

## Duke University

### **Baldwin Up!**

*Definition:* The belief in one's ability to achieve something specific.

*Synonyms:* To step up, speak up, take up, stir up, fire up, lift up, power up, stand up, and grow up.

In 2008, co-directors Donna Lisker and Emily Klein, and associate director Colleen Scott invited me to **Baldwin up!** In other words, I was invited to co-teach the Baldwin Scholars first-year seminar, *Perceptions of the Self, Society, and the Natural World*, consisting of three components: a humanities unit, a social sciences unit, and a natural science unit. The course is designed to introduce students to female faculty from various disciplines and to help students gain leadership skills. Thematically, each component addresses the concept of changing and/or contrasting perceptions within our lived experiences. The unit I teach addresses the theme by focusing on transformation and self-efficacy—the belief in one's ability to achieve something specific.

In 2012 I assumed the role of co-director for the Baldwin Scholars. As co-director I believe I can contribute to the legacy of transformation this program offers our students. The roots of this legacy run deep as we are now celebrating our 10<sup>th</sup> year! The Baldwin Prom, the spring Father-Daughter weekend, and of course the Class of 2014 graduation, are among the events we will host in celebration. And speaking of



congratulations, we are proud to welcome our 2017 class of Scholars. BS'17 is a diverse group of talented women; some were born outside of the United States or have lived in other countries, we have an athlete, engineering students, one who works as a Hollywood extra, one speaks four languages and is working on a fifth (she's my incentive to become fluent in Portuguese), and they are eager to define their voice in this collective legacy. I marvel at the courage and tenacity our students demonstrate as they navigate challenging spaces and work to carve out their unique place.

What does it mean to be a leader? What is your voice? Do you live with passion and enthusiasm? If not, why? What is the vision you hold for yourself and your community? What are your strengths and how are they utilized in your community? What does determination look like to you? Do you know your own potential? These are the kinds of questions that layer the experiences of our Baldwin Scholars; doing the work to find the

answers is what it means to Baldwin up! Transforming identities within campus culture is not a task any single entity can achieve, but we're invested in the process. Ten years and going strong!

Ava LaVonne Vinesett, Co-Director of the Baldwin Scholars Program

## *Gloria Steinem*



Tuesday, April 15  
7:30p.m.  
Duke Chapel

This event will be open to the public.  
Tickets will be made available through the  
Duke Box Office: free for Duke  
students/faculty/staff and \$10 for community  
members

In honor of the 10<sup>th</sup> anniversary of the Baldwin Scholars, we have invited legendary activist Gloria Steinem to speak as part of the Jean Fox O'Barr distinguished lecture series.

A trailblazing writer and feminist organizer, Gloria Steinem has been at the forefront of the fight for equality and social justice for more than four decades.

Special thanks to the Muglia Family for their generous sponsorship of this annual event.

## *Gifts to the Program*

We offer our sincere thanks to the following donors for their gifts; we appreciate their leadership and their belief in all that our Scholars can become.

Chaele Arkfeld, Baldwin, T'12  
Shari Baker, Baldwin, T'10  
Lindsay Bayham, Baldwin, T'09  
Margaret Braley, Baldwin parent  
Germaine Brewington, T'76, Baldwin parent  
Andrea Dinamarco, Baldwin, T'08  
Rae Dong, Baldwin, T'11  
Merri Estren, Baldwin, P'09

Nusaibah Kofar-Naisa, Baldwin, T'12  
Courtney Liu, Baldwin, T'13  
Meredith Metcalf, Baldwin, T'09  
Rosanna Myers, Baldwin, T'09  
Morgan Sheppard, Baldwin, T'11  
Jeanne Tannenbaum, G'73  
Margaret Taylor Smith, WC'47  
Dr. Judy Touchton, WC'62

If you are interested in making a gift to the Baldwin Scholars, please contact Donna Lisker at [dlisker@duke.edu](mailto:dlisker@duke.edu). Gifts can be targeted toward any area of the program.

## *New Year's Resolutions by Miho Kubagawa*

This piece originally appeared in the *Huffington Post*.

Miho Kubagawa graduated from Duke in 2007 and has lived in New York City ever since, as a teacher and Director of Talent Recruitment at KIPP NYC. Her January resolution is to read *The Creative Habit*, in an attempt to use her right brain more professionally and personally. When she is not thinking of making and keeping resolutions, she enjoys running, reading and visiting her hometown of Birmingham, Alabama.



