



*2022 Summer*  
**LEADERSHIP ACADEMY**

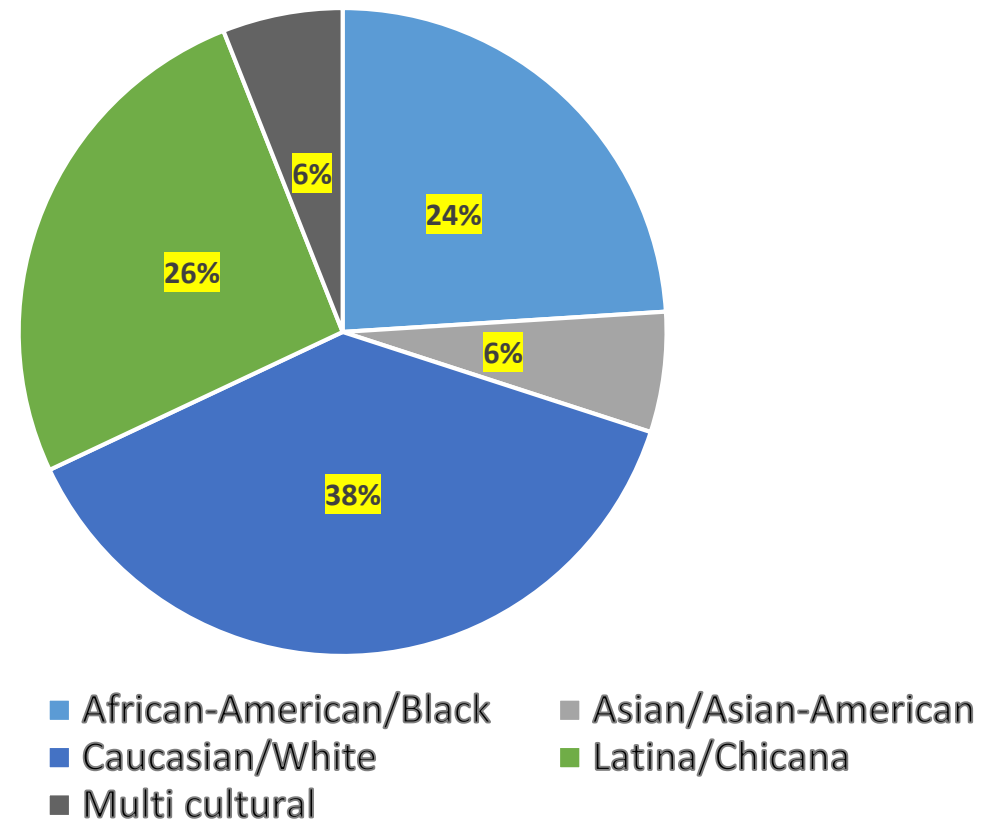
**Over 70 students** from Illinois, Minnesota, Missouri, and Wisconsin participated in the 2022 Summer Leadership Academy, as well as one international student. These young women attended the program from June 19-24, 2022 to learn about leadership, college preparation, and career exploration. Students gained essential skills that will help strengthen their college applications, valuable knowledge that will follow them into their future careers, and earned 2 college credits!



# A Diverse Group of Participants

The Summer Leadership Academy prides itself on hosting an incredibly diverse group of young women from across the metropolitan area and across the country. The Academy has consistently attracted young women from different races, ethnic groups and geographic locations. The 2022 Academy continued to welcome a group of young women that reflects our society and the Mount Mary University campus.

