

# A Resource Guide for Women Studies Majors

Compiled Winter 2006

WOMEN 299: Women Studies Community in  
Colloquia

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## ASUW Women's Commission – M'Liss DeWald

The Women's Action Commission (WAC) is one of the seven diversity commissions founded by the Associated Students of the University of Washington (ASUW). WAC was formed in response to political activity occurring on campus regarding gender issues. WAC focuses on increasing women's visibility and advocates for women on campus. WAC is funded by the ASUW and puts on annual events like the Vagina Monologues, self defense classes, equality pay bake sales, and a variety of other programs. WAC has weekly meetings that are open to the public. For more information contact WAC by phone: 206-543-1817 or by email: [asuwomn@u.washington.edu](mailto:asuwomn@u.washington.edu). You can also visit their website at: <http://women.asuw.org/>

## Career Center – Meryl Goodwin

### Quick Facts:

**Website:** <http://depts.washington.edu/careers/>

**Hours:** M-F, 8:00am-5:00pm

**Phone:** 206-543-0535

**Location:** 134 Mary Gates Hall

**Mission Statement:** "To help students in the development of career plans and job search skills"

### What is it?

The Career Center is basically a large room full of resources that can help you answer question you may have regarding college, jobs, and life after college. There are *nine* advisors that work specifically through for the Career Center, each with their own specialty such as Graduate School, Resumes, Internships/Jobs, and some majors such as Business and Forestry have their own advisors here. There are also daily workshops listed on a white board as you enter; the day I went they were offering resume and cover letter workshops. The following is an overview of the services they offer:

- ✓ **Undergraduate Support**
  - Stress reduction tips
  - How to study smarter
  - Time management
  - Class registration tips
  - Support groups
  - Alcohol, SAD, drugs, sexual assault hotlines
- ✓ **Choosing a Major**
  - Folders on different jobs

- “What can I do with my \_\_\_ major?” (Binders on a variety)

✓ **Occupational Options**

- Job Postings
- Portfolios on different job markets
- Flyers on seminars held by various corporations
- Salary information

✓ **Experimental Learning**

- Study Abroad options/info
- Volunteer opportunities
- Work Abroad
- Under Grad Research

✓ **Grad School:**

- Different types of Grad school
- Schools within each discipline
- Applications for Grad School, Deadlines
- Scholarships
- Test preparation tips, processes
- Admission Process

✓ **Networking**

- How to make connections in business world
- Minority Organizations
- Job Search Strategies

✓ **Special Events**

- Career Discovery Week
- Featured Employers Nights
- Job Fairs
- Workshops
- Mock Interviews

**How does a student make use of it?**

Just walk on in! There is a front desk staffed with two professionals who can point you in the right direction. You can sign up with a counselor if you have a specific question, attend a workshop, or rifle through one of the numerous binders. There are also three computers with links to job and internship information. I would recommend going to the Career Center even if you don't have a question, because

you will discover tons of new opportunities. For example, I was looking through a binder on travel, and discovered a program that sends you to countries such as Ireland, Australia, Spain, etc and you work there for four months and travel with the money you earn. The Career Center is an excellent resource, and they are eager to help!

## **Catalyst – Tonya Hyde**

Catalyst is a resource for computer usage, website creation and maintenance, computer classes, and assistance for computer related problems. Catalyst has a lot of its information geared toward professors and teachers, but many of the resources are useful for students as well. They are particularly useful for those students who are interested in learning computer and website skills. The key resources for students are the free computer classes and the tools for maintaining UW websites (every student pays for one with tuition). <http://catalyst.washington.edu/home.html>

# Center for Women and Democracy – Katherine Jardine

Phone: 206-685-3474

Fax: 206-685-3703

Email: [cwg@u.washington.edu](mailto:cwd@u.washington.edu)

Box: 351380

Rm/Bldg: 206 Cunningham

Home Page: <http://www.womenanddemocracy.org>

## About the Group:

This group was created in Autumn of 2000, and is committed to the exploration of women as full participants in emergent and self-proclaimed democracies around the world. They approach this concept in both theoretical and practical ways.

