

WOMEN'S VU

July 1981

A publication of the Vanderbilt University Women's Center

III:7

Carol McCoy will Address Vanderbilt Prof. Women

Vanderbilt Professional Women will meet for a dutch-treat breakfast in Rand Hall on Thursday, July 23, starting at 7:30 a.m. Breakfast is available in the Commodore Room and trays can be brought into the main dining-room where coffee will be set up.

Carol McCoy, past president of CABLE and a practicing attorney in Nashville, will speak at 8:00 on networking as a way for women to help one another.

Notices will be sent to women who are on the mailing list. All non-faculty professional women employed at Vanderbilt are welcome. () the Women's Center to make a reservation.

WHET Announces Plans, Elects Officers

The Tennessee Association of Women in Higher Education (WHET) held its first state conference at Middle Tennessee State University, November 5, 1979. WHET was organized to bring women in higher education together to work collectively on issues of concern. Four specific needs for establishing an organization such as WHET were identified in early meetings:

1. To encourage a favorable attitude toward women at all levels of higher education, and to promote the expansion and improvement of programs for the further development of the causes of women,
2. To serve as advocates for women in attaining career goals by forming a network for the purpose of communication among women in higher education in Tennessee,
3. To provide an opportunity for involvement in activities for professional growth,
4. To formulate a major coalition of women within the higher education community of Tennessee with other professional organizations to build strong movements of collective action for advocacy of women in higher education.

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Self-Defense Course offered on Campus

An eight week course in self-defense for women is being taught this summer at the big gym in Wesley Hall. The course is taught by Irv Rubenstein, the Vanderbilt Tae Kwon Do instructor, who has offered this course to the Vanderbilt community twice before with about 25 women participating.

According to Rubenstein, the goal of the class is to increase women's awareness of potential physical harm, specifically rape, in and around the campus where most women delude themselves into thinking they are safe.

Rubenstein strives to raise the awareness of the students to their own potential for causing injury. "The martial arts can simulate practical defense situations, but the way one reacts to real situations cannot be programmed." He teaches a few effective hand and foot techniques which provide 1) the confidence to 2) stay cool in a threatening situation in order to 3) effectively employ the most appropriate method for the situation.

The ultimate goal of self-defense is not, however, how to get out of a situation but how to avoid or prevent one. Combined with frequent discussions and mini-lectures, the physical training serves merely as an adjunct to the real purposes of self-defense. The awareness-confidence-awareness-action cycle, Rubenstein hopes, can be stopped at the "confidence" level, but if attack does occur, he feels the training he gives provides a better chance to escape injury than does the fallacious advice of "submission."

For further information or to register for the summer class, contact Irv Rubenstein, Box 1020-B. A fall course is also being planned.



"Just as long as newspapers and magazines are controlled by men, every woman upon them must write articles which are reflections of men's ideas. As long as that continues, women's ideas and deepest convictions will never get before the public.

-Susan B. Anthony
quote taken from *New Women's Times*

Film Documentary on Divorce Scheduled July 22

"Who Remembers Mama?", an award-winning documentary about divorced women, will be shown Wednesday, July 22, at 7:30 p.m. in 118 Sarratt. The program is sponsored by the Women's Center and the Intra-university Counseling Center. Everyone is welcome. There is no charge.

The film includes conversations with divorced women who discuss their confusion, their pain, and their frustration after losing a husband and in some cases, children. It presents a realistic dramatization of a divorce trial which demonstrates the legal system's often devastating effects on couples, in spite of "no-fault" divorce. The child custody battles, financial settlements, and women trapped in low-paying, dead-end jobs are grim reminders of the personal costs of divorce.

The positive elements of the film lie in its objective, journalistic exploration of a subject that affects increasing numbers of families. Attention is also given to solutions to the problems of divorce.

The audience is invited to remain after the hour-long film for a 30-minute discussion.

WOMEN'S EMERGENCY SHELTER IS OPEN!!

