, Community Relations, Counseling

**Education** – Teaching, Research, Community Education, Higher Education Administration

**Non-Profit** – Administration, Fund Raising/Development, Research, Policy Analysis, Grant Writing

**Law and Politics** – Attorney, Lobbying, Government Relations

### Annual Student Conference on Women’s Studies

Don’t miss this event! The Women’s Studies Student Conference is an opportunity for students taking courses in ACTC’s Women’s Studies program to present their academic research, professional experiences and internships, and feminist activism. This conference is hosted each spring on one of the ACTC’s campuses. Consider presenting a research paper at this important event; discuss your ideas with your advisor. Go to the ACTC website for more information about this event: [actcmn.org/actc](http://actcmn.org/actc)

## Strive to become your best ...

Consider these academic, scholarly opportunities to build your résumé and overall St. Catherine experience.

Challenge yourself academically by exploring opportunities in the **Antonian Scholars Honors Program**. Discuss criteria with your academic advisor. The Antonian Scholars Honors Program offers students of superior ability and motivation an opportunity to study and work with peers and with faculty mentors in a specially-designed program of the liberal arts. It is comprised of interdisciplinary honors seminars (or a combination of at least 2 seminars and pre-approved equivalents) and an independent research study conducted during the senior year. Contact your advisor for more information or see the Antonian Scholars Honors website. (Obtain a copy of the St. Catherine Experience Honors Program guide available online.)

**Phi Beta Kappa** is the nation's oldest and most prestigious undergraduate honor society which recognizes achievement in the liberal arts. Founded in 1776 at the College of William and Mary, it currently has 262 chapters. In 1937, The College of St. Catherine was the first Catholic college or university to be awarded a chapter. A potential member must major in liberal arts and sciences; be of high moral character; rank in the top 10 percent of her class as a senior or the top 7 percent as a junior; and demonstrate understanding of the liberal arts education. For more information, contact Art and Art History Professor Amy Hamlin, Chapter President or Biology Professor Martha Phillips, Secretary.

The **ACTC Undergraduate Research Symposium** highlights the ways ACTC students contribute to the vibrant Twin Cities community through direct study, applied research, community work, and original artwork or writing. Present your research at this annual event held each spring at one of the ACTC institutions. Themes/topics change every year. ([actc-mn.org](http://actc-mn.org))

The **Assistantship Mentoring Program (AMP)** allows you to work collaboratively with a staff or faculty mentor as a research, program development, or teaching assistant while expanding your résumé and earning a paycheck. AMP has developed a successful model of women's leadership and is committed to integrating academic learning with opportunities that contribute to your education and success. Contact Community Work and Learning.

**National Conference on Undergraduate Research.** Discuss opportunities to present research that you have conducted in collaboration with a faculty member at this conference which takes place each spring. Inquire with your academic advisor.

**Post Graduate National Fellowships and Scholarships** Students seeking post-graduate fellowships and scholarships, including Fulbright, Rhodes, Truman, Marshall, Rotary and Goldwater can receive expert advice through a mentoring program. They can also receive funding to prepare materials for submission and interviews. The application process for these prestigious programs takes thoughtful planning and mentoring from faculty. PLAN AHEAD. Contact: Dr. Lynda Szymanski, Professor of Psychology and Director of Collaborative Undergraduate Research, x6625, [laszymanski@stkate.edu](mailto:laszymanski@stkate.edu).

## Women's Studies Program Core Faculty

Sharon Doherty	Professor and Program Director	x6736	<a href="mailto:sldoherty@stkate.edu">sldoherty@stkate.edu</a>
Allison Adrian	Assistant Professor, Music	x6689	<a href="mailto:aeadrian@stkate.edu">aeadrian@stkate.edu</a>
Jane Carroll	Professor, History	x8813	<a href="mailto:jlcarroll@stkate.edu">jlcarroll@stkate.edu</a>
Joanne Cavallaro	Professor, English	x6867	<a href="mailto:jcavallaro@stkate.edu">jcavallaro@stkate.edu</a>
Rafael Cervantes	Associate Professor, Communication Studies	x6907	<a href="mailto:rcervantes@stkate.edu">rcervantes@stkate.edu</a>
Francine Conley	Associate Professor, French	x6804	<a href="mailto:fhconley@stkate.edu">fhconley@stkate.edu</a>
Louise Edwards-Simpson	Assistant Professor, History	x6414	<a href="mailto:lredwards@stkate.edu">lredwards@stkate.edu</a>
Cecilia Konchar Farr	Professor, English	x6559	<a href="mailto:ckfarr@stkate.edu">ckfarr@stkate.edu</a>
Pamela Fletcher	Associate Professor, English	x6414	<a href="mailto:prfletcher@stkate.edu">prfletcher@stkate.edu</a>
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Amy Hamlin	Assistant Professor, Art History	x6809	<a href="mailto:akhamlin@stkate.edu">akhamlin@stkate.edu</a>
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Maria Tzintzarova	Assistant Professor, Political Science	x6557	<a href="mailto:mhtzintzarova@stkate.edu">mhtzintzarova@stkate.edu</a>
Hui Wilcox	Associate Professor, Sociology	x6707	<a href="mailto:hnwilcox@stkate.edu">hnwilcox@stkate.edu</a>
Debra Wygal	Professor, Biology	x6171	<a href="mailto:ddwygal@stkate.edu">ddwygal@stkate.edu</a>