The Center for Women & Democracy is a program based in Arts and Sciences and fosters female participation in local and global affairs through workshops, research, and international missions.

Nancy Hartsock is the director of the Center and professor of political science, and is quoted as saying: "We seek to promote the inclusion of women in studies of democracy, democratization, globalization, political economy, and political culture, we want to create a place where scholars, activists, leaders, and public intellectuals from the U.S. and around the world can come together to influence each other's work and thinking."

## The Center already has nearly a dozen programs and projects in the works, including:

### NEW Leadership Puget Sound

Each summer, the Center in partnership with the University of Washington hosts a diverse group of 40 undergraduate women from schools throughout Washington State for a five-day, residential institute designed to educate, empower and engage them in civic and political life. Encouraging students to "lead where you land," the institute provides skills training in public speaking, negotiation and conflict resolution, diversity, fundraising and networking. By connecting many high-profile women leaders with the students, they encourage and inspire them to think about their options and opportunities. Women leaders from politics, business, the non-profit sector, and government serve as panelists, field trip hosts, trainers, leaders-in-residence, and speakers to share their insights, experience and stories with the students.

### Women's Leadership Delegations

The Center works to connect women across the globe by leading delegations of women civic, business and political leaders. Visits to different countries or regions of the world help to build a worldwide network of communications and support for women leaders. When the delegations return, the Center sponsors opportunities for participants to share their knowledge and experience with the community and interested constituencies. The Center also networks women across the world by coordinating reciprocal visits to Seattle of contacts made during their trips. Women's Leadership Delegations have traveled to Cuba, Sweden and the Baltic States, and South Africa.

### Lecture Series and Networking

The Center sponsors opportunities for the public to connect with inspiring women by offering a lecture series. Speakers have included: Former Lt. Governor of Maryland Kathleen Kennedy-Townsend;

former Secretary of State Madeleine Albright; author/activist Gloria Steinem; and activist for Afghan women Mavis Leno. The monthly Food for Thought dinner-lecture series showcases research and issues on women and democracy while encouraging participants to network.

## **Childcare Assistance Program – Robin Ferry**

The University of Washington's Childcare Voucher Program provides financial assistance to lower income students to help cover childcare costs. This assistance is available for qualifying students to help defray childcare expenses, and can cover up to 60% of costs for children from birth up to 6 years of age, and 35% for children 7-12 years old. Students must be enrolled full-time at UW at least 3 out of 4 quarters of the academic year in order to be eligible. More information about qualifying for the program and other University childcare and parent resources guides is available online @ [www.depts.washington.edu/ovpsa/childcare](http://www.depts.washington.edu/ovpsa/childcare) or by visiting the Childcare Assistance Program for Students Office in Room 482 of Schmitz Hall, or by calling (206) 543-1041.

## **Committee on Organizing Rape Education – Heather Hughes**

CORE is the Committee on Organizing Rape Education. Its purpose is to bring awareness to others about issues of rape and sexual assault. Its main way of doing this is through conducting presentations with peer educators. These presentations are free and are available to any group that requests ones. Currently CORE does most of its presentations for fraternities and sororities, classes and for student organizations. CORE also plans and hosts the Sexual Assault, Rape and Violence Awareness week in the beginning of April. SARVA week is a week of events of movies, lectures and presentations all concerning creating awareness of sexual violence. SARVA week culminates each year in a Take Back the Night rally where people walk across campus in an effort to make it safer for women to walk across campus alone at night and to bring attention to the fact that most are still not comfortable doing so.

## **Disability Advocacy Student Alliance – Stephanie Roth**

Meets: Every Thursday 4:00-5:00pm in HUB 204N

E-mail: [dasa@u.washington.edu](mailto:dasa@u.washington.edu)

Website: <http://students.washington.edu/dasa/> Listservs-

Meeting times and events: [dasamembers@u.washington.edu](mailto:dasamembers@u.washington.edu)

Discuss DASA projects and Issues about Disability: [dasatalk@u.washington.edu](mailto:dasatalk@u.washington.edu)

The Disability Advocacy Student Alliance is a student run group that was formed in order to address the needs and concerns of the disability community and its allies at the University of Washington regarding issues of disability. DASA works with other student groups, the UW administration and the off campus community in order to represent student interest in the disability community. If you have any kind of disability (physical, mental, emotional, learning, health, etc.) or are an ally to those with disability you are encouraged to join this group. With projects like the Body Fair, which explored issues of Body, Mind, and Disability through art, letter writing campaigns regarding disability issues on campus, and voter education about different candidates' stances on disability rights, DASA is a great way to learn and be an advocate for disability rights, not to mention meet some fun people along the

way!

