

# WOMEN'S VU

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## Yes, Virginia, There Is Career/Life Planning

Linda Bird

Career Planning & Placement Service

*The following article is addressed to student readers, but the process outlined is applicable to everyone. Women generally change jobs and even occupations several times during their work years. Even for those of us who are happy with our work situations, periodically it is healthy to assess who we are and where we are going. Are we doing what we want to be doing? If not, can we make that happen?*

The freer social climate of the '80s allows women to make independent and untraditional choices. Women are better protected than before by legislation which dictates equal rights in hiring, training, promotion, and pay. They can live alone and be financially independent. They may also choose to marry and have children.

Whether married or not, today's women will likely be members of the work force for many years of their lives. Married women work outside the home for many reasons. Many pursue careers solely to seek personal growth and fulfillment. However, most working wives and mothers are in the work force due to economic necessity when a husband's income alone is not sufficient, or when divorce or death remove the husband's financial support. The responsible college student must include these possibilities in planning her future.

A woman who combines a career and family has a range of choices in career/life planning. These choices include postponing career pursuits during child rearing years, developing career interests part-time while caring for children full-time, and an uninterrupted career using daycare,

housekeepers, and other support services.

Career/life options are many, and unless a student has a clear understanding of those options and the right direction for herself, she may feel overwhelmed or confused. Determining the right direction is a process which can be learned, but which requires energy and commitment.

Career planning begins with *self-assessment*: Who are you? The student should examine carefully her *interests* and the kinds of activities she enjoys doing. In order to determine a satisfying career direction, there must be a logical relationship between interests and work.

Effective career decisions are also based on *values*. Whereas interests relate to the kinds of activities in which one participates in a work setting, values reflect the kinds of rewards and satisfactions one derives from being involved in those activities. Typical work values include security, adventure, flexibility, prestige, and comfort.

An objective analysis of *skills* is critical to the decision making process. Skills are what an individual contributes to a work setting, such as math ability or the ability to persuade others. Both personal and work skills are important to examine clearly and objectively as they relate to work.

How can one objectively assess interests, skills, and work values? Self-help workbooks, personal inventories, psychological tests, computerized guidance systems, career planning workshops, and individual counseling are all resources. It is the responsibility of the individual to initiate and carry out this first critical step.

Next, the self-assessment analysis must be paired with the realities of the world of work. This means information gathering: What is available? The best place to begin is by exploring career information through printed resources. A wealth of information on careers is available in books, brochures, and periodical literature. By reviewing these resources, one can begin to

determine which career areas provide the best match for a woman's interests, values, and skills.

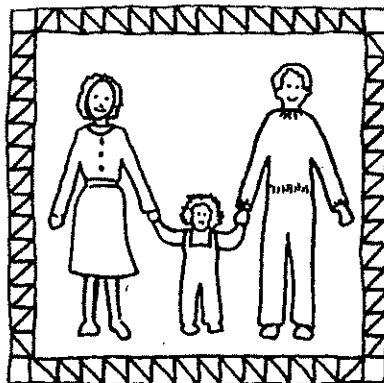
It is important not to overlook people as resources. Talk to people currently involved in careers which are appealing. While reading provides basic information, people can provide lively, up-to-date, practical guidance on the realities of their career fields. The dialogue allows an individual to compare her interests and abilities with the possibilities and demands of the career field.

During the career/life planning process, get involved and get experience. A student has many opportunities to investigate career options through campus activities, volunteer work, part-time jobs, internships, and summer jobs. *The importance of pursuing active involvement in a career-related activity cannot be over emphasized.* It not only provides valuable insights into making good career decisions, it is also the foundation of experience which gives the new college graduate the advantage in a competitive job market. And it looks good on a resume.

The process of developing self-awareness and career awareness is an ongoing one. A student should actively participate in this process throughout her college years. The smart college woman of today will start early, explore actively, get involved, and take responsibility for determining her own future.

*Career/life planning guidance is available from the following:*

- *Career Planning & Placement Service*—a wide range of services and opportunities for Vanderbilt students and graduates—110 Alumni Hall, 322-2750. First year students, explore C.P.S. now for maximum advantage during your college years.
- *Psychological & Counseling Center*—for Vanderbilt students, faculty, and staff—300 Oxford House, 322-2517.
- *YWCA*—career/life planning program—1608 Woodmont Blvd., 269-9922. ■



## The Academic Year 1986 — Some Wins

January: Barbara Black, a legal historian and law professor, is named dean of Columbia University School of Law. She is the first woman to head one of the country's "elite" law schools.

