1994

UA12/2/37 The Transition Line

WKU Women in Transition

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Hello from the Transition Line,

We want to welcome all of our new members to Women-In-Transition. Also, we want to welcome back all of our previous members.

A Note From Mrs. Ward

WIT was set up six years ago by a group of non-traditional women students who felt lost on campus and wanted to band together to help each other and others like them. The organization belongs to all members. These contributions are:

Material: coffee, clothes, etc.
Temporal: taking time to clear off a table or wipe out the refrigerator, or clean off the bulletin board.
Academic: giving academic advice, tutoring, sharing teacher evaluations and old tests; and
Emotional: supporting each other as we deal with our problems and insecurities as women students with numerous family and community responsibilities.

No one or no small group can do it all, and no one or no group wants to do it all. If you see something that needs to be done, do it. If you see a member who has a problem, help her solve it.

No one reaches middle-age or early middle-age without a private history of pain. Often we need to share this pain and to get help from each other. In spite of this need, we should try to make the atmosphere in 102 as positive as possible. If you think of something about WIT which needs to be changed, please make your ideas known to the officers or to me. Private complaining is detrimental and produces no positive results. The atmosphere in the WIT room is both physical (the room itself and its furnishings) and psychological. We want that atmosphere to be as positive as possible.

When WIT asked the University to let us use 102, we selected this room for a purpose. It is centrally located, close to a larger study/tv area, close to food service, and to other University offices. It is not large enough to serve all the needs of all the WIT members all of the time. For years we have advised WIT members who want to study or to have a group study session, to use 101. As long as there is not another meeting scheduled for that room, WIT can use it. In fact, 102 is not really a good place to study; there are simply too many distractions. So I would advise members who need to study, to do so in 101--if it is available.

In addition, the WIT officers will be available for your questions and concerns during the following times:

Monday 11:30-12:30 Andrea
Tuesday 11:30-12:30 Myra
Wednesday 11:30-12:30 Dana
Thursday 11:30-12:30 Linda
Also, Mrs. Ward is available during the hour of 11:30-12:30 on the days she is on campus. She will be in her office, 20A CH, from 8:00-9:00 a.m. daily.

If you are unable to contact one of the officers for any reason, please put your ideas in the suggestion box on the counter by the window. It is important to have clear communication to help meet your needs.

Starting this semester, we have a student worker, Anita Coursey, in the room to help us with anything which needs doing: typing, collecting money, talking with potential new members, answering the phone, etc. Anita is available from 8:00-10:00 a.m. every morning.

Moreover, we would ask that you keep yourself informed as to the new and upcoming events in WIT. Besides this newsletter, there are notices and a calendar of events on the bulletin boards in the WIT room. Please take time to come by at least twice a week to see what is going on in the room.

A general list of events is as follows:

Oct. 25
There will be an organizational meeting for the formation of a support group of non-traditional students from 11:45-12:45 in Room 409 of Potter Hall.

Oct. 26 Yum! Yum!
Covered Dish Luncheon in the WIT room from 11:30-1:00. A volunteer list is located on the bulletin board in the WIT room. Sign up now.

Nov. 07 Say Cheese!
Andrea Noguchi will be taking photos of the members for the Who's Who in WIT bulletin board *(more in the following pages about this event).

Dec. 01 Yum! Yum!
Covered Dish Luncheon in the WIT room from 11:30-1:00. A volunteer list will be posted on the bulletin board in the WIT room.

* Tentative Schedule for Clothing Exchange
We hope to have the clothing exchange set for Oct. 25th and 26th in Room 101. Notices will be posted after the clothing committee meets to discuss the event.

Seminar/Support Group Meetings
In addition, there are several seminar and support group meetings. Please stop in the WIT room to pick up the pamphlets concerning the following groups:

There are three possible sponsors for seminars/support groups. Number One is the office of minority affairs, which is conducting two series of seminars WHICH ANYONE CAN ATTEND. The meetings for one group are on Tuesdays at 3:00 p.m. Consult the
bulletin board (yellow paper) and the table (white paper) for the times and topics. Take a copy of the schedule for these seminars; there are enough for everyone. Some of the topics would be helpful for new students, i.e., test taking, improving your memory, improving your reading rate and comprehension, and preparing for finals. The second series of seminars (see the announcement on the bulletin board-on red paper) is on Wednesdays at 3:00. The topics are money management, stress management, and study skills.

**Number Two** is the Outreach Program for the Counseling Service Center, headed by Patti Collins. Also, we can pick from a series of topics the counseling center proposed, i.e., co-dependency, coping with depression, conquering fear, choosing a major, academic self-control, stress reduction and management, adult children of alcoholics, assertion training, and eating disorders. Please place your suggestions in the suggestion box on the counter.