For the first time in my life, I actually stuck to my New Year's resolution for 2013. My friends did too and we're already discussing what we're going to focus on for 2014.

What sparked the change?

- 1. We commit to 12 one-month resolutions.** Instead of trying to maintain one lofty goal for 365 days, we allow ourselves the opportunity to switch it up every month (in January, I committed to being a vegan; in February, I committed to reading four books). Interestingly, some of these monthly resolutions end up becoming habits because we are so intently focused on doing just that one thing for a month. Twenty-one days to make a habit? Maybe. Thirty days? More likely.
- 2. We make it social.** Our resolution-of-the-month club started in January of 2013 among three friends. Now, we have 15 members, not all of whom know each other. It doesn't matter who joins or when someone joins (our most recent addition joined in November). We only have one requirement: you email the group on the first of every month with an update on last month's resolution and your commitment for this month.
- 3. We track our progress.** We keep track of our resolutions and progress to date in Google Docs. Seeing everything that we accomplish, both individually and collectively, month after month is incredibly motivating. The fear of having to write the email, "Last month didn't go so well," to the group is also just as motivating.

And the result? Aside from the fact that I have proof of what I accomplished this past year, I actually feel like I am a more interesting person to talk to, whether at dinner with friends or at the water cooler with coworkers. People now know I am working on *some* area of my life at any given point in the year and so the question of "How's this month's resolution coming

along?" has replaced the trite "How are you?"

Above all, I am inspired by and amazed at all of our resolutions. We have become each other's biggest cheerleaders, particularly when our resolutions have evolved from "No alcohol" to "Finalize creating a website and send the link to the group when it's done." Our tracker shows a progression of us getting bolder and more creative with our resolutions over time. Not only have we delved into the standard resolutions (exercising more, eating healthily or getting our finances together), we have also managed to audition for TEDx, write a business plan, learn new dance choreography or start guitar lessons, just to name a few. We are more vulnerable and courageous, and we are taking more risks with each other's support.

Ultimately, it doesn't matter what the resolutions are; what is more telling is our reflection on how our previous month's commitment went and *why*. The toughest lesson I learned about myself came with my June resolution, when I resolved to unplug from all technology (no Internet, no TV, no phone and no email) for every Saturday in June. Though I successfully unplugged for all Saturdays except one, I resolved to make-up that one day in July, in addition to a new resolution. When the unplugged day didn't happen in July, I rolled it over to August. When it didn't happen in August, I rolled it over to September. Embarrassingly, I wasn't able to unplug fully until one day in *November* (read: on Thanksgiving). That lingering incomplete resolution was a wake-up call for me. Luckily, because this group had seen my struggles in finding a day to unplug, no explanation was necessary when I sought their advice.

And my favorite resolution? Hands down it was my November one, when I decided to mail handwritten cards expressing my gratitude to 30 individuals, one for each day of the month. The response from the recipients was overwhelming, from a friend's handwritten response (who doesn't love receiving snail mail?) to multiple phone calls, expressing how receiving such a gesture moved them to tears. My mentor emailed me recently to say that it inspired her to do something similar in 2014. Certainly resolutions can become even more powerful when we commit to doing something for someone else, not just for improving our own self.

Not surprisingly, our conversations as of late are focused on what we're each thinking of focusing on in January. We're continuing in 2014 what we started in 2013.

I encourage you to rethink your New Year's resolution. Shift the year-long mindset and ask yourself: What do you want to accomplish *this month*? Put it in an email and tell your friends. Start your own resolution-of-the-month club for 2014. You won't regret it.

## *Class of 2017 Baldwin Scholars profiles*

Meet the tenth class of Baldwin Scholars! The class includes 15 Trinity, three Pratt students, and one varsity athlete. The new Baldwin Scholars hail from nine states and four foreign countries. Their interests include dance, medicine, community service, art, and global health.

**Mariana Calvo** hails from Mexico City, Mexico. She is a born storyteller and reminisces about growing up in her grandmother's bakery. She is involved as a translator for DukeConnect, aiding Durham social workers linking undocumented immigrants to community resources.

**Elizabeth Horne** is from London, England. Known as "Fizzy" to her friends, she is a member of the Varsity rowing team. She attended an all-girls high school and is academically interested in biology and global health.