Racial and Ethnic Demographics





# PARTICIPANT HIGH SCHOOLS



2022 Summer  
LEADERSHIP ACADEMY

## WISCONSIN:

### ADAMS

Adams Friendship High School

### BEAVER DAM

Beaver Dam High School

### BROOKFIELD

Brookfield Academy

Brookfield Central

Brookfield East

### CEDARBURG

Cedarburg Senior High School

### EAGLE RIVER

Northland Pines High School

### FOND DU LAC

St. Mary's Springs Academy

### GREEN BAY

Notre Dame de la Baie Academy

### GREENFIELD

Greenfield High School

### HARTFORD

Hartford Union High School

### JACKSON

Living Word Lutheran High School

## MILWAUKEE

Alexander Hamilton High School

Barack Obama SCTE

Carmen High School Northwest

Cristo Rey Jesuit High School

Divine Savior Holy Angels High School

Eastbrook Academy High School

Golda Meir High School

Milwaukee High School of the Arts

Pius XI High School

Rufus King IB High School

St. Augustine Preparatory Academy

St. Joan Antida High School

St. Thomas More High School

Veritas High School

Vincent High School of Agriculture & Science

Wisconsin Lutheran High School

## MUSKEGO

Muskego High School

## WAUKESHA

Waukesha South High School

## WAUWATOSA

Wauwatosa East High School

## ILLINOIS:

### CHICAGO

George Westinghouse College Prep

### WINNETKA

New Trier Township High School

## MINNESOTA:

### BLOOMINGTON

John F. Kennedy Sr. High School

### BURNSVILLE

Burnsville Senior High School

## MISSOURI:

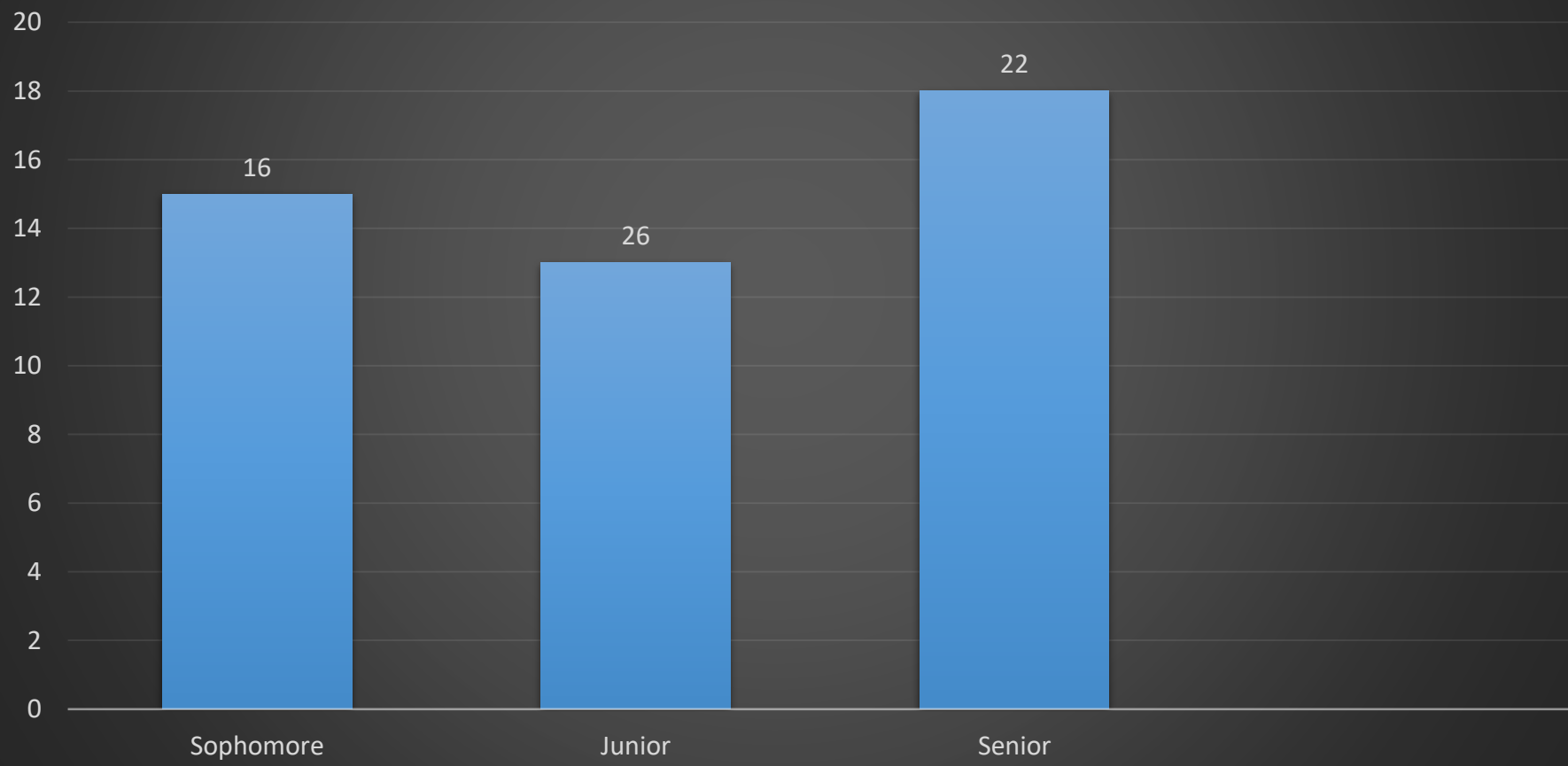
### CHESTERFIELD

Barat Academy

## VENEZUELA:

Colegio Internacional de Caracas

## High School Participants' Year in School for Fall 2022





# School Sisters of Notre Dame

Mount Mary University's foundation dates back to 1833 and the School Sisters of Notre Dame. Sr. Stephanie Spandle, SSND, and Sr. Comfort Anum, SSND, were an integral part of the 2022 Summer Leadership Academy. They presented "The Art and Importance of Reflection" session on Sunday evening and developed the daily reflections used in the evening small group sessions. They were also Adult Mentors for two of our small groups.





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# 2022 Post Survey Quotes

- *“Before coming into the academy I was unaware of what I wanted to do with my life. I was even debating not coming to college. But with the academy I was able to explore myself and it helped me to realize that I want to go into interior design. I am very glad I attended and would highly recommend for anyone whether they know what they want to do with their futures or not.”*
