



Summer Leadership Academy

The new Summer Leadership Academy brought over 55 high school girls to campus on June 2019 for a three-day residential college-prep, career exploration, and leadership program. Participants represented 32 high schools primarily located in the Milwaukee area, but also schools located across Wisconsin and Minnesota.

Mount Mary excels at developing confident women, and reaching them at an even earlier age through the Academy will help ensure successful futures for these young women on whatever path they take. During the Academy panels, lectures and interactive workshops were presented by experts from a variety of backgrounds, including law, business, education, and non-profits.

The incredibly diverse group of participants (36% Latina, 34% White, 19% African American, 6% Middle Eastern, and 5% Asian American) learned about confidence and communication skills, understanding personality differences and the importance of sisterhood. They learned about programs of study and career paths, as well as explored vocation as the place where their gifts and passions intersect with the world's needs. Participants also walked through the college application process and learned how to find the right college for them.

Sessions Included:

- Financial Aid
- The Importance of Sisterhood
- Finding Your Authentic Self
- Body Mapping
- Confidence
- Overcoming Obstacles: Finding Your Leader Within
- Creating Your Own Brand
- Racial & Social Dynamics as a Leader
- Hands-On Career Exploration Activities (Food Science, Graphic Design, Nursing, Writing, and Fashion Design)
- Finding the Right Fit in a College
- Examining Programs of Study
- Young Professionals Dinner
- Vocational Exploration - where your talents and passion meets what the world needs



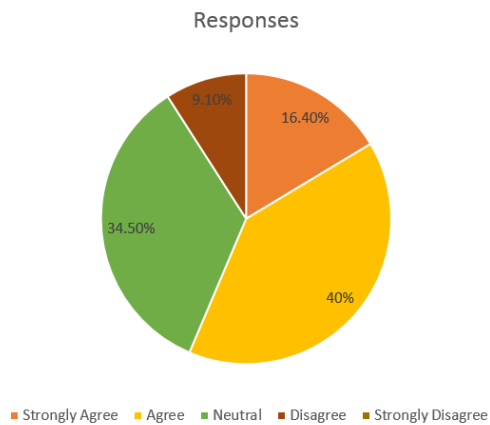
The evenings of the Academy were filled with group activities. At the end of each day, participants gathered in small groups to discuss what they had learned. The Peer Mentors were trained in how to lead thought provoking conversations so that they could co-facilitate small group discussions with an adult leader. They also provided insight from their experience in the Academy. Participants took part in self-reflection activities each night that were hosted by two School Sisters of Notre Dame. The Sisters taught the value of self-reflection and provided examples of ways to integrate it into their daily routine. Evening activities also included self-defense, yoga, and a storytelling workshop with local nonprofit Ex Fabula.

Evaluation:

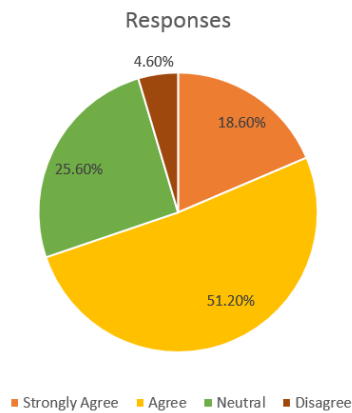
Participants took a pre and post-survey to measure what they learned during the Academy. The post-survey revealed that students felt better prepared for college, more confident in their ability to choose a college that is right for them, and gained a better understanding of how to set themselves up for success in college. They also indicated that they felt more comfortable discussing difficult topics such as race and diversity, they could more easily define their talents and vocational strengths, and had a better understanding of how to build self-confidence. Following is a sample of the data:

I am prepared for life after high school.

Pre - Academy

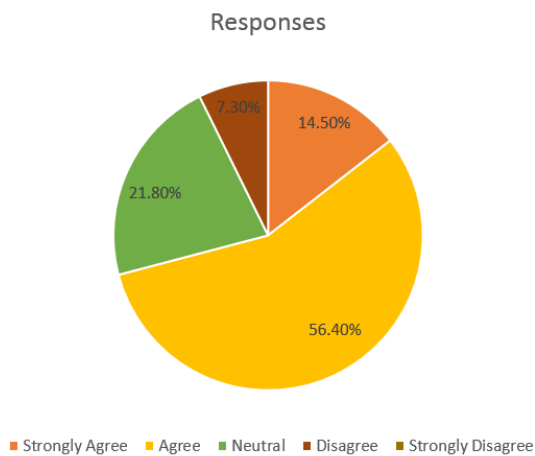


Post - Academy

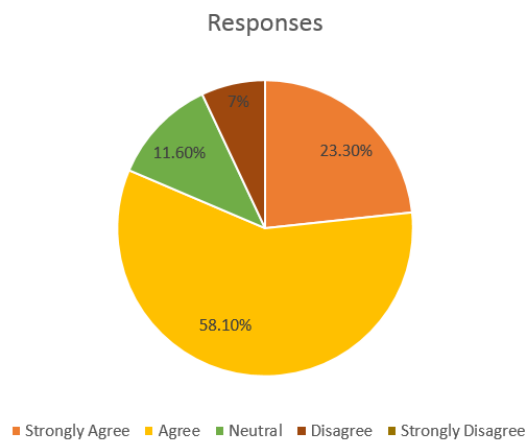


I feel like I can make informed decisions about my life after high school.