Sponsored by the Domestic Violence Program of the YWCA, the shelter will provide emergency housing for women in crisis situations. The number to call during working hours is 320-0787; emergency calls can be made around the clock to the Crisis Intervention Center, 244-7444.

For further information and to find out how you can help (gifts of money, various supplies, and time are welcome and needed), contact the YWCA Shelter and Domestic Violence Program, 1608 Woodmont Blvd., Nashville, TN 37215 (615/320-0787)

A Visit to the Children's House

A Montessori pre-school program

The Children's House is located at 3404 Belmont Blvd. and is directed by Lois Maddox.

The Montessori approach to the education of children was developed by Maria Montessori, a physician turned educator, born in Italy in 1870. Dr. Montessori worked primarily with mentally and culturally disadvantaged children, and was interested in finding ways of helping them to learn. She emphasized the development of the senses as she believed that the senses must be trained if they were to be effective in helping an individual acquire further education. Thus, the materials one will find in a Montessori classroom are designed to be interesting, attractive, challenging and self-correcting. The child learns to judge different heights, weights, lengths, colors, sounds, smells, shapes and textures. Letters of the alphabet are cut out of sandpaper so the child can feel, as well as see, the shape of the individual letters.

Montessori believed that the child prefers work over play, and as if to bear this out, the large, attractive classroom at the Children's

House was filled with the happy buzz of children at "work." The carpeted room which is most of the main floor of a renovated house has many low tables, some open space for working on the floor, plus sinks and counters. Some of the children were engaged in an activity by themselves - working in workbooks, doing embroidery, washing dishes - or working in groups of two or three around a table. The children's activities are not structured for them; they move about doing activities which please them. The teachers are there to model and to be a resource, not to dominate.

Concepts, rather than facts, are taught. The materials are graded to assure the child a reasonable chance of success. This is important in fostering a sense of dignity in the child which is an essential element in the Montessori philosophy. The use of the materials is taught as a group lesson, and an important part of that lesson is to put materials away after their use. In the Montessori school there is no massive clean-up at the end of the day because any materials not in use are in their proper place.

In regard to discipline, typical statements

to a child who is misbehaving might be "What you are doing has got to stop." "Sit with me and I will help you to stop doing that." The child may be asked to sit and observe the way to do something - letting the other children model the more acceptable behavior.

There is a strong feeling that it is important for the child to attend the pre-school for three years (including the kindergarten year). It is the third year when the child reaps the harvest of the first two. However, many parents become concerned that their child will be ahead and will find first grade in another school too repetitious and therefore boring. Usually this is not the case. Even if the material is not new, the method of teaching it is quite new and should therefore be interesting to the child.

While Dr. Montessori's early work was with the disadvantaged, Montessori schools in the U.S. are typically for the middle and upper-middle class. Tuition at the Children's House is \$825/half-day and \$1474/full-day. In this interested pre-school there are 40

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Intentional Change

In the vast
universe of
The wealthy god Light,
A small (and egotistical)
planet exists.
Spin it around and you find divided time.
25% day, 25% night, 50% AT&T
(Actual Time of Transferral, including)
Sunrise
Sunset
Twilight
The moment morning dew falls,
Noon
Midnight
And All The Time We Spend Talking On The Phone
Or,
Alone.

One year only brings forth the next,
And climbing a greased flagpole
Suddenly we slip
To find ourselves winding down our own throats.
At an indivisible point. Commit an error, complete an era.
Oh my goodness, goody greedy grope
Grope
In the dark of the closet
Behind last winter's undrycleaned coat,
Among fallen buttons and dust curls,
You find
What you wore
And were

Not; in all probability, last winter.
You don't remember what you were
Even though the coat is right there
Wrinkled and remindful
So why worry what you are now.
Next year you will be here knowing that those-these days
were-are
And will be
Indefinitely
Why worry.