Twelve right-wing Dartmouth students destroy shanties set up by a liberal student group protesting South African apartheid. The vandalism

*(continued on next page)*

is viewed as a culmination of hostility between conservative and liberal students and leads to a 31-hour sit-in during which minority students demand the college administration's support.

**March:** The staff of the *Harvard Crimson* votes not to accept an advertisement recruiting pinups for a *Playboy* "Women of the Ivy League Revisited" issue on the grounds that it is degrading to women. The *Crimson* is alone among Ivy papers in its decision, as it was when the magazine recruited for a similar 1979 issue.

**May:** Dr. Ken Barwick, who for four years has used only feminine pronouns when lecturing in his Yale classroom, is one of three winners of the first Leah M. Lowenstein Awards, established by Yale's Office for Women in Medicine to recognize faculty who demonstrate "the highest degree of excellence in nonsexist medical education."

**July:** Princeton University announces a sex-discrimination settlement with a 1980 graduate who sued the university and three all-male student eating clubs. Princeton agreed to pay \$27,500 to Sally Frank for legal and other expenses. The Cottage Club, which was named in the suit, has opened its doors to women in February.

**September:** Phyllis and Carol Knutson, the first mother/daughter research team to receive grants as Fulbright scholars, arrive at the University of London's Warburg Institute where they will research Renaissance documents to further their study of how children learn to channel their imagination.

Niars Sudarkasa, 48, becomes the first female president of Lincoln University. Lincoln, 132 years old and the first college in the United States chartered for blacks, was formerly known as the "black Princeton" when its students included such notables as Langston Hughes and Thurgood Marshall. An anthropologist, Sudarkasa hopes "to strengthen and continue Lincoln's historic educational mission. When outstanding universities are mentioned, I want Lincoln to be on the list."

Rita Levi-Montalcini, Ph.D., a developmental biologist, is corecipient of the Nobel Prize in Physiology or Medicine for her work, with Stanley Cohen, Ph.D., on the chemical promotion and regulation of cell growth.

**October:** Frances Daley Fergusson, 42, becomes the ninth president — and the third woman — to head Vassar College.

There were many other "wins" for women in academia in 1986. These highlights are from *Ms.* and *Savvy* magazines' January and December issues, respectively. While it is the job of the Women's Center to bring before readers areas in which women need to progress (including, sometimes, grim statistics), it is fitting and uplifting to present current progress. In doing so we recognize women's potential, accomplishments, and collective contribution to the world. ■

## News Briefs

Most major airlines offer super bargain fares on flights at night and flights designed to reposition airplanes from city to city. For example, TWA offers a \$99 fare on Flight 906 from Dallas to New York; Jet America allows passengers who go to airports to buy any remaining seats on the next day's flights at a 75% discount from coach fares; and Eastern airlines offers a \$79 fare for a Chicago to New York flight on Saturdays. Travel agents are loath to track down these fares and they are not advertised by the airlines. People find out about them by word of mouth, by asking ticket agents, or through Best Fares Inc., which published a monthly magazine on discount airline fares.

— *Wall Street Journal*  
November 13, 1986

According to the SEC, very few investors bother to check with the SEC before using a financial advisor. The SEC keeps records on the background, balance sheet, and the results of a mandatory annual audit on financial advisors.

— *Wall Street Journal*  
November 18, 1986

A new cure for "de-sexing" the English language is proposed by Susan Alexander, lawyer and writer from Illinois, who writes "Why do so many people go on using words like 'man' to mean men and women," such as policeman, Congressman and all the rest? Why haven't terms like "police officer" or "Congressperson" caught on? "Simply because it's easier to say 'policeman' or 'Congressman.' Even the most dedicated feminists among us would prefer to say 'fireman' instead of 'firefighter' or 'repairman' instead of 'repairperson' if the shorter versions were sexually neutral because they are, frankly, easier to say. But any term that uses the word 'man' cannot be sexually neutral."