## **Ethnic Cultural Center – Tatiana Gaines**

The Ethnic Cultural Center/Theatre is one of the many resources available to students on the UW campus. The Ethnic Cultural Center/Theatre (ECC/T) provides community building programs, as well as lectures that serve to enhance the student experience and books and periodicals to heighten a student's awareness on cultural and leadership issues. It is here that students can learn the leadership skills necessary to start and run their own student organizations. The ECC/T staff members are available to advise individuals or organizations regarding a variety of issues including event planning, officer transition, funding proposal development, facility use, and campus resources and referrals. Each quarter, the ECC/T along with student organizations put on shows to honor the different cultures. The ECC/T also promotes an inclusive and educational environment by providing programs and services which enhances the communication and exchange of multicultural perspectives and values. For 25 years, the ECC/T have been at the center of the university's effort to encourage both cross-cultural exchange and learning beyond the classroom.

## **Hall Health Women's Center – Blake Shaw-Phillips**

Hall Health Women's Center provides female-specific healthcare to students, faculty, and staff. For example, they can help you select a birth control method, proscribe the morning after pill, perform annual examines, and arrange prenatal care. Their website also has tons of information, such as the symptoms of common STDs, possible side effects from hormonal birth control, and information about accessing services. It's updated regularly with related press releases and health information – right now there's information on the FDA's recent announcement about the patch. To schedule an appointment call 206-616-2495. The services provided are usually covered by student insurance, but if you choose to use a birth control method make sure that you get a brand that's covered by the pharmacy.

## **IMA – Hillary Witte**

The workload in the lives of those who are employed by, teach at, or attend the University of Washington can be substantial, which often leads to elevated stress levels, isolation when faced with approaching deadlines, and possibly an unhealthy and sedentary lifestyle. To counter this, a great place to work off anxiety, stay in shape, and be involved in team sports or activities is The Intramural Activities Building (IMA). The IMA is located just north of Husky stadium and is a three-story recreation center which is open to University of Washington students, staff, and faculty. It has both indoor and outdoor facilities, which include sports fields, studios for aerobic exercise, martial arts, and dance, archery, badminton, basketball, tracks, a climbing center, courts for handball, racquetball, pickleball, wallyball and squash, a swimming pool, and a fitness center with over 300 pieces of free weights, cardio, and single station weight machines.

It offers something for pretty much anyone looking to add as little or as much activity to their lives as they choose. There are personal trainers available, classes and teams (from the beginner level to advance) to join, and staff is on hand to answer any questions that come up. The hours when school is in session are from 6AM-10:30PM, but on the website

[http://depts.washington.edu/ima/IMA\\_ima.php#ima\\_hours](http://depts.washington.edu/ima/IMA_ima.php#ima_hours) you can find a more thorough list of hours for weekends and holidays. For those who work late, or for those who rise early, the IMA is generally

open, and some of the outdoor courts are night lighted for those active night owls.

For women specifically, the locker rooms afford amenities for both the modest and the unabashed; there are private changing stalls and some curtained showers, but by and large people keep to themselves in the more public areas. There are women's intramurals and other classes for women specifically, like weight training. A PDF file of class offerings is available at [http://depts.washington.edu/ima/IMA\\_skills.php](http://depts.washington.edu/ima/IMA_skills.php) . There are also workshops, like Diets Exposed, which give information about nutrition and healthy bodies. Late-night transportation to and from the IMA is safe and easy; the Night Ride Shuttles leaves UW every 15 minutes and then goes in a one-mile circle to points around campus from 8PM to 10:45PM. A schedule and more information can be found at <http://www.washington.edu/admin/niteride/> .