Change is a great ally
A great friend.
A magician one can disappear into
Never fearing decision
Never aching in pretense
Never believing in vain.
Apart from mediocre madness
and uneventful events,
Revolving rich bank doors
Inherit our dreams;
Inherit our time.
Traveling in a caged, atmospheric circle
Constantly dividing to zero,
Constantly planning tomorrow
Constantly repeating yesterday

With no guarantees.

Childhood is so expensive
If you're still an adult.
-Jennifer Wells, 1975

New Resources at the Women's Center

The *Catalyst Career and Family Bulletin* is the latest addition to the Women's Center reading room. Catalyst is a national non-profit organization working within the corporate community to expand the career options and further the upward mobility of women. Recognizing the problems encountered by two-career families, Catalyst established the Career and Family Center with a grant from the W. K. Kellogg Foundation as a clearinghouse of information. In addition to the *Career and Family Bulletin*, a quarterly publication distributed first in January 1981, the Center maintains an extensive bibliography and is producing a series of videotapes on specific two-career family issues.

Each issue of the *Bulletin* addresses a topic of focus and has sections on corporate innovations, personal perspectives, and book reviews. The most recent issue focussed on parental leaves for child care but included also a section on strategies for making relocation decisions.

Happier by Degrees: A College Reentry Guide for Women, by Pam Mendelsohn, is a very thorough sourcebook for women considering going back to school. The first ten chapters deal with making the decision, discussing such questions as: Can I make it academically? How will my children (not to mention my husband) react?

The second half of the book attacks other practical obstacles: Getting Admitted, Financing Your Education, Child Care, Developing Good Study Habits, and more. Also included are sample applications for admission, a sample financial aid form, and a selected listing of financial resources for women.

DID YOU KNOW . . .

- In 1979, Tennessee women earned 52¢ to man's \$1.00
1960: 61¢ \$1.00
1978: 59¢ \$1.00
- In 1980, one in every seven Tennessee households were headed by women, a total of 137,000 female heads of households in Tennessee?
- 40% to households headed by women have incomes below \$6,000 for a family of four?
- The National Advisory Council on Economic Opportunity predicts that if present trends continue, "the poverty population will be composed solely of women and children by the year 2000."

-from the *Tennessee Commission on the Status of Women*



photo by Ardon Brown

Kathy Ryals is the Career Development Counselor in Personnel Services.

CAREER DEVELOPMENT PROGRAM ENLARGES SERVICES TO EMPLOYEES

A pilot program in Career Development has been launched by the Department of Personnel Services of Vanderbilt University.

The program is designed to assist interested employees in identifying their skills, values, goals and interests, and to acquaint them with some career development concepts which will enable them to make realistic career decisions and take complete responsibility for developing their own career.

The program will serve those employees, uncertain about their career goals and objectives, as well as those in overspecialized, blocked or locked-in career paths and feeling the need for career growth and personal development. It will, also, assist employees who have identified their career objective but need guidance in further developing and implementing career plans.

One of the Career Development Program's main objectives is to maximize the awareness of employees concerning career opportunities at Vanderbilt and to disseminate accurate information on current job openings, transfers, and promotional opportunities. Also, available to employees is specific information on job tasks and training, and general information on existing programs where skills training and other educational opportunities are offered.

The program consists of these services: Career Counseling (Individual and Group), Assessment and Career Choice, Development of Career Plans and the Career Development Resource Center. A brief description of

each service follows:

1. **Career Counseling**
This involves discussions with employees about current and future job activities and performances, career interests and aims, personal skills, career objectives, and implementation of career choices.
2. **Self-Assessment and Career Choice**
Assessment of skills, abilities, interests, values, goals and personal development, identifying career and job options.
3. **Career Development Plans**
Developing life/career plans. Encouraging self evaluation focusing on short-term and long-term objectives. Making career decisions.
4. **The Career Development Resource Center**
Contains current printed materials on specific job, careers and organizational information assisting employees in planning and achieving career objectives.
The Career Development Resource Center is divided into five sections:
 - a. Restructuring your current job
 - b. Changing jobs at Vanderbilt
 - c. Where to get additional training and education
 - d. Getting to know more about yourself
 - e. Developing your career objectives

