

September 2015

Thursday, Sept 10, 2015, 12:30 – 1:30pm, CB-1, Room 207. **CSWF Book Club. “Presumed Incompetent: The Intersections of Race and Class for Women in Academia” Edited by Gabriella Gutierrez y Muhs; Yolanda Flores Neimann; Carment G. Gonzalez; Angela P. Harris.** (Discussing Chapters: Introduction, Chapter 2 and Chapter 7) *Presumed Incompetent* is a path-breaking account of the intersecting roles of race, gender, and class in the working lives of women faculty of color. Through personal narratives and qualitative empirical studies, more than 40 authors expose the daunting challenges faced by academic women of color as they navigate the often hostile terrain of higher education, including hiring, promotion, tenure, and relations with students, colleagues, and administrators. The narratives are filled with wit, wisdom, and concrete recommendations, and provide a window into the struggles of professional women in a racially stratified but increasingly multicultural America. Books are available, please contact Fran Ragsdale fran.ragsdale@ucf.edu to pick up a copy of this book. No RSVP needed.

Monday, Sept 14, 2015, Noon – 1:00pm, Student Union Cedar Key Room 223, **Yoga and Storytelling Class**

“Family Stories: Using Yoga to Connect Stories and Folklore to our Lives.” Our fall Yoga and Storytelling classes will be based on Vinyasa or flow yoga. This type of yoga focuses on the coordination of breathing and movement. It will include fundamental yoga postures and sun salutations that can be adjusted to different levels. Stories, in the form of folk literature, will be integrated into the yoga classes as a way to allow us to consider how stories impact and inform our lives. Instructor: Deirdre Englehart, Associate Lecturer, Early Childhood Development and Education, College of Education and Human Performance. No RSVP needed.

Wednesday, Sept 16, 2015, 9:00am – 1:00pm, Student Union Cedar Key Room 223, **CPR Training**

The Center for Success of Women Faculty is pleased to announce a FREE Red Cross Adult CPR class for UCF women faculty. Red Cross certification now is good for 2 years. There are 20 seats available, and will be filled first come, first served. To reserve your spot please contact Fran Ragsdale fran.ragsdale@ucf.edu.

Friday, Sept 18, 2015, 3:30pm – 5:30pm, **UCF Arboretum Herb Planting, Eating and Harvesting.** UCF Arboretum (<http://map.ucf.edu/locations/525/arboretum-arb/>). All women faculty and staff are invited to come and take a tour of the garden and then play in the dirt and help plant herb seeds in the propagation house. Faculty will be able to take home previously planted herbs. Tour Guide: Jen Elliott, Coordinator Arboretum Programs, UCF Arboretum. No RSVP needed.

Monday, Sept 21, 2015, 3:00 – 5:00pm, Live Oak Room. **President Hitt’s New Women Faculty Reception.** All women faculty invited for celebration and community. President Hitt will welcome new and returning faculty to UCF. CSWF Women of Distinction: Excellence in Community Engagement and Outreach Award winners will also be announced. Evites will be emailed week of Sept 7th.

Thursday, Sept 24, 2015, Noon – 12:30pm, Atrium of the Psychology Building, (Building 99), (Please arrive at 11:45, tour starts promptly at noon), **Private Tour of PTSD Clinic. UCF RESTORES (RESearch and Treatment On Response To Extreme Stressors)** is a clinical research center devoted to the study of responses to extreme stressors. We also offer treatment to patients affected by exposure to trauma and stressful events, including many veterans of the wars in Iraq and Afghanistan suffering from post-traumatic stress disorder (PTSD). With help from a grant from the Department of Defense, we have developed intensive new PTSD treatment programs that are proving to be extremely effective – often for warfighters that other military and health professionals have referred to the center when others were unable to meet their needs. We also treat veterans unable to receive help at the VA and provide a small residential treatment program, allowing us to treat homeless veterans with PTSD. We are expanding our treatment services to first responders and others affected by trauma. Tour Guide: Dr. Deborah Beidel, Pegasus Professor of Psychology, Director, UCF Anxiety Disorders Clinic/PTSD Clinic (RESTORES). No RSVP needed.

October 2015

Tuesday, Oct 6, 2015, 1:00pm – 3:00pm, UCF Police Department, **Women’s Self Defense Class**, 'S.A.F.E.' (an acronym for Self-defense Awareness & Familiarization Exchange) The UCF Center for Success of Women Faculty is pleased to offer UCF women faculty a Women's Self Defense Class. The instructors will be UCF Police Officers who have been trained by the National Self-Defense Institute (<http://www.nsd.org>). This course is designed to provide attendees with information, tactics, and options which may be useful for various types of crimes perpetrated against women. CSWF will cover the cost of this training. Fifteen (15) seats are available, and are first come, first served. You can register by emailing Fran Ragsdale fran.ragsdale@ucf.edu. Class will be held at the UCF Public Safety Building (Police Department).

Wednesday, Oct. 7, 2015, 12:30 – 1:30pm, CB-1, Room 207. **CSWF Book Club. “Presumed Incompetent: The Intersections of Race and Class for Women in Academia” Edited by Gabriella Gutierrez y Muhs; Yolanda Flores Neimann; Carment G. Gonzalez; Angela P. Harris.** (Discussing Chapters: Chapter 15 and Chapter 20). No RSVP needed.

Monday, Oct 19, 2015, Noon – 1:00pm, Student Union Garden Key Room 221, **Yoga and Storytelling Class**

“Family Stories: Using Yoga to Connect Stories and Folklore to our Lives.” Our fall Yoga and Storytelling classes will be based on Vinyasa or flow yoga. This type of yoga focuses on the coordination of breathing and movement. It will include fundamental yoga postures and sun salutations that can be adjusted to different levels. Stories, in the form of folk literature, will be integrated into the yoga classes as a way to allow us to consider how stories impact and inform our lives. Instructor: Deirdre Englehart, Associate Lecturer, Early Childhood Development and Education, College of Education and Human Performance. No RSVP needed.

Thursday, Oct. 22, 2015, 3:00 – 4:00pm, CB-1 FCTL Room 205. **UCF Women Pegasus Professor Panel.** Panel discussion by UCF women Pegasus Professors that includes topics ranging from academia success and career-life balance. UCF Women Pegasus Professor Panel: Linda Walters, Biology; Kerstin Hamann, Political Science; Deborah Beidel, Psychology; Lisa

Dieker, Exceptional Education; Diane Chase, Provost Office. No RSVP needed. **(Women Faculty Only)**

Friday, Oct. 23, 2015, Noon – 12:30pm, Visual Arts Building, Art Gallery Room 140A. **Private Tour - UCF Faculty Art Exhibit.** A 30 minute guided tour of the UCF Faculty Art Exhibit. New exhibit of artworks by 40 UCF Faculty members. These professional artists have received both national and international recognition for their engaging and thought-provoking creations. The exhibit showcases a wide range of traditional and time-based media including painting, sculpture, book arts, drawing, photography and experimental digital media. Tour Guide: Yulia Tikhonova, UCF Art Gallery Director. No RSVP needed.

November 2015

Wednesday, Nov. 18, 2015, 12:30 – 1:30pm, CB-1, Room 207. **CSWF Book Club.** *“Presumed Incompetent: The Intersections of Race and Class for Women in Academia”* Edited by **Gabriella Gutierrez y Muhs; Yolanda Flores Neimann; Carment G. Gonzalez; Angela P. Harris.** (Discussing Chapters: Chapter 23 and Chapter 30). No RSVP needed.