"I propose the use of the suffix 'one.' This suffix is already a commonly-used part of our speech. Think of the words 'anyone,' 'everyone,' 'someone' and 'no one.' No one quibbles about those . . . Why not, then, extend the use of the suffix 'one' to other words for which we have traditionally used 'man'?"

"The word 'policeman' could become 'policeone.' 'Fireman' would be transformed into 'fireone.' 'Congressman' would be 'Congressone,' and so on.

"These sound strange at first . . . and in print they look even stranger. But after you use the suffix 'one' a few times, it begins to trip off your tongue . . . easily.

"Try it. Say: fireone, mailone, policeone, repairone, deliveryone, businessone, sportsone, Congressone. Even . . . snowone!

"Let's adopt a short, easy way to include

everyone. Is anyone beside me willing to try?"

— *Chicago Tribune*  
November 23, 1986

"Uncoupling" is the process by which two people who have been living together find that they are drifting apart. "Uncoupling occurs in a regular, patterned way, a transition through a series of fairly predictable stages," says Dr. Diane Vaughan, an assistant professor of sociology at Boston College who has written a book called *Uncoupling*.

Although much research has been done on the psychological impact of separation, social scientists have often focused on the chaotic and disruptive aspects of disintegrating relationships, usually at the time of divorce. "Few have looked at the entire transition," Dr. Vaughan says, "which may start a very long time before the actual separation."

Stages include interdependence at first, then communication problems, then separation.

Dr. Vaughan's research suggests that the best time for couples to try to save their relationship is "when the partner and the initiator both face up to the fact that something is really wrong . . . Counseling and therapy save relationships if you start quickly enough."

— *New York Times*  
December 8, 1986 ■

## It's Your Health

Lois J. Wagner, R.N., C., M.S.N.  
*Occupational Health Service*

Women who have thought AIDS to be a disease which happens only to men may want to reconsider their own risk for the infection. As of November 1986, 1,806 American women have been officially diagnosed with AIDS, accounting for about 7 percent of all reported AIDS cases (26,878 to date). It is further estimated that between 50,000 and 100,000 women nationally may be infected with the AIDS virus. Most of these women feel healthy and are unaware they are infected. As with AIDS among men, the number of cases among women is doubling yearly.

AIDS stands for Acquired Immunodeficiency Syndrome. It is caused by a virus called the Human Immunodeficiency Virus (HIV) which attacks certain white blood cells, called T-cells, which fight infection. When these cells are destroyed the body is left vulnerable to certain infections — among them are pneumocystic carinni pneumonia and cancers, such as Kaposi's Sarcoma — which do not normally affect healthy people. Any woman, whether heterosexual or homosexual, can contract AIDS if she is involved in behaviors which put her at risk for exposure to the AIDS virus.

There are *only three ways* the AIDS virus can be transmitted: by intimate sexual contact with

infected persons; by direct contact with infected blood, and from an infected mother to her child before birth, at the time of delivery, or in the first few weeks after birth. It is not spread through casual contact between people in stores, schools, restaurants and work sites or by objects such as door knobs or toilet seats. It is not spread through usual family contact such as hugging, handholding or kissing on the cheek.

Current estimates are that 1 - 1.5 million Americans (10,000 - 15,000 Tennesseans) may be infected with the AIDS virus though not all infected persons will develop AIDS. The majority of these people feel and look healthy but may transmit the virus, often unknowingly, to others. A certain percentage of these will develop AIDS Related Complex (ARC) which is associated with mild to moderate non-life threatening symptoms such as tiredness, swollen glands, weight loss and fever. Cautious estimates predict that 5-20 percent of infected persons will eventually develop full blown AIDS.

The treatment for AIDS involves treating the various infections which arise due to decreased functioning of the immune system. There is no known cure for AIDS itself though a drug known as AZT (Azidothymidine), which has found to prolong survival in certain AIDS patients, is now being tested.