**Number Three** we can invite staff from various University offices to present seminars on various topics and gear these to the non-traditional student. The following topics or services have been suggested:

1. Scholarships for non-traditional students
2. Time management
3. The problems of single parenting

It was also suggested that WIT ask someone in the counseling office to lead a support group that would meet every two weeks at a bag lunch. We could reserve 101. **If you feel that you would have time to participate in this activity, give your name to Mrs. Ward. (We would probably need about ten people to make it worth a counselor's time.)**

Do you need information on how to invest your money wisely? Do you know that there is special help available for those who are interested in starting a business? Do you know that your Social Security retirement will be based on your marital status? If you would like to join me in learning more, leave a note in my locker (134-L) or ask me, Pam Spalding. I am interested in forming an investment club. No money. No meetings. Just information.

* Who's Who in WIT

Do you know the woman...? With all of our comings and goings, it is hard to connect the names of WIT members to their faces. Dana Reynolds suggested the great idea for our Who's Who in WIT bulletin board. We want each member to give a non-returnable 3x5 photo of herself. We ask that you bring the photo in by November 1st.

If for some reason you are unable to give us a photo, Andrea Noguchi will be in the WIT room on November 7th taking photos for any member from 8:00am-12:30pm.
Also, Anita will have the WIT Directory completed soon. The directory will include the members names, addresses, phone numbers, and majors. Copies will be available in the WIT room. Please stop in to pick one up.

LOCKERS

PRESIDENT MEREDITH suggested that the lockers need to be painted. However, this is not a good time to do this. The director of the Physical Plant will have the lockers painted over semester break. So, at the end of the semester, all lockers need to be emptied and the locks removed.

THE COMPUTER

The computer is presently at Radio Shack being repaired. Also, Dr. Jackie Addington, the Associate Vice President for Academic Affairs, discussed with Mrs. Ward about the possibility of a special University fund requesting a new computer for WIT. Mrs. Ward will keep us informed as to the news of this request. We may have to provide a partial payment in order to receive this funding.

The WIT Room

We hope that everyone is enjoying the new look of the WIT room. We want to thank President Meredith, Women's Studies, and the private donors for their contributions in helping us continue to improve WIT.

Also, we want to thank Kibby Rose for her advice and time concerning the decoration of the room. Kibby spent many hours over the summer helping to find quality furniture and coordinating the color scheme.

We want to thank the WIT officers and other members for their time and efforts over the summer working on the room. Also, Thank you, Andrea, for donating the beautiful Magnolia floral arrangement! We will remember you for years to come. All WIT members.

Maintenance of the Room

In order to maintain the room, we ask that each member clean up after herself. This includes wiping up spills in the microwave and refrigerator; placing the trash in the trash containers; general picking up in the room; and removing food containers and food items from the refrigerator every Friday.

The Cleaning Committee will be removing all containers and food items from the refrigerator every Friday afternoon. Please do not forget your items because they will not be there on Monday.

In addition, members need to meet with their committee to form chairpersons and to know their responsibilities.
WIT Sweatshirts and More

We will be placing an order for sweatshirts/pants and tee shirts with the WIT motto. If you would like to order a WIT-shirt, prices and sign-up sheets are posted on the bulletin board in the WIT room.

In closing, we hope everyone is doing well in their classes. The time passes so quickly from month to month. Please keep in touch so that you can be informed about the events in WIT. This is your group.

Sincerely,

Andrea P. Noguchi
WIT Secretary

POEMS

Self-directed Drift

Visions of a better life
at last the fears removed.
Alms, admission and the strife
conquered or subdued.

Seasons and prospectives change
as the hours grow.
The grades reflect new insight gain,
though how, I do not know.

By Junior year, the cry is heard,
"I'll n'er get out of here."
Saucy Seniors spread the word,
"Graduation day is near."

With momentary vanity,
I too would walk the line,
to face the world's insanity,
generic skills refine.

Alas, the puzzle starts to fit,
my spirit to o'rewhelm.
Now I can steer my ship, to wit,
for I am at the helm.

P.W. Spalding '93
seven years ago
at forty five
i knew it was time
for a rock bottom change
time to kick over my traces
time to stand my life on its head
time to sow my autonomous oats
time to put my money where my mouth was

because i couldn't bear not to
any longer

which is not to say
it happened in one night
or even in one year
by magic and by spells,
aided by rational and sympathetic talk
with my family
(quite the contrary)
that it was trauma free
that i didn't have
insomnia backache guilt anxiety
frantic fears savage rages homicidal
scenes suicidal sobs
that for a long time i didn't become
someone unrecognizable
to myself
but it was literally
change or die

because of being middle aged
not despite it
because of knowing in my gut
time was jogging onwards
and i deserved something
better for myself now