**Samantha Huff**, from San Rafael, California, created a non-profit in high school. Surfworks is designed to foster stewardship of the oceans with underprivileged children. She plans to pursue marine biology or environmental science and hopes to study at the Duke Marine Lab.

**Arielle Kahn** hails from Chappaqua, New York. Intellectually, she is drawn to psychology and child policy. She is active with Duke Dance Marathon and Relay for Life. Arielle loves to advertise Duke and hopes to be an Admissions Ambassador.

**Aleena Kareediya**, from San Antonio, Texas, is pre-med. She strongly identifies with her Muslim faith. She writes for *The Chronicle* and enjoys dance and community service.

**Elizabeth Kennedy** is from Ann Arbor, Michigan. She is considering Public Policy, Women's Studies, and Asian and Middle Eastern Studies majors. She plays club lacrosse at Duke. Inspired by a disabled sibling, she also volunteers with Best Buddies.

**Elizabeth Klein**, from Short Hills, New Jersey, attended an all-girls day school. Her mother and sister both attended Duke. She loves to travel and describes herself as a foodie. Lizzie aspires to be a surgeon.

**Kristen Larson** is considered a local, from Goldsboro, North Carolina. She attended NC School of Science and Math and is also pre-med. She performs with Duke Chorale and has a strong track record of community service.

**Juliette Pigott** is from Far Hills, New Jersey. She was a member of the Visions of Freedom Focus program and is interested in behavioral economics. She plays club tennis at Duke and plans to apply to DukeEngage.

**Symonne Singleton** hails from Rancho Cucamonga, California. She is following a pre-physical therapy track and is a member of the Cardea Fellows organization at Duke. She participates in campus ministry and represents her dorm on East Campus Council.

**Sierra Smith** is from Saratoga, California. She grew up in the Silicon Valley and has academic interests in math, computer science, and statistics. At Duke, she plays club volleyball and is a photographer for *The Chanticleer*.

**Roma Sonik**, from Charlotte, North Carolina, is interested in public policy and neuroscience. She is an experienced debater and was selected to intern with Duke University Union.

**Sofia Stafford** is from New York City and is a Robertson Scholar at Duke. She is passionate about girls' education and held a leadership role with the UN Girl Up campaign. Sofia participated in the Ethics, Leadership, and Global Citizenship Focus program this fall.

**Zarah Udwardia** is from Mumbai, India and has a quiet but strong presence. Her interests are diverse: painting, global health, psychology, and the environment. Zarah actively participates in FaceAIDS, Environmental Alliance, and the *Chronicle*.

**Emma Wright** is a Pratt engineer from Fairfax, Virginia. She is a self-described church nerd and loves sports. Emma belongs to Engineering World Health and plays club Frisbee.

**Amy Xiong**, also a Pratt engineer, hails from Maple Grove, Minnesota. She is a violinist with the

Duke Symphony Orchestra and is a member of Duke Engineers for International Development.

**Grace Ying** is from Tallahassee, Florida. She is our third engineer and is intellectually interested in fair trade, environmentalism, and human rights issues. In high school, she created the “Do Something” club to spark activism. At Duke, Grace is active in the Asian Students Association.

**Maimuna Yussuf**, was raised in Nairobi, Kenya and attended the African Leadership Academy. She is interested in political science and economics. Muna has been a blogger for the *New York Times* and Duke’s Office of Undergraduate Admissions.

## *Baldwin Alumnae Spotlight:*

### *An Interview with NBA Intern Nailah Waterfield, T’13*

#### **What are your primary roles and responsibilities as an intern?**

As a community relations intern my day-to-day responsibilities consist of donating tickets to non-profits, assisting in granting wishes to members of the community, choosing model students and educators from the Los Angeles area to acknowledge at games, and answering fan mail. The community relations department is the face of the organization to the fans.



The small things on our end make the biggest difference to our community. When a stressed out mother with a 6 foot 8<sup>th</sup> grader with a size 13 shoe writes the Lakers about the expenses of keeping her child clothed, I get to check our inventory to see if any of the players wear a size 13 we can send her.