Can AIDS be prevented? You can reduce your risk of contracting AIDS by adopting safe sexual practices and avoiding IV drug use and needle sharing. These measures will be discussed in detail next month, but you can begin to learn more now by contacting the AIDS Hotline at 1-800-342-AIDS or the Tennessee Health Department's Communicable Disease Center at 615-741-7247. ■

## Women's Center Library Periodicals

The following are periodicals to which the Women's Center library currently subscribes. Dates indicate when the subscription began:

Titles not found elsewhere on campus:

*AWIS Job Bulletin*: February 1984.  
*COMMENT on Conferences & Research About Women*: Fall 1975.  
*Connexions*: Summer/Fall 1980.  
*Eleanor Smeal Report*: September 7, 1983.  
*Equal Education Alert*: April 1985.  
*Feminist Forum*: January 1981.  
*Feminist Issues*: Spring 1985.  
*Helicon Nine*: Spring/Summer 1979.  
*Minerva*: Spring 1983.  
*Th Moneypaper*: June 1984.  
*National NOW Times*: February 1981.  
*National Women's Studies Assn. Perspectives*: Winter 1983.

*Off Our Backs*: October 1985.  
*On Campus with Women*: October 1977.  
*On the Issues*: Winter/Spring 1985.  
*Response to the Victimization of Women and Children*: May 1982.  
*Southern Feminist*: July 1984.  
*Spectrum*: October 1983.  
*Women of Europe*: March 1980.  
*Women of Power*: June 1985.  
*WWR-WEAL Washington Report*: April 1978.

Titles duplicated in VUL—Central Library collection:

*Feminist Studies*  
*Graduate Women*

*Media Report to Women*  
*Ms.*  
*New Directions for Women*  
*Signs*  
*Women's Review of Books*  
*Women's Studies International*  
*Women's Studies Quarterly*

Duplicated at the OGSM Library:

*Savvy*

So you will know why the Women's Center Library is such a special place on the VU campus, drop in and see our collection of books, vertical files, and periodicals anytime the Women's Center is open. ■

## Women's Center Programs

The Single Mothers Group will meet at the Vanderbilt Child Care Center on Tuesday, January 6 and 20, 6:45-8:15 p.m. On the 20th, a lawyer will be present to answer questions. The group is free. Child care will be provided on site for a small fee.

The Book Group will meet Monday, January 12, 5:15 p.m. at the Women's Center. A discussion of Anne Edwards biography of Kathryn Hepburn, *A Remarkable Woman*, will be led by Amy Kibulkin. If you have not read the book and are interested in listening to the discussion, feel free to attend. Those present on January 12 will make the reading selection for the February meeting.

Annelle St. Charles, coordinator of the APPLEWORKS Employee Wellness Program, will be the guest speaker for the Dutch Treat Breakfast Club on Thursday, January 15.

APPLEWORKS just celebrated its first anniversary. Annelle St. Charles will briefly review the history of the program, outline plans for future expansion, and solicit ideas from breakfast club members on how APPLEWORKS might better serve their needs and the needs of the Vanderbilt community.

The breakfast club, open to faculty and staff women, will be in the Divinity School Private Dining Room at 7:30 a.m. Annelle St. Charles will speak at 8:00 a.m. with a discussion to follow at 8:20 a.m. Club members may bring guests, and visitors are welcome at each gathering. Coffee available free.

The Dissertation Writers Group will meet on Friday, January 16. This is for A.B.D. women who participate in a task-oriented group dedicated to helping members successfully complete the dissertation process. Monthly meetings serve as check points, encouragements, and problem-solving sessions. 4:30 p.m. at the Women's Center.

The Women's Center is cosponsoring the Martin Luther King, Jr. Lecture Series featuring Julian Bond and Will D. Campbell giving the main public lecture on January 20. The whole series is January 20-22. For more information, call 322-2457.

Antonina Gove, associate professor of Slavic Languages and Literature, will speak to the Women Graduate Students Group on Friday, January 23, promptly at 4:30 p.m. at the Women's Center. Dr. Gove will share with the group her experiences as a tenured woman faculty member. Questions and answers will follow the presentation. Light refreshments will be provided. The program and happy hour will break up around 6:00 p.m.

"Friends and Lovers: Beginning, Sustaining, and Ending Relationships" is the title of a three part series of panels cosponsored by the Women's Center, Office of University Ministries, and Interhall. Panels will consist of 3-4 couples each night telling what their relationships have been like, from getting to know each other (first panel) through divorce and facing death (third panel). Issues involve commitment and adjusting to each other within the context of family and society. Discussion to follow each presentation. January 27, February 3 and 10, 7:30 p.m., Carmichael Towers East Formal Lounge.