The cost of membership to the IMA comes with the purchase of the U-Pass, which last quarter cost \$41. With the U-Pass comes unlimited access to the IMA, as well as equipment rental for the IMA facilities. That way, it is not essential to purchase equipment such as racquets or balls if you are just trying it out. On a personal note, it took me until my senior year to begin utilizing the IMA for working out, mainly because I was new and unfamiliar to the gym-scene. Besides the first few days of finding my way around and being uncertain on the equipment, I now am confident at the IMA and it has become central to my lifestyle and health. I urge anyone who is interested in trying out a class, joining a team, or even just in spending some time on the treadmill to go and check it out. It is generally least busy late at night, and you will be surprised how helpful and friendly people are if you have questions.

## **Instructional Center – Virginia Echeverria**

The Instructional Center is a great place to get extra support/help for classes. The Center teaches the student a variety of information like techniques on how to study more efficiently. The center has a wonderful front reception person that will tell you how you can sign up to go the Center. On their webpage they have a variety of information that you can check out how the center can specifically help or you can look into the variety of links to see what helpful general information they have within their website. Their phone and address is as follows:

(206) 543-4240

1307 N.E. 40th Street (between Brooklyn and University Avenue)

(email)ic@u.washington.edu

## **Office of Minority Affairs – Jaime Gross**

## **President's Advisory Committee on Women – Nell Abercrombie**

The President's Advisory Committee on Women (PACW) was established in 1996 by then-UW President Richard McCormick. The committee's website lists these four tasks as its main charge: to identify issues of concern to women at the University; to disseminate collected information on the status of women; to advise the President concerning issues relating to women; and to make

recommendations to the President for improving the status of women faculty, staff, and students. Members are appointed by the President; these include student, faculty, and staff representatives from various departments and organizations, from the Women's Studies Department to University Police to the Biology Department to the Q Center. Those interested in joining the committee may contact the PACW research assistant. The committee holds monthly meetings and has four subcommittees: the Women of Color Subcommittee, the Visibility and Communication Committee, the Organizational Values and Climate Committee, and the Community-Building Committee.

The PACW makes policy recommendations to the President on issues regarding women, a definition it says it interprets "broadly." Anyone who is concerned that a UW policy impacts women unfairly is encouraged to submit a summary of the issue to the PACW research assistant so that the PACW can determine if it is within their purview. The PACW is also happy to spread the word about events that UW women should know about through their listserve and formal and informal networks. In the fall of 2007, the PACW will be holding the first annual All Women's Conference. The website links to three resource lists for women at other UW sites (the UW Diversity Council, the Q Center, and the UW Women's Center) as well as to sites of six specific UW organizations and programs (Advance—for women faculty; the ASUW Women's Action Commission; the UW Equal Opportunity Office; the Graduate Opportunities and Minority Achievement Program; the Office of Minority Affairs; and the Sexual Assault and Relationship Violence Information Service).

### **Contacting the PACW**

The PACW website is found at: <http://depts.washington.edu/pacw/index.shtml>. PACW officers may be contacted as follows:

#### *Committee Chair*

Elaine Z Jennerich

Director of Organization Development & Training, Libraries

381F Allen Library, Box 352900

Phone (206) 685-1464

Fax (206) 685-8727

[jenneric@u.washington.edu](mailto:jenneric@u.washington.edu)

#### *Vice Chair*

Marcia Killien

Professor, Dept of Family & Child Nursing

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Jessica Knaster

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Department of Health Services

[jknaster@u.washington.edu](mailto:jknaster@u.washington.edu)

Psychological Services and Training Center - Lisa Bedle

The primary function of the Psychological Services and Training Center (The Clinic) is to provide an introduction to clinical training for clinical psychology graduate students. The secondary function of the Clinic is the provision of quality psychological services to residents of the Greater Seattle area, including UW faculty, staff, and students.

**Number of Employees:** Eight paid staff members plus approximately 30 graduate student staff therapists who provide services as part of their training in the clinical psychology doctoral program.