- *“I have a better understanding of what I want to do and who I want to be.”*



# Summer Leadership Academy – Morning Sessions

The Academy's new format offered many of the most popular leadership sessions from past academies.

## **MORNINGS: Leadership Development and College Readiness Sessions**

- Confidence
- Importance of Sisterhood
- Finding the Right Fit in a College
- Racial Dynamics as a Leader
- Finding Your Authentic Self
- Vocation



# Summer Leadership Academy – Afternoon Sessions

Participants spent 4 afternoons learning about the programs and pathways available within their chosen area of study through **tons of hands-on activities!**

## AFTERNOONS: **Career Pathways Sessions**

- Arts & Design
- Humanities & Business
- STEM

Each applicant selected their pathway on the application form.



# Arts & Design Pathway

This pathway included sessions introducing concepts in:

- Studio Art
- Fashion Design
- Merchandise Management
- Graphic Design
- Interior and Architectural Design
- Art Therapy



# Humanities & Business Pathway

In this pathway, students played a Reacting to the Past role playing game which included the following:

- Students were assigned a historical figure/character role with specific goals.
- Students learned to communicate, collaborate, and compete effectively to advance their objectives.
- Students created their own way of expressing their character's ideas persuasively in papers, speeches, or other public presentations.
- Students participated in negotiations, budget, and interview sessions.



# STEM Pathway

Through a variety of hands-on experiences students were introduced to concepts in the following areas:

- UX (User Experience)
- Nursing
- Occupational Therapy (OT)
- Psychology
- Art Therapy/Counseling
- Food Science
- Dietetics



# Summer Leadership Academy – Evening Sessions

After a full day of hands-on skills building and exploring career pathways, students spent their evenings more casually with structured games and personal development activities.

## **Personal/Professional Development Sessions and Social Activities**

- Yoga
- Self-defense
- Sports & Games
- Young Professionals Roundtable





# Pre-Academy and Post-Academy Surveys



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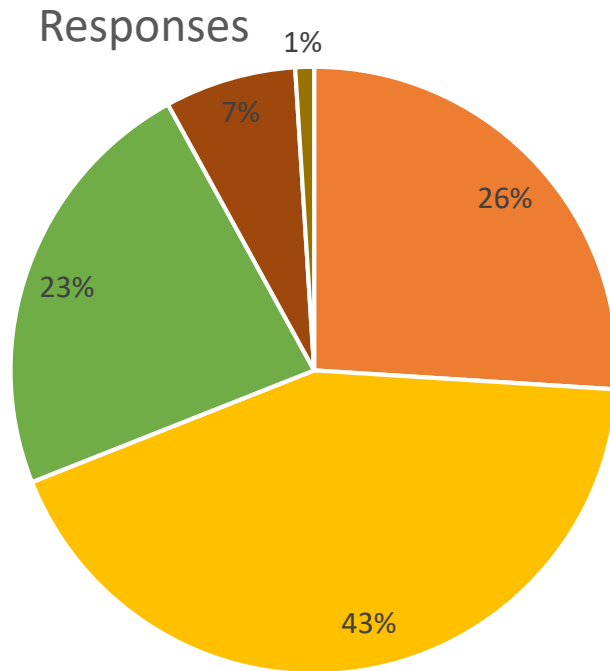
Summer Leadership Academy participants were asked to complete Pre-Academy and Post-Academy Surveys to measure their understanding of concepts and how they felt they have grown in their understanding of themselves and their preparedness for the world after high school.