*“As I contemplate why I am in Women’s Studies and what that means to me in my education, it is most important that I first focus on my own personal mission. While I have little doubt that my mission will change from time to time, I have clearly decided that my overall personal mission is to teach women how to empower themselves to achieve success in life, in the ways that each of them defines success. Indeed, this is my passion as well as my mission.”*

*Graduating Senior, Women’s Studies*

### ACADEMIC AND ADVISING CONNECTIONS

- ❑ Register for WOST 4850: Senior Seminar. This capstone course offers you the opportunity to delve into a topic you have already investigated but want to explore more deeply in an advanced research paper. You are challenged to do your best work that requires in-depth engagement. You will also be asked to write a brief memoir/vision statement to reflect on your women’s studies education and plan for life after you graduate. The seminar includes theory-to-action discussions, which detail moving beyond research and analysis to engage in constructive thinking about transforming society.
- ❑ Discuss opportunities to present a paper or research you have conducted at the Sister Seraphim Gibbons Undergraduate Research Symposium, an on-campus event that celebrates student scholarship and collaborative research held each spring.
- ❑ Complete and submit the “Declaration of Intent to Graduate” form by November 30 if you are graduating in May. Go to KateWay, My Education tab. Meet with your academic advisor to prepare for graduation by reviewing the Degree Evaluation and the Academic Catalog. Make adjustments as necessary. (Go to Student tab in KateWay, link to Degree Evaluation.)

- ❑ Attend the annual ACTC Student Conference on Women’s Studies held in the spring. Consider presenting a research paper or activist project. See highlighted box.

### CAREER DEVELOPMENT

- ❑ Meet with a Career Counselor to ensure you have developed a job search plan; finalize your résumé and practice your interviewing and networking skills. Connect with alumnae and attend events sponsored by professional organizations. WOST majors have found satisfying employment in government areas including public policy, advocacy, research, data analysis and in business areas including human resources, management, and law. Work with a career counselor to explore all the options related to your interests.
- ❑ Use your Career Development Senior Planner to help you successfully plan this year.
- ❑ Attend the Twin Cities Graduate School Fair in the fall. Be aware of deadlines and application procedures. Complete graduate school applications if you hope to attend in fall semester of the next year. Most doctoral program applications are due in December or January for fall admittance. Master-level programs sometimes have later deadlines. Explore scholarships available for graduate school. View websites in Career Development and Financial Aid.

### Internships are Essential!

Women’s Studies majors are required to conduct an internship. Internships allow you to explore and experiment with potential careers while gaining professional experience and exposure. The opportunity to develop and enhance skills and network with professionals is crucial to prepare for your future. Discuss the best time to conduct your internship with your advisor; take advantage of the resources available in the Career Development Office to plan your internship. Career counselors are ready to help you regardless of where you are in the process. Make an appointment or stop by during walk-in hours to begin searching and applying for internships. A sample of Women’s Studies internship site opportunities:

**Amherst Wilder Foundation** – Community Initiatives Intern

**City of Minneapolis-Department of Health and Family Support** – Youth Violence Prevention Intern

**Cornerstone** – Shelter Advocate, Children, Youth & Families Intern, Event Support Intern

**Girl’s Forum** – Research Intern

**Laura Jeffrey Academy** – Academic Resource Intern

**Minnesota Women’s Consortium** – College Feminist Connect Intern, Communications and Outreach Intern

**Sarah’s – An Oasis for Women** – Advocacy and Research Intern

If you have extensive work experience in your background, be sure to share your specific interests with your advisor and internship director to identify internships that will match and support your career objectives and interests. Check out the Internship IDEAS Books in the Career Development Office for more options. Discuss these opportunities with any WOST faculty member and/or the Internship Director, Laura Zirngible in Career Development.