**Unit's Main Function:** The Psychological Services and Training Center (the clinic) is part of the Department of Psychology's doctoral training program in clinical psychology, which tied for the rank of number two in the country in a recent survey of clinical psychology graduate programs. The clinic is the primary training site for graduate student therapists who provide therapeutic services under the supervision of licensed psychologists and other mental health professionals. The clinic provides psychotherapy and assessment services to individual adults, couples, children and families in Seattle and surrounding areas, including UW students, faculty and staff.

**Unit's Day-to-Day Tasks:** Staff therapists work with children and adolescents experiencing a range of problems, including behavior problems at home or at school, impulse control and attention problems, mood disorders, mild eating disorders, identity problems, child abuse and autistic spectrum disorders. Therapists also see adults with such problems as anxiety, depression, substance abuse and family and relationship difficulties. The clinic currently offers special services for those adults needing substance use evaluations and children needing learning disability assessment and intervention. Clinic staff are particularly committed to providing services to those who are currently under-served, such as ethnic minorities and the economically disadvantaged. The clinic is one of a few in the community providing sliding fee scale services for clients with limited income. More information is available on a Web site, <http://depts.washington.edu/pstc/>.

Telephone: (206) 543-6511

Location: Guthrie Annex 1

Corey Fagan, Clinic Director: [coreyf@u.washington.edu](mailto:coreyf@u.washington.edu)

Shannon Ford, Clinic Manager: [slford@u.washington.edu](mailto:slford@u.washington.edu)

Ronald Smith, Director of Clinical Training: [resmith@u.washington.edu](mailto:resmith@u.washington.edu)

Clinic Website: <http://depts.washington.edu/pstc/>

Directions and Map: <http://web.psych.washington.edu/about/directions.html#Annex1>

## **Residence Hall Student Association – M'Liss DeWald**

The Residence Hall Student Association (RHSA) exists for the sole purpose of increasing the quality of residential life experience. Through student run programs and advocacy for residents, RHSA builds valuable leadership qualities, creating a fun and exciting atmosphere to enhance the community. For anyone who lives in the halls this is a great experience to not only get involved in the community, meet new people, but also to become a great leader! For more information contact RHSA by phone: 206-543-5251 or by email: [rhsaweb@u.washington.edu](mailto:rhsaweb@u.washington.edu). You can also visit their website at: <http://students.washington.edu/rhsaweb/>

## **Q Center - Yecelica Valdivia**

It's a resource/space in which bisexual, lesbian, gay, queer, Two-spirit, intersex, transgender, questioning, same-gender-loving, differently oriented and allied students, staff, and faculty can join in a safe, non-judgmental environment.

The center pledges to maintain confidentiality with those they speak with and strives for equality, respect, and dignity.

The center harbors the Safe-Zone Project in which ally campus staff and faculty place "Safe" symbols such as a pink triangle or rainbow on their office door or in any space. These symbols indicate a safe, hate-free zone.

The Q-Center offers expertise in identity development and provides connections with other resources in the Greater Seattle area. They also provide other services such as the Lending Library, computers, a study/social space, crisis intervention, support and collaborate with student groups and collaborate with the Lavender Graduation.

As for future projects the Q-Center is working on a student speakers bureau, mentor program, psycho-educational/process groups and more.

The Q-Center is located in Schmitz Hall Room 450.

## **QTIIG (Queer women and Transgender Individuals Interest Group) – Ashley Mog**

Our mission to build a strong support network for lesbians, bisexual and queer women, transgender individuals, and their allies through education, support, and access to community. This group meets weekly in the Q Center (located in Schmitz 450) and is a facilitated discussion group. We also engage in activist projects such as trans awareness week. For more information email [qtiig@u.washington.edu](mailto:qtiig@u.washington.edu).