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

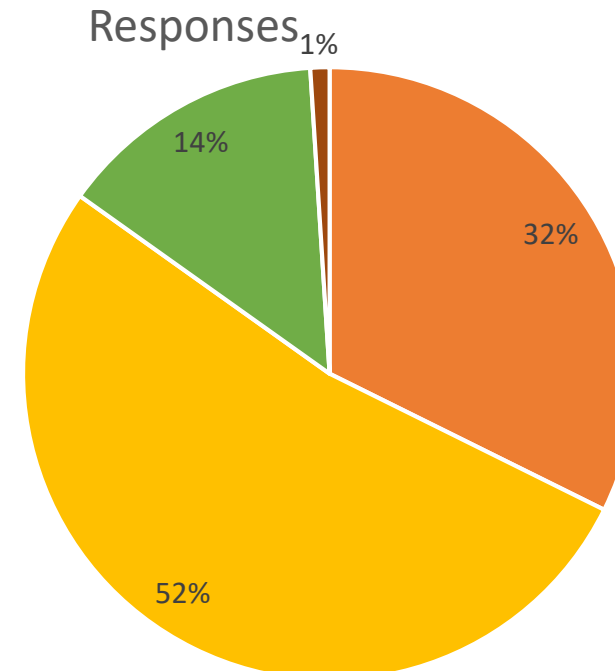
Participants' feelings about their ability to make informed life decisions after high school improved from 69% agreeing or strongly agreeing that they are able to do so prior to the academy to 84% post-academy.

## Pre - Academy



Strongly Agree    Agree    Neutral  
Disagree    Strongly Disagree

## Post - Academy



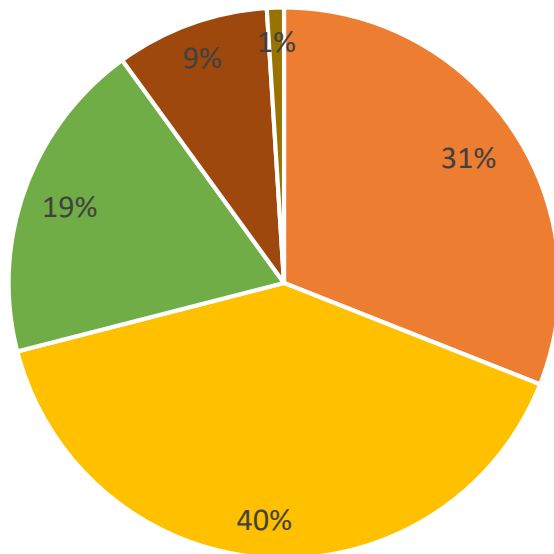
Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree

# I feel comfortable researching my college options.

Participants' feelings about their comfort with researching their college options improved from 71% agreeing or strongly agreeing that they are able to do so prior to the academy to 93% post-academy.

## Pre - Academy

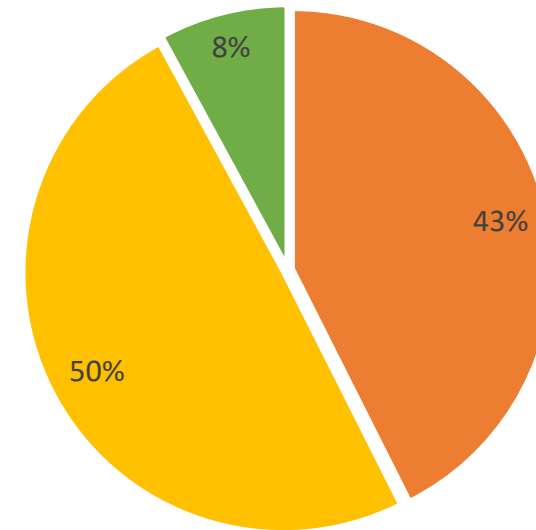
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