"Out of the Doldrums" covered dish dinner for single women at the Women's Center, Wednesday, January 28, 5:00-7:00 p.m. All single women are invited to come, bring food to share with others, and beat the after holiday blahs. There will be a discussion about organizing an ongoing group which would meet for fun, support, or whatever. R.S.V.P. 322-4843.

For more information on the programs above, call the Women's Center office at 322-4843. ■

# ANNOUNCEMENTS ET CETERA

The women's basketball team will be playing in Memorial Gym on the follow dates this month at 7:00 p.m.:

- 8 — Ole Miss
- 15 — University of Utah
- 19 — Belmont
- 27 — Mississippi State
- 29 — North Alabama

For more information, call 322-2888.

Planned Parenthood Association of Nashville (PPAN) announces a pregnancy testing package which is about \$10. It determines pregnancy within 3½ weeks after the last normal mensus and is more accurate than commercial home-testing kits. The service, at the PPAN center on 21st Avenue South, also includes free counseling, a computation of the anticipated delivery date, pre-natal literature, and a current listing of physicians and related obstetric referrals. For information, call 327-1066.

Lower Midwest Region Graduate and Professional Study Fellowships Program provides a tuition allowance and degrees at cooperating universities in Arkansas, Kansas, Kentucky, Missouri, Nebraska and Oklahoma.

Women's Research and Education Institute, Washington, D.C., offers 9-month women's policy fellowships for work as congressional legislative aides on policy issues affecting women. Fellows receive \$8,000 tax-free stipends. Graduate students are eligible. Applications are available now.

For information, call CPPS, 322-2750.

The Memphis State University Center for Research on Women is holding its third annual Workshop on Women in the Curriculum May 27-29. The keynote speaker will be Dr. Margaret Anderson, author of *Thinking About Women*. The workshop provides an opportunity for college level faculty to either develop new courses on women or revise established courses to include more material on women. Emphasis is on the social sciences and history. Pre-registration is \$90. For information, call 322-4843.

AAUW Educational Foundation announces research & project grants for women: *Individual Grants* for public interest research or projects other than formal academic work, *Project Renewal Grants* for professional development with preference for nontraditional career fields, and *Issue Focus Grants* for both study and research. Awards range from \$500 to \$5,000. Deadline: February 1. Call Sponsored Research, 322-2631, for information.

As part of Women's History Month (March), the Midway College Women's Awards Committee seeks formal essays on any topic related to Women's History. The essay should be 5 to 10 pages in length, including a one paragraph abstract. It should be based on scholarly research but written in a lively manner suitable for a varied readership. Prize: \$200 and a trip to Midway College in Kentucky the last week of March. Deadline: February 20. For information, call 322-4843.

The YWCA, 1608 Woodmont Blvd., will offer financial planning and auto maintenance for women this spring. Call 269-9922 for information on these and other classes.

Wanted: women who are interested in helping prisoners at the women's prison in Nashville to learn basic decision-making/life-planning skills. Each volunteer meets with an inmate partner once a week for the eight week program. Flexible hours, most afternoons and evenings. The program, "Decisions," is a nationally recognized program helping to alter the self-image of women prisoners from "born to lose" to "born to choose." The next session begins January 26 following an orientation. This project is part of the Vanderbilt Prison project and is open to students, faculty and staff members. Call Candy Markman, 383-6393, days. ■

## Off Bass

Janemarie DiGuglielmo  
Yardley, Pennsylvania

One day, while I was an insurance agent at a large insurance company, a male client called and asked for an agent.

"I am an agent," I replied.

"I thought all agents were men."

"Well," I retorted. "I can project my voice three octaves lower if you would feel more comfortable."

— Savvy  
December 1986 ■

*Edited by Joan Anderson*

TO RECEIVE YOUR OWN LABELED COPY OF WOMEN'S VU return the form below or call the Women's Center, 322-4843, to place your name on the mailing list.

Monthly newsletters, excluding July and August, are sent to all students free. Newsletters to faculty and staff at campus addresses are free. For non-student, off-campus addresses there is a \$3.00 fee for one year. Please make checks payable to Vanderbilt University Women's Center.

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