## **Sexual Assault and Relationship Violence Information Service (SARIS) – Becky Batch**

### MISSION STATEMENT:

- *To unify campus resources through the coordination of existing services which address the issues of sexual assault and relationship violence,*

- *To provide a safe place, referrals and information for students or their significant others who have been sexually assaulted and/or experienced relationship violence,*
- *To assess campus needs for information and activities addressing sexual assault and relationship violence, and*
- *To participate in the creation and coordination of educational prevention programs about sexual assault and relationship violence.*

The Sexual Assault and Relationship Violence Information Service (SARIS) is a confidential free organization available for University of Washington students. SARIS provides a safe place for not only the victims of sexual assault and violence but as well as their family and friends. SARIS provides contact information and referrals for those interested in and/or effected by sexual assault and violence. Students may also report incidences of sexual assault and violence to SARIS. The website may be found after accessing student's MYUW account and is located under Student Services. It provides more detailed and valuable information through links on the definition of rape, contact information in cases of assault, relationship violence, sedating substances, risk prevention, and supporting a survivor. Students may also request SARIS to give presentations about sexual assault and violence to various student groups and organizations on campus. In order to contact SARIS students may call (206) 685-HELP or e-mail at [saris@u.washington.edu](mailto:saris@u.washington.edu) or you may visit their office in room 204L in the HUB Administration Office.

## **Student Counseling Services – Shanah Pike**

The Counseling Center is a place where currently-enrolled UW students can receive assistance with study skills, career decisions, and a wide range of personal problems such as relationship difficulties, anxiety, or depression.

The counseling center is open all year, 8 a.m. to 5 p.m., Monday through Friday.

You can call to schedule an initial appointment, by calling the Counseling Center (206) 543-1240 or stop by the Center at 401 Schmitz Hall.

There is also a [Crisis Clinic](#) which can be reached at: (206) 461-3222

Below is a list of fees, although some counseling services can be free if you qualify and are willing to speak to a graduate or doctoral student, just ask your intake session provider.

Intake session	Free
First 3 individual, group or couple counseling	Free
Additional individual counseling	\$30.00
Additional couples counseling session	\$40.00

Additional group counseling session	\$20.00
Career Assessment Interpretive Workshop for students	\$20.00
Career Assessment Interpretive Workshop for alumni	\$40.00
Individual Career Assessment Interpretation	\$40.00
Study Smarter Workshop	Free
Values or Transitions Workshop for students	Free
Values or Transitions Workshop for alumni	\$20.00
Light Therapy session	Free

## **Student Senate – Emily England**

The Student Senate of the ASUW is a place that is designed to foster ideas and action for change surrounding current student issues. Although it is only senators who can vote on legislation, any student of the University of Washington is welcome to attend meetings or apply to become a senator. One of the duties of the Student Senate is represent the student body and their opinion on a wide and diverse range of activities and issues both on and off campus. There are currently over 150 senators representing the students and their ideas. Student Senate is important for Women Studies majors and minors to be aware of because it is where change can happen. Activism is key in promoting change for women. The ASUW Student Senate can make that idea for change and activism a reality. For more information about Student Senate or to apply to become a senator, you can visit their webpage at: <http://senate.asuw.org/>

## **Study Abroad Office – Ashley Skeith**

## **Undergraduate Scholarship Center – Emily Hackman**

Located in the Center for Experiential Learning

120 Mary Gates Hall

Box 352803

Phone: 206-221-6023

Fax: 206-616-4389

Email: [scholarq@u.washington.edu](mailto:scholarq@u.washington.edu)

Website: <http://www.washington.edu/students/ugrad/scholar/>

The Undergraduate Scholarship Office works with faculty and staff to assist UW students in developing the tools and personal insights necessary to compete for local and prestigious national scholarships. Their mission is achieved by supporting individual students with advising and individual assistance throughout the entire scholarship process. They also offer many workshops, fairs, as well as an extensive website to provide additional information.

The Scholarship Office is useful as a walk-in, however, the website is also quite extensive and what is recommended as a starting point.

Most students are unaware the many scholarships available once you become specialized within a department on campus, so doing a search on their website, browsing through their various databases, and meeting with a knowledgeable advisor is highly recommended. This is also a process that can and should be repeated every year!

## **Undergraduate Research Program – Aleksandra Weil**

The Undergraduate Research Program (URP) is designed for all undergraduate students who wish to participate in an in-depth research project within their chosen field. The research is facilitated by a UW faculty member and creates a rare opportunity for undergrad students to not only enhance their learning experience as undergraduate students but also participate in their first serious research. Furthermore, each undergraduate research has the opportunity to receive funding and even possible publication. Upon completion, each research project gets presented at the Annual UW Undergraduate Research Symposium.