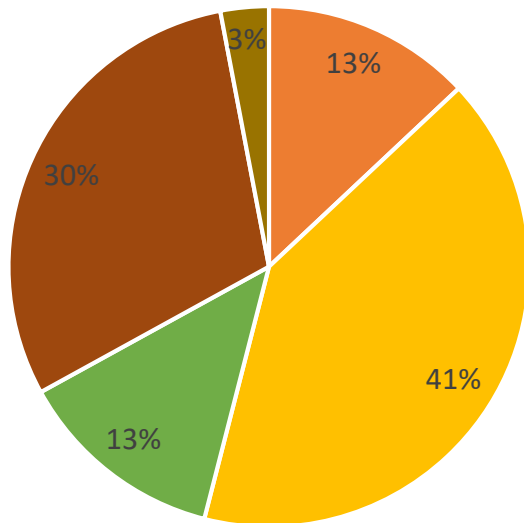


# I am aware of a variety of sources of funding to help make college affordable.

Participants' feelings about their knowledge of college funding options improved from 54% agreeing or strongly agreeing that they are aware of funding sources prior to the academy to 75% post-academy.

## Pre – Academy

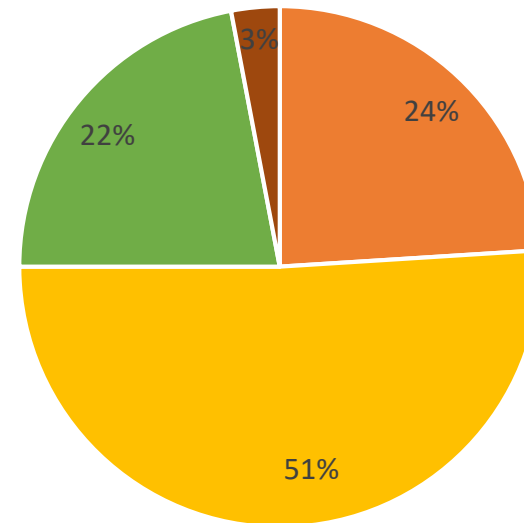
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy

Responses



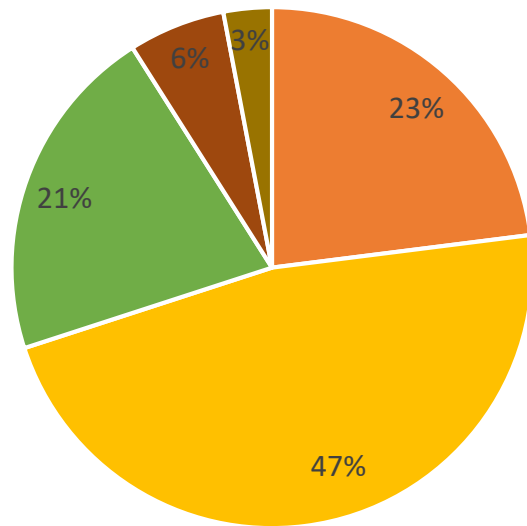
Strongly Agree Agree Neutral Disagree Strongly Disagree

# I am able to correlate my top three interests to potential jobs and career clusters.

Participants' feelings about their ability to correlate their top 3 interests to potential jobs and career clusters improved from 70% agreeing or strongly agreeing prior to the academy to 85% post-academy.

## Pre – Academy

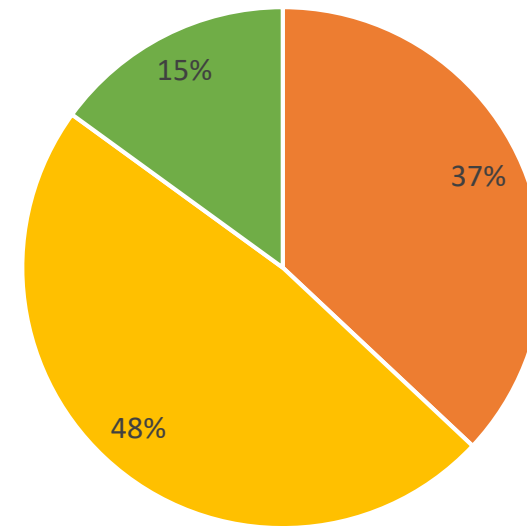
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