-Kathy Ryals
Career Development Counselor

WHET

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The third state conference was held in Nashville, April 25, 1981. New officers were installed for 1981-82:

President: Yvonne Ralston-Carroll
Memphis State University

1st Vice President: Pat Pierce
Vanderbilt University

2nd Vice President: Marsha Provost
U. T. Chattanooga

Secretary: Karen Bowyer
Shelby State Community College

Treasurer: Hazel Irwin
Austin Peay University

The April conference proved to be a work session where many issues and ideas were discussed. The members decided to devote the following year to gathering information about the representation and distribution of women students, faculty, administration, and staff in colleges or universities in Tennessee. A report will be prepared and published identifying under-representation of women in positions of high status and the concentration of women in low status, low paying positions. The report will be distributed to concerned groups in Tennessee and state legislators. It will be a difficult task but an invaluable document for verifying statistics on the status of women in higher education and for comparing the differences between public and private institutions as well as comparing any university or college with others in Tennessee.

WHET President Yvonne Ralston-Carroll expressed concern regarding the losses women in higher education suffered during the past year in a recent letter to WHET members. The Tennessee legislators did away with the Tennessee Commission on the Status of

Women. The Board of Regents' Offices decided not to hire a woman as Assistant Vice Chancellor (though three women were final candidates). The Tennessee Higher Education Commission lost the only woman on its lay board. She reminded members that our WHET organization was formed as an action group. She said, "We have made statements that for too long women have met to talk to each other about their problems. Now is the time to illuminate those problems for policy makers."

WHET members will continue to work to encourage and support equal opportunity for women in Tennessee colleges and universities. If you would like to be a part of this organization, the cost of membership is small: \$5.00 a year. Expansion of membership is essential for effective action!

An updated membership directory is being prepared. Brochures are being designed and a newsletter will be published in August 1981. Please send dues to Ms. Hazel Irwin, c/o Business Office, Austin Peay University, Clarksville, Tennessee 37040.

*-Pat Pierce, Associate Director
Opportunity Development Center*

REAL ESTATE AND WOMEN

Propelled by changes in lifestyles and new credit rights, more and more single women are entering the housing market. To help them find out what they need to know to buy or sell a house, the League of Women Voters Education Fund has published two pamphlets, "Finding the Facts" and "It's Up to You," at a cost of 20 cents each. Write: League of Women Voters of the U.S., 1730 M Street, N.W., Washington, D.C. 20036.

CHILDREN'S HOUSE

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children in the full-day program and 25 who come half days.

Lois Maddox, summed up her philosophy of The Children's House in this way: "This is a place where children learn to learn. We do not promise that the children will learn any specific skills, but they will get a deeper appreciation of their own value and ability."

-Loneta Newbrough

This article continues a very popular series last year on several day care centers in the Vanderbilt vicinity. Should you have suggestions of other centers or would volunteer to investigate and report on other centers, please contact the Women's Center, ext. 4843.

from the *Wall Street Journal* (May 19, 1981)

LEISURE SEEKERS: A study hints that men with working wives take life easier.

Fordham University professor Marta Mooney analyzed data on nearly 300 urban males aged 25 to 54; she finds that when their wives have secure, full-time jobs, the men tend to seek more leisure. She says white-collar males reduce work time 12% to 14% in subtle ways, such as working fewer week-ends or nights. "They take the time surreptitiously," she says. "When I confront males with these results, they tend to deny it."

Mooney also finds that blue-collar workers only reduce their work time 6%, according to the data, which were collected by the University of Michigan. One reason: blue-collar workers have less money with which to "purchase" leisure. Blue-collar men also don't fully accept the permanent nature of their wives' work.

Edited by Linda Karwedsky

If you are not receiving a labeled copy of WOMEN'S VU, please return the form below or call the Women's Center, ext. 4843, to get your name on the list.

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Faculty _____ Staff _____

Student _____ (please give class and school)

Interested Person _____



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