*“As I reflect on my journey as a student of Women’s Studies, I see that Women’s Studies has significantly impacted three aspects of my life: my identity, my scholarship and my worldview. Through my Women’s Studies classes, I could be all of me: Hmong, American, and Feminist. I felt liberated and empowered because of my classes.”*

*Senior Women’s Studies Major*

- ❑ Identify faculty and staff on campus who could serve as references for your job search. Make sure you develop appropriate time lines so that you are able to meet deadlines for completed applications.
- ❑ Participate in the Annual Career Opportunities Fair and the Government & Non-Profit Career Fair (Fall), as well as the Minnesota Private College Job & Internship Fair (Spring) to network and secure employment in your field.
- ❑ Put finishing touches on your portfolio, highlighting your accomplishments in your major and in your co-curricular experiences. See the eFolioMinnesota website at: [efoliominnesota.com](http://efoliominnesota.com) for information.

## COMMUNITY CONNECTIONS

- ❑ Consider post-graduate service to further live out St. Kate’s commitment to social justice. Learn about these opportunities in Community Work and Learning.
- ❑ Share your story or take a leadership role in the Catherine Monologues spring production.
- ❑ Attend the Money Management workshops on budgeting, identity theft, repaying your student loans, etc. Develop sound money skills for a life after graduation. These skills will serve you well now and into the future.
- ❑ Celebrate your connections to the University, including mentoring relationships with faculty and staff, as well as lifelong friendships with your classmates.
- ❑ Become oriented to Alumnae Relations, and learn how to be an active and supportive alumna of the University.

## Enhance your Women’s Studies Major: • Choose 2 (or more!)

Consider these academic, scholarly opportunities to build your résumé and overall St. Catherine experience.

- ❑ **Study abroad!** See highlighted box of Study Abroad opportunities and information.
- ❑ **POSC 2992: Model UN.** This course provides an introduction to the structure and functions of the United Nations and its agencies. It focuses on international issues such as human rights, sustainable development, environmental protection, security, conflict and cooperation. The course prepares students for participation as delegates at the annual National Model United Nations Conference in New York, where they represent an assigned country in a simulation with more than 2,500 students from across the globe. The conference participation helps students gain knowledge in diplomacy, negotiation, conflict resolution and the procedures of the United Nations. In the works is a Model UN club and new course offerings in international relations, political science and history. For more information, contact Maria Tzintzarova, Assistant Professor of Political Science, x6557, [tzintzarova@stkate.edu](mailto:tzintzarova@stkate.edu).
- ❑ **POSC 2992: Mock Trial.** Students from many disciplines have the opportunity to participate in St. Kate’s Mock Trial program. It begins with formal training in a mock trial course and continues with regional and national competitions. This is an excellent opportunity for students to build skills in debate, oral communication, investigative research and reporting. Students who plan to attend law school can benefit greatly from this program. For more information about Mock Trial, contact Maria Tzintzarova, Assistant Professor of Political Science, x6557, [tzintzarova@stkate.edu](mailto:tzintzarova@stkate.edu).
- ❑ Apply for the **Collaborative Undergraduate Research’s Summer Scholars Program.** Work with a faculty member on original research and become part of a community of student and faculty scholars to add to your résumé and/or experience for graduate school. Year-long opportunities are also available. Inquire with any of the Women’s Studies faculty.
- ❑ **PLEN Scholarship.** The Abigail Quigley McCarthy (AQM) Center for Women offers scholarships each year for students to attend the Public Leadership Education Network (PLEN) seminars in Washington, D.C. The seminars are designed to give a behind-the-scenes look at the political process in Washington, particularly as it relates to women. Attendees meet with congressional members, non-profit leaders, and those involved in activism and advocacy. They are also able to network with other students interested in women and public policy issues. Complete a Scholarship Application Form and submit it to the AQM Center for Women for an opportunity to receive funding to attend the PLEN seminars.
- ❑ **Enroll in a course that offers a Community, Work and Learning component.** Apply theory to practice in an engaging course that connects you to the communities surrounding St. Catherine University. (Service-learning courses are designated in course schedule as “integrated service-learning.”)
- ❑ Present/submit a paper for one of the University scholarships or monetary awards including the annual Awards for Research and Creative Work (available through the Abigail Quigley McCarthy Center for Women), Bonnie Jean Kelly and Joan Kelly Student Excellence Awards in Creative & Scholarly Writing, and the O’Leary McCarthy Scholarship for Excellence in Undergraduate Writing. For more information on the Kelly and O’Leary McCarthy awards, go to the Writing Intensive Program homepage on KateWay, then the Student Resource tab and Writing Awards.