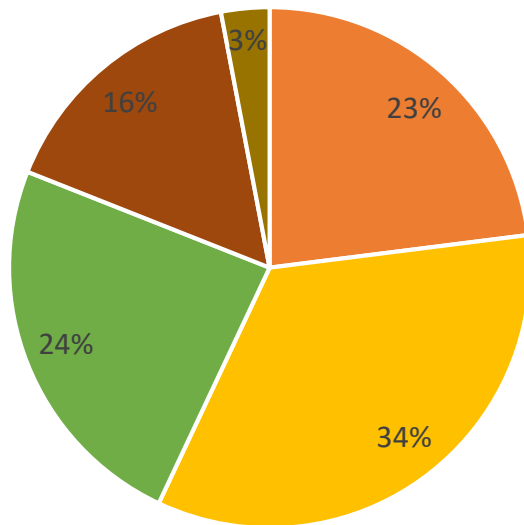


# I have knowledge of online resources available to me and am able to further conduct research into career clusters.

Participants' knowledge of resources for career clusters improved from 57% agreeing or strongly agreeing that they have this knowledge prior to the academy to 88% post-academy.

## Pre – Academy

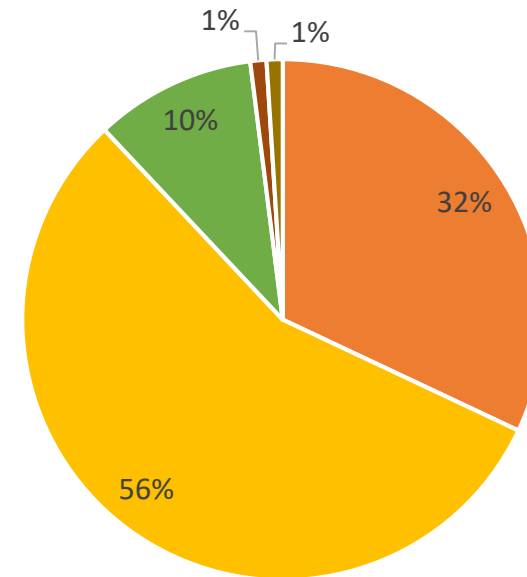
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy

Responses



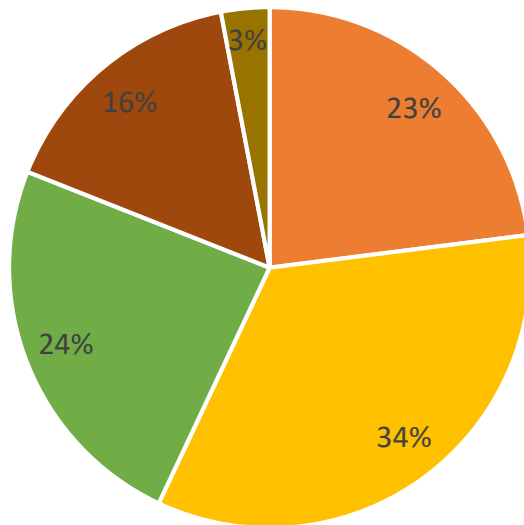
Strongly Agree Agree Neutral Disagree Strongly Disagree

# I know how to request connections and continue the conversation with adults, potential employers, family, and friends.

Participants' comfort with networking skills and ability to make connections improved from 57% agreeing or strongly agreeing that they have this knowledge prior to the academy to 78% post-academy.

