



The Women's Center
Student Center Rooms 420-422
A Division of Equity and Diversity
Voice: (973) 655-5114
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PROGRAM REQUEST FORM

NAME: _____

DEPARTMENT/ORGANIZATION: _____

PHONE NUMBER: _____ E-MAIL: _____

DATE OF PROGRAM: _____ / _____ / _____ TIME: _____ to _____

PROGRAM LOCATION: _____

NUMBER OF ANTICIPATED STUDENTS/PARTICIPANTS: _____

Please choose a topic from the following list or request an unlisted topic below:

Women's Issues

- ____ The Women's Movement 101
- ____ Feminism 101
- ____ Women and Healthcare in the US
- ____ Intro to Activism/Young Activists
- ____ Food is a Feminist Issue

Domestic Violence

- ____ Healthy Relationships
- ____ Intimate Partner Violence

General Interest

- ____ How to Fail Well
- ____ Programming for Success
- ____ Stress Management

Faith and Spirituality

- ____ Sabbath Keeping as an Interfaith Experience
- ____ Finding Religion/Keeping the Faith:
an Introduction to Spiritual Seeking for College Students
- ____ Exploring Rumi from a Christian Perspective
- ____ Walking the Labyrinth
- ____ The Basics of the Enneagram

Diversity

- ____ Diversity/Multicultural Awareness

____ Other Program (please specify): _____

By signing below I certify that I am responsible for the program listed above including advertisement, reservation of space/location, flipchart/markers, and any other equipment. I will notify the Women's Center **24 hours** prior to the workshop to confirm or cancel the program.

All advertisements **MUST** include the Women's Center and the Office of Equity and Diversity on all promotional materials and must be approved by the department a **week** before the program. For approval of all promotional materials please e-mail them to Kate Smanik Moyes at smanikmoyesk@mail.montclair.edu.

Signature of Requestor: _____ Date: ____/____/____

For Office Use Only

Speaker(s) _____

Confirmed _____ Date _____

Initial(s) _____

Women's Center Program Descriptions

Women's Issues

- The Women's Movement 101 - This 30-45 minute presentation provides a basic overview of the Women's Movement in the United States of America. (30-45min)
- Feminism 101 - There's that "F" word again... What is feminism? Why are we so scared of that word? Is there room for Men in modern feminism? Find out the answers to these questions and more. This 45-60 minute presentation can be tailored to your group's needs and questions. (45-60 min)
- Women and Healthcare in the US - Everyone knows that there are problems with healthcare in the United States of America, but did you know that the struggle to obtain coverage and the cost of coverage disproportionately affects Women? This presentation provides a basic overview of the healthcare system in the US and the way in which this system affects individuals differently based on race, class, gender and sexual orientation. (45-60 min)
- Intro to Activism/Young Activists - What makes a modern day activist? Who are the activists that are making amazing changes today? How can you join a movement or find space for your own activism? (30-60min)
- Food is a Feminist Issue - Questions about where and how our food is produced have been cropping up everywhere from the NY Times Best Sellers list, to newspaper, magazine and television spots dedicated to food production and consumption. Food is a hot topic, but is it feminist? Why should we be worried about who makes our food and what's in it? Join us for a 50 minute presentation on food and feminism. (50 min)

Domestic Violence

- Healthy Relationships - We know that Intimate Partner Violence, and unhealthy relationships are a problem, but do we know what characterizes a healthy relationship? Join us for a 45 minute workshop that covers the basics of healthy relationships and learn what you can do to improve and strengthen your own relationships, now and in the future. (45min)
- Intimate Partner Violence - Learn about what characterizes Intimate Partner Violence, from the behaviors that identify a potential abuser, to the cycle that perpetuates an abusive relationship. Then join in a conversation about the ways in which we can work together to end this worldwide problem. (45-60min)

Faith and Spirituality

- Sabbath Keeping as an Interfaith Experience - The understanding that human beings require periods of rest in order to recharge and ready themselves for the week ahead is not a uniquely Judeo-Christian truth. In this workshop we will explore the way in which periods of rest appear in a variety of world religions and then explore the way in which "Sabbath" times can aid us all in our day to day lives. (30-60 minutes)
- Finding Religion/Keeping the Faith: an Introduction to Spiritual Seeking for College Students - College is a great time to explore who we are as individuals and what we believe, but beginning that exploration can be daunting. In this workshop we explore the

experience of finding religion by looking at the ways in which we can experience new traditions and find our own unique way to the divine. (60 minutes)

- Walking the Labyrinth – In the last 10-15 years the spiritual discipline of Labyrinth Walking has become an integral part of the faith journey for individuals and communities alike. Explore the history of the Labyrinth and it's interfaith connections and then conclude with an experience of labyrinth walking for your group. (60-75 minutes)
- The Basics of the Enneagram – There are many ways to experience and explore our personalities. This two part workshop will explore one way in which to learn about yourself and to learn about the personality types present in your group. In part one we explore a basic understanding of the Enneagram. At the end of part one participants are given the tools to find their own personality type in this system. In part two we explore the personalities in the group. What did participants learn about themselves, and what might be helpful to them as they continue to work as a group, and then in the future. (2 x 60 minute sessions)

Diversity

- Diversity/Multicultural Awareness

General Interest

- How to Fail Well – We all know that failure is a part of life, but do we know what it means to fail well? In this workshop we will look at a variety of failure scenarios and then explore the ways to successfully work our way out of those failures into new understandings. By the end of the workshop participants will have the tools necessary to step away from their panic in moments of “failure” and find solutions that encourage their own development, and integrity. (50-60 minutes)
- Programming for Success – Join the Women's Center staff for an hour of exploration as we look at our future possibilities through the creation of specific goals and plans for achieving those goals. This workshop explores the nature of goal setting, the pitfalls and hindrances to achieving one's goals, the 5 elements necessary to achieve a goal, and the 4 stages of change. (60-75min)
- Stress Management – Learning to manage stress is one of the crucial keys to academic success as a college student. This interactive workshop helps students identify the stressors in their lives and to come up with concrete ways to manage that stress. (60 min – 120 min)