The opportunity to enroll in URP is open to anyone. To enroll a student has to fill out an application by the end of February. To learn more information about the URP, please visit <http://www.washington.edu/research/urp/>

There is also usually a Graduate Student Assistant available to answer any further questions you may have. As the Student Assistant changes periodically, please refer to the website for current contact information and drop in hours.

## **UW Calendars – Jaclyn Reynolds**

The best advice is this: Know what you're looking for and know that you are probably going to have to find it in person. Online calendars aren't updated for events unless they are sporting events. Your best bet is to know what you're interested in and become a part of a mailing list.

I know that seems like very general information, but, seriously, that's what's available out there. I find it almost disappointing that, if I'm just sitting in my room, I have no idea what's going on out there. Aside from departmental calendars (which you actually don't see much of), any and all events are completely dependent on word-of-mouth or leaflets, fliers, and posters.

Honestly, I was expecting a little more than that and was actually surprised to find the lack of calendars and the abundance of advertisement for singular events.

Of course, this is ignoring the MyUW calendar, which is almost a turn off considering the fact that

every time I access it, the first thing I see is Weight Watchers meetings. (That calendar is actually set up through an outside company, which was the bulk of what I was able to find out about calendars.)

All of this and the fact that calendars you can find are only a sampling of what's really going on out there only add to the problem. Maybe that's the ticket. Instead of sending out a hundred emails a week on various events, someone could actually take the time (gasp, but this would cost money, gasp) to put everything in a calendar.

It's really just every person for themselves out there.

## **UW CARES - Joanne Gerry**

UW CARES (University of Washington Campus Area Resident Escort Service) is an escort service that provides a team of two students to walk with you on campus at night, from 5:30 p.m. to 12:30 a.m., Sunday through Thursday, during autumn and winter quarters, and from 8:30 p.m. to 12:30 a.m., Sunday through Thursday, during spring quarter. Escort service is available to upper campus, residence halls, fraternities and sororities, and the Montlake parking lots. There is no service on university holidays, the Sunday before a Monday holiday, during finals or quarter breaks. Two UWCARES staff members show up to a caller's location ready to walk him/her anywhere on or near campus. The escorts wear readily-identifiable red jackets, carry flashlights and sport extra-large umbrellas. UWCARES is a free service funded mostly by the Student Activities Fee and maintained by the Office of the Vice President of Student Affairs. About twenty students make up the staff. Call 206 685-WALK for more details.

## **UW Libraries – Jen Bledsoe**

<http://www.lib.washington.edu/>

The UW libraries are accessible on-line or in person at any of the 22 locations (2 of which are not in Seattle). The libraries offer many different services, such as alert services, borrowing services, class web pages, computer access in the libraries, connecting from off-campus, copy and print services (in all libraries), course reserves, grants and funding information, instruction and research help, interlibrary loans/UWorld Express, new additions to the collections, payment of library fines, purchase requests, reserving a study room, disability services, wireless internet access, personal library accounts, and checking out of many different books and/or media items.

Odegaard Undergraduate library is probably the best place to start out exploring the library system. They have the most helpful resources and it is very simply laid out. Odegaard has 3 1/2 floors. The first floor is information desks, books on reserve, the copy center, study tables, and computers to access the internet or the library catalog. The 1/2 floor is the media center, where one can check out movies, music, class media, and many other things. You can watch/use them there as well. The second floor

is the computer lab floor, where students can use Microsoft or Apple computers for as long as they want (library hours permitting) to research, do homework, or just play. The third floor is dedicated to books and is a quiet floor so people can read and study. There is no talking or cell phone use permitted, and is also good for last-minute cramming. All of the staff at Odegaard (as well as all of the libraries) are very knowledgeable and helpful.

