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Why We Have Too Few Women Leaders: Annotated Resource List

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Professor Fulkerson

University Experience

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Writing Project

TED Talk information

The video I chose is *why we have too few women leaders* by Sheryl Sandberg, I chose this Talk because the title caught my attention and I thought that it was a very interesting topic. I also wanted to hear what the reasons were on why we have too few women as leaders. The problem is that we are not getting to the top of anything. As it turns out women lack confidence compared to men who most of the time are always certain and believe in themselves. It's incredible how that lack of confidence can make a big difference. Confidence affects so many aspects of our lives and it is sad to see that as women we cannot believe in what we are capable of accomplishing.

Sandberg explains that this is true because the data shows it. For example, tests shows that men attribute their success to themselves by saying "we got this grade because I'm awesome." Unlike women who attribute their success to outside factors by saying "someone helped me" or "I got lucky." This is very important because these are some of the reasons why women can't get to the top. There could be other reasons why women lack confidence; whether it is at our jobs, school, or even home, but we need to stop this and be in charge of our lives and show men that indeed we are capable of many things. I was able to relate to this because being in the Engineering field has taught me to believe in what I do. The majority of people in my class

are male. Even though I feel outnumbered and uncertain from time to time, that doesn't mean that I cannot do what they can; instead it encourages me to try harder and better.

Annotated Resources List

Book Sources

Meyer, Joyce. *How to Succeed at Being Yourself*. New York: Warner Books, 2002. Print.

This book talks about finding satisfaction within yourself. If you can't trust yourself or believe in what you can do, how can you expect to succeed in the big world? The author of the book talks about finding the confidence many of us lack of and be able to hold it forever. This book relates to my topic because as human beings we need to learn to accept who we are—this is very important because that's where self-confidence builds up from and this book can help us to understand how to build that confidence.

Richardson, Cheryl. *Stand Up for Your Life: A practical Step-by-step*. United States of America: Simon and Schuster, 2002. Print.

This book talks about learning how to build confidence and trust in order to understand that we have an "important mission to fulfill." The author of the book is determined to show the readers how to define your values in order to stop hiding our power and be able to contribute to others in a meaningful way. This relates to my topic because it talks about increasing our confidence and self-esteem which is what most female's lack and prevents us from showing what we are capable of.

Internet Source

Li, Linda. *MedPageToday's*. KevinMD.com, August 24, 2013. Web. 18 February 2014.

This website talks about why there are so few women physician leaders. As you can tell, women lack leadership in different fields just how Sandberg (author from TED Talk) stated in her video. The author of the website explains how if it wasn't because of the "strong female figures throughout her life" she wouldn't be where she is now. This relates to my topic because as we can see it is true that women are always attributing success to outside factors instead of believing in ourselves.

Scholarly Journal/Article

Banaji, Mahzarin R, Greenwald, Anthony G. "Implicit social cognition, self-esteem, and stereotypes". *Psychological Journals* 102.1 (1995): 4-27. Print. 18 February 2014.

This journal article talks about the different factors that can lead to low confidence or self-esteem. These factors can have an impact when it comes to leadership. It also talks about how social behavior can have an impact on this because since we don't have enough confidence we feel like we're not in control of our own lives. This relates to my TED Talk because stereotypes can affect people in many ways but here we are talking about "men being better than women" when it comes to attribution towards success.

Reference Source

Terdal, Sonja, Tambor, Ellen, Leary, Mark, Downs, Deborah. "Self-esteem as an interpersonal monitor: The sociometer hypothesis". *Journal of Personality and Social Psychology*, Vol. 68(3), (1995): 518-530. Print. 12 February 2014.

This article is based on a study in which different participants were exposed to a variety of events which would determine their self-esteem revealing acceptance or rejection as a result during the event. The studies showed that social exclusion decreased self-esteem if people were

placed in groups were they had to respond with personal reasons. This relates to my topic because sometimes women feel like they don't belong in a certain area and end up leaving something they love doing only because they didn't feel comfortable proving that this is why we have too few women as leaders.

Source of Choice

Drexler, Peggy. "Women need more confidence to succeed, they need ambition". *Forbes*. 15 July 2013. Web. 18 February 2014.

This article talks about how women not only need confidence but they also need ambition in order to be successful. Drexler talks about how women face more obstacles in their workplace but we shouldn't let this affect us because the question of whether women can succeed in "a man's world" is no longer impossible. Either way, if you don't have confidence then you can't really be successful because many of us don't believe in what we are capable of accomplishing which relates back to my overall topic.