#### **What have you noticed about the culture for women in your work environment?**

Working in sports is as male-dominated as you would assume but the women who do work in sports, are some of the strongest, most intelligent, driven and inspirational women to be around. Because of this, it doesn’t feel as male-dominated as one would assume; the women in the Lakers organization make their presence known. It is often assumed that a young unmarried, unattached woman working in sports is less interested in basketball and more interested in basketball players. That however is not the culture I am personally experiencing. I feel very respected in my workplace. Respected as a Duke graduate, a Baldwin Scholar, and a hardworking intern. My voice is heard, my opinions are valued and my work ethic is acknowledged; my shoes are still acknowledged too, but hey, this is Los Angeles. There are still several doors to be opened in the world of sports for women and that will requires us to “lean in.” You often see women towards the top

but not at the top in the sports industry, and our industry is gendered in itself. You will often find women running Community Relations, Entertainment, and Public Relations departments and absent in Basketball Operations or General Management. The influx of woman referees, woman heads of PR and athletic training are all steps in the right direction.

**How are you applying the skills and experiences from Baldwin in this role?**

One of my favorite lessons I learned in Baldwin came in our senior seminar course with Dr. Seidman. The course was called Women in the Professions and we were all discussing the barriers for women in the prospective fields we were all looking to enter. We were analyzing the various problems to the point of exhaustion and I think we all looked a little defeated. As Baldwins we feel it our responsibility to be constantly thinking and analyzing the state of women on campus, women in the work place, and women in this world; this is a huge task to take on. For women as passionate as we are, this internalization can be debilitating. Dr. Seidman told us being aware is important, but we must learn to “put our feminist glasses on.” This has been huge for me being a woman working in sports. For me this means shaking off the daily questions of “Are you a Laker Girl?” or “Are you singing the national anthem?” and focusing on the bigger feminist issues in the field. Getting women to the top not towards the top. Being able to take my feminist glasses on and off has allowed me to both be happy in my work environment but aware that there are still ceilings to be shattered.

**What do you hope to do next professionally?**

This year has solidified that I want to continue to work in sports. The platform that today’s athletes have to do good in the community is unprecedented and I really enjoy mobilizing that power. Next year I hope to be fulltime with a NBA team in the community relations department. The work is both important and rewarding and I love going to work everyday knowing that what I do is making the world a better place. Long term, my interest in sport psychology is growing daily. I would love to be the sports psychologist in a University Athletic Department.

*XY Campaign by Aarti Asrani, Baldwin Class of 2016*

After I was accepted to the Baldwin Scholars Program in the fall of my freshman year, I was both ecstatic and confused. I was ecstatic for obvious reasons- to meet the 17 other women in my class, to take courses with interesting faculty members, and to become part of a tradition of female leadership on campus. What confused me, however, was this last part- leadership. The Baldwin Scholars program encourages women to act as agents of change on campus. What was it that I wanted to change? Where at Duke did I want to leave my mark? I felt so blessed to have been given the opportunity to meet such phenomenal women through the program. Along with that, I felt a strong sense of duty to utilize the resources provided by the program to create a positive impact at Duke.

The summer after my freshman year, I came across a TED talk by Jackson Katz entitled "Violence Against Women- It's a Men's Issue." Katz's main premise was that by labeling issues such as sexual assault as 'women's issues,' we perpetuate a societal habit of victim blaming. He further emphasized that in reality, gender violence is most often a crime committed by men. Reflecting on Katz's words, I realized that several feminist campaigns have taken Duke by storm in recent years; however, most of these campaigns were strongly focused on the female voice. Where were the men? Why weren't male students taking a stand against gender violence? Thus was born the XY Campaign.

The XY Campaign showcases a collection of photographs of male students making statements with healthy ideas and attitudes concerning gender equality at Duke. The aim of the campaign is to encourage more men to join the dialogue about gender issues. It is important to have a campaign that specifically showcases male involvement with the hope that young men at Duke will not only think about the statements on these posters, but more importantly, rethink their own attitudes, behavior, and language with regards to gender equality. The XY Campaign invites men to act as allies in the fight against gender violence and discrimination, join the dialogue, and promote healthy values with the hope of setting a more positive example for the next generation of Duke men.

With incredible support from the Baldwin community and a partnership with Duke Culture Initiative, we launched the XY Campaign in early November and received an overwhelmingly positive response from the Duke community. My hope is that the XY Campaign is just the beginning of male involvement in the fight against gender discrimination at Duke. This past week, President Obama created a task force to address sexual assaults on college campuses. He specifically called for more young men to take action. It is validating to know that the XY Campaign is already leading our campus in the right direction.

I am beyond thankful to the Baldwin Scholars Program for inspiring me to think critically about campus culture and for supporting me in my quest to find what it takes to create change at Duke.