Pre - Academy



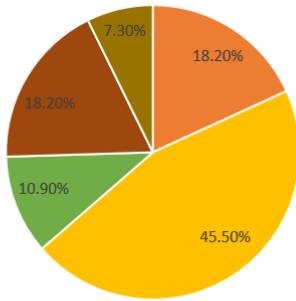
Post - Academy



I know what a FAFSA is.

Pre – Academy

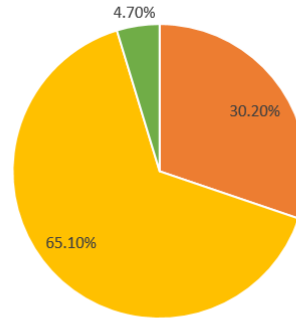
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses

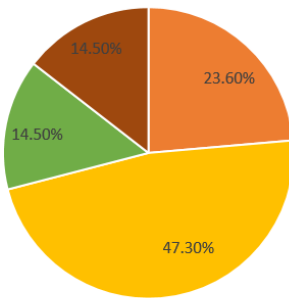


Strongly Agree Agree Neutral Disagree Strongly Disagree

I understand what factors to consider when choosing a college.

Pre – Academy

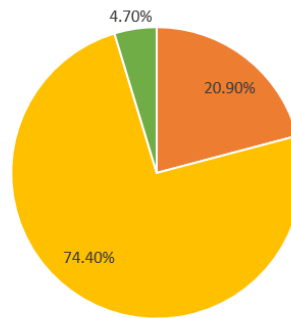
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses

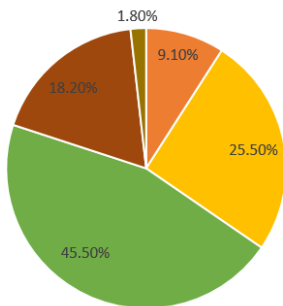


Strongly Agree Agree Neutral Disagree Strongly Disagree

I understand the concept of creating my personal brand.

Pre – Academy

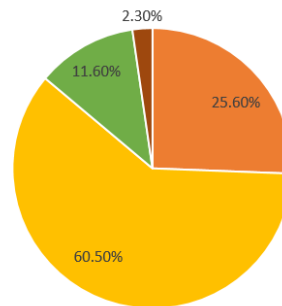
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses

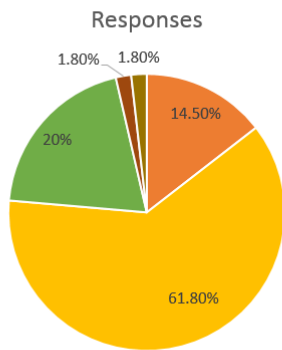


Strongly Agree Agree Neutral Disagree Strongly Disagree



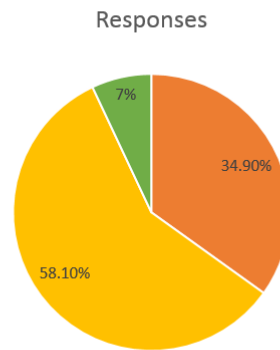
I understand how my talents can be applied to my future career.

Pre - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Below are a few comments from the post-survey:

- I feel that I have learned how to empower myself and others through leadership. I feel like I have grown to understand ways to improve myself and the situations around me.*
- I feel like I have grown to be more knowledgeable about what I should be doing and considering at this point in my life. Also, learned a lot about Mt. Mary and how the college works and feels like as a college student.*
- I feel that I have gained new leadership skills, strengthened my confidence, and left my comfort zone by making new friends and talking to new people.*
- I have learned more about myself and the type of leader I can become. Additionally, I know my strengths and values I can offer in a leadership role.*
- I have gained a new depth of understanding for the college application process and I have grown more comfortable about reaching out and making new friends.*
- I've learned so much that wasn't introduced to me at (high) school. I have learned to make new friends and reach out to others instead of staying at my own bubble. I have become more confident and accepting of myself for who I am.*
- My eyes have been opened to new ideas to lead a group and myself. I feel like I now have more of an idea of what it takes to be a leader.*
- I learned the importance of sisterhood and interacting with people who are strangers to me and being comfortable. This Leadership Institute has helped me meet new people and understand their views on leadership, sisterhood, and their values. It helped me to realize how completely different yet similar we all are as women, leaders, and students.*
- In my situation, being able to get open to a group of girls has helped me grow. I came from a family where I'm the only girl in the house with 2 boys. My entire life has been trusting, interacting and being around guys. So this experience helped me grow in being able to bond with other girls.*



- *I learned how to be more social with the people around me, I now have an idea of what kind of college I would like to go to, and I learned a lot about confidence and leadership.*

Thank you!

Generous donors like you make it possible for Mount Mary University to educate women to transform the world. This partnership allows MMU to educate and empower diverse women to realize their leadership potential and be compassionate advocates who make a difference in the community.



THANK YOU TO OUR SPONSORS



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