Applying to work at the Margaret Sloss Women's Center merely 10 months ago was a quickly made decision. I saw the posting on the Student Job Board (which I would recommend to anyone trying to find an on-campus job) and I hoped that my skills would be good enough to excel in the position. I was offered the internship and over the course of 10 months I've made friendships with the graduate, student, and full-time staff. Personally, I was already very involved with the Margaret Sloss Women's Center House, having done their volunteer training and working closely with the Assistant Director, Som Mongtin, as she was my sorority's chapter adviser. Sometimes we take for granted the magnitude of programs that all university offices put on and especially the events at the Margaret Sloss Women's Center. As a Public Relations and Communications intern, I was mostly editing and creating content and was usually seen behind a camera. For the newsletters, I'm behind a computer, compiling information monthly and formatting it to the brand of the Margaret Sloss.
Women's Center. This month's newsletter will be the last one I edit.

In May 2018, I will be graduating with my Bachelor's of Science in Journalism and Mass Communications with minors in Event Management, Women's Studies, and English. I've spent 4 years in my home-away-from-home (I'm originally from Virginia) and I believe that being far from home and being at a predominately white institution has forced me to encounter struggles that I might not have faced someplace else. The Margaret Sloss Women's Center has been there in many ways - such as helping me find a new tea to drink, providing a couch to sleep on, showing me the power of black womxn, or letting me be able to host late-night events in an intimate setting.

Some of my last tips before I graduate are these:

- Attend one of the Sloss House's Programs
- Sign-up to Volunteer at the Sloss House
- Come in and take some popsicles (we have many!)

Farewell, Iowa State! It's been real.

Journey to Graduation by Karri Folks

We have arrived at that time of year also known as "graduation season", when students across the world put on their caps and gowns, and arm themselves with a big grin as they march across the stage to receive their diplomas. Many cultures prescribed ways for acknowledging this transition from one phase of life to another. In today's society, we have graduation ceremonies with a commencement program and celebrations where graduates may receive gifts and the well wishes of invited guests. If we look beyond the surface, we can see that graduation ceremonies are more than just a celebration of earning a diploma. Therefore, it is important that we honor more than just the student and the culmination of their education. We should also celebrate the special adventure/journey that each graduate is making. The journey is unique to each
individual, however most find out more about who they are, what they are naturally good at doing, and how they can go into the world and support themselves. We are lifelong learners born with a unique set of skills and gifts to share in this world to leave it a better place than when we arrived. So if you or someone you know are graduating-celebrate their accomplishments but also acknowledge and discuss your unique journey to graduation.

"We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better." - JK Rowling

Let's Break the Stigma by Janae Due

May is Mental Health Awareness Month. Over 1 in 5 people have a mental illness. The top 5 prevalent illnesses among college students are depression, anxiety, suicide, eating disorders, and addiction. 1 in 4 college students are diagnosed with a mental illness, though over 40% of students don't seek help.

Stigma is when someone views a person in a negative way. In this case, people are judged and shamed because they have mental illnesses. When people face external stigma, stigma can then come from an internal place. People with mental illness can confuse feeling bad with being bad.

How do we break the stigma?

Here are 10 ways to breakdown the stigma surrounding mental illness:

1. Talk openly about mental health
2. Educate yourself and others
3. Be conscious of language
4. Recognize mental illness as real, true, and valid
5. Show compassion for those with mental illness
6. Don't be afraid of people with mental illnesses
7. Choose empowerment over shame
8. Be honest about treatment
9. Be critical of the media
10. Don't harbor self-stigma

Interview with the Interim Director: Dr. Alissa Stoehr by Josh Matos
This semester saw big changes in the Margaret Sloss Women's Center!

Dr. Alissa Stoehr took on the interim director role for the spring semester. Dr. Stoehr is no stranger to the Sloss House as she started as a student worker in 1997, and ventured through several different positions over the years, such as board member, donor, and volunteer. In our interview, Dr. Stoehr shared that, "teaching about gender, sexuality, intersectionality, and equity in higher education," has helped her to make sure that the Sloss House, "stays true to [their] mission and values." Hurdles turned learning experiences for Dr. Stoehr in this new role include still being a social justice advocate under different job guidelines, budgeting, strategic planning, and assessment. Dr. Stoehr wants Iowa State University students to know that the Sloss House is for everyone and highlighted that the Sloss House has, "a full kitchen, computer lab, meeting spaces, tv room, and gender neutral bathrooms."

Stay cool this summer!
The Margaret Sloss Women’s Center (MSWC) would like to wish you a very happy summer break! We are going to be busy with incoming students visiting during orientation. The MSWC will be offering Ice Pops (while supplies last). The Sloss House is open all summer on Monday through Friday from 7:30am-4:00pm. Come visit the MSWC staff or hang out in the house! Let us know if there is anything you may need!