The library access on-line and in person helps students and non-students alike. Students can access the website at anytime, and the libraries anytime they are open. Non-students and visitors are also allowed access to the libraries at certain hours, and have limited access on-line. Students can make great use of this resource by accessing the website or visiting one of the 22 locations in person. One could also call or e-mail the library via the information listed on the website.

## **UW Medical Center – Allison DePalma**

## **Vox: Voices for Planned Parenthood – Olgy Diaz**

Vox: Voices for Planned Parenthood is a UW based pro-choice activist group. Its purpose is to raise awareness about reproductive issues such as birth control, abortion, and medically accurate sex ed, mobilize young people to take action concerning these issues, and educate our community so they can make healthy, responsible sexual decisions. Vox meets weekly and holds various yearly events such as The Vagina Monologues, Sex Week, and Roe V. Wade day. Everyone is welcome at weekly meetings and no previous knowledge or experience necessary. Vox is also available to do presentations on birth control and sexually transmitted infections for any group interested. They are also a resource for free condoms and information on any of the above topics.

Meetings: Thursdays, 5 pm HUB 304F (Subject to change)

Website: <http://students.washington.edu/uwvox>

Office: HUB Sub-Basement, Room SB33

Mailing Address: Vox: Voices for Planned Parenthood

SAO Box 200

UW Box 352238

Seattle, WA 98195

Contact VOX at [uwvox@u.washington.edu](mailto:uwvox@u.washington.edu)

## **Women's Center – Kimberly Calkins**

I researched the Women's Center on campus by looking it up on the University of Washington homepage. The address for this site is <http://depts.washington.edu/womenctr/about/about.html>. Their mission on their homepage is "The University of Washington Women's Center is a vital place

where women and men partner to build a culture of social justice, equity and non-violence domestically and globally.” At the University of Washington, the center has been open for 25 years to help, promote and educate the public’s awareness on global issues relating to women, and violence/sex crimes against women. The center is located primarily in Cunningham Hall, though their classes/lectures are scattered on campus. They hope to better women’s position in the world by educating both men and women on these topics. They offer programs and classes open to the public (UW students as well) for adults and children, all of which are open to male and females. Their classes/programs/events do not center solely on global women’s issues, they have a broad range of classes in almost every subject from creative writing, to financial success to foreign language and travel classes. These classes, and many others, are offered for a small fee of what seems to be \$15-\$20 depending on the class. They also offer a very useful section on their website called “Resources” and has sections titled UW campus resources, Greater Seattle Resources, Financial Aid, Grant and Scholarship Information, Women’s Information on the Web and Women’s Support Groups. I think all of this information in one drop-down menu is very useful. It has just about everything a female student at the University of Washington could ever need. In this menu you can find information on everything from the Women Studies Department, SARIS, Student Legal Services, Planned Parenthood, Domestic Violence Resources in King County, Seattle Bisexual Women’s Network, El Centro de la Raza, the Burger King Scholarship, Scholarships on the Net, Fellowships, American Association for University Women, Child Care Resources and the Single Parent Student Support Group. These are just a few of the hundreds of resources and informative sources listed in their “Resource” drop-down menu. This great place to go for information on nearly every subject imaginable pertains to women. All UW students could benefit from this site greatly. I cannot recall how many conversations I have been a part of or overheard that went something to the affect of, “Where can I get scholarships?” “I need to find an internship for my class” “Where can I get free birth-control?” or “How can I get involved on campus?” This site can direct students to the answers of these questions and so much more.

## **Women Studies Writing Center – Karla Repman**

The Women Studies Writing Center is also home to CHID (Comparative History of Ideas) and AES (American Ethnic Studies). It is a valuable resource for anyone focusing on themes related to WS, CHID, or AES in their written work. There are skilled tutors available throughout school quarters, and each is a major in one or more of these three disciplines. Through the website <http://depts.washington.edu/writing/>, you can schedule an appointment with a tutor or just drop in when desired.

The openings for help vary and can fill up quickly, and they only give out slots of 45min to 1hour, so it is best to sign up early. The writing center’s location and hours of operation vary with each new school term, so it is necessary to stop in ahead of time to check their calendar or verify with the website for details. Their access to computers is limited to their location for the day, so bringing your own or just a pen or pencil is a good idea.