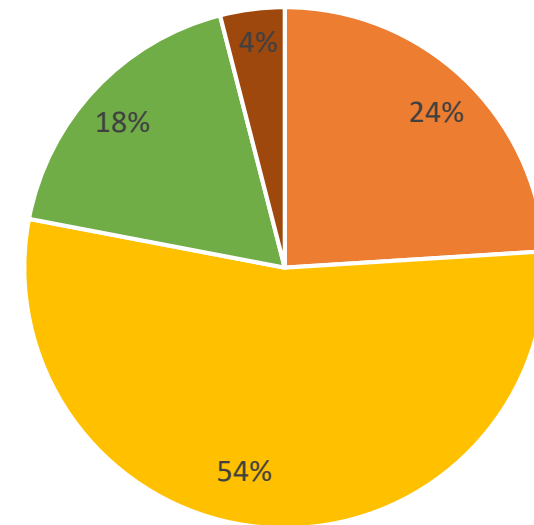
## Pre – Academy

Responses



## Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree



BUT NO ONE LIKES NETWORKING

PRESENTER: MELISSA F  
3, 2022



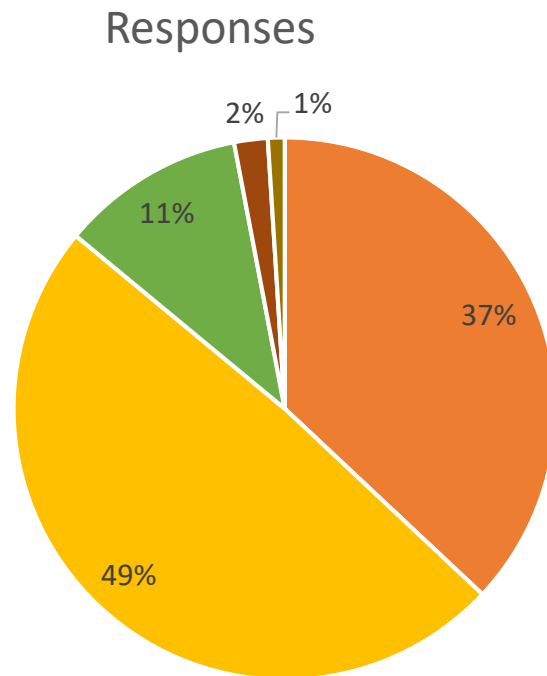
# 2022 Post Survey Quotes

- *“ I feel like I have grown a lot from my experience in attending the Academy because I have learned new things in my pathways and how to find the right college fit for me. I have also learned the importance of sisterhood.”*
- *“I feel very confident after high school and the steps I have to do to get into college. I feel that what I have learned helped me a lot!”*
- *“My plans were on the fence when it came to a career after high school and being at the academy I learned that college is a path I want to take...”*

# I understand the concept of “sisterhood.”

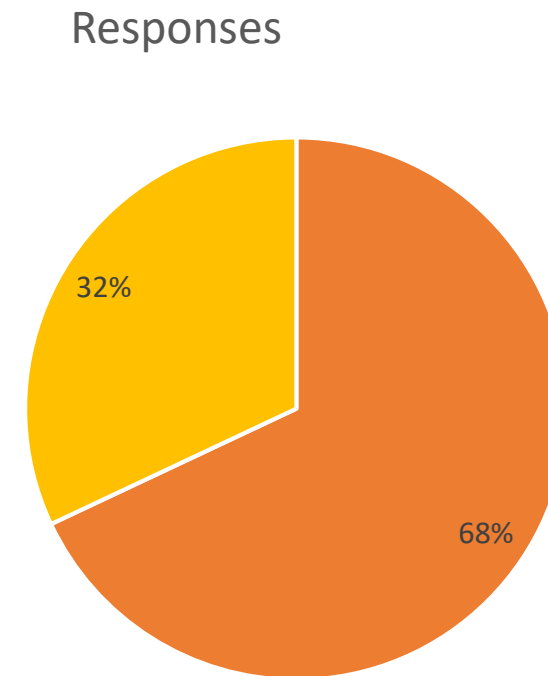
Participants' feelings about their knowledge of the concept of “sisterhood” improved from 81% agreeing or strongly agreeing that they understand the concept prior to the academy to 100% post-academy.

## Pre – Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy



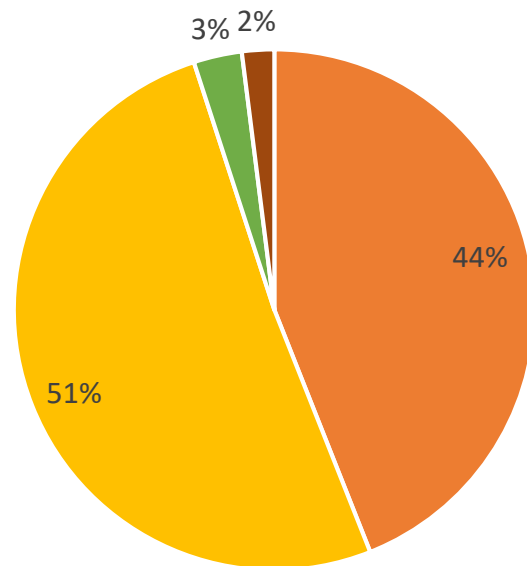
Strongly Agree Agree Neutral Disagree Strongly Disagree

# I understand that we are all affected by racism and overcoming it is ongoing and communal.

Participants' feelings about their understanding of overcoming racism being ongoing and communal improved from 44% strongly agreeing that they understand this prior to the academy to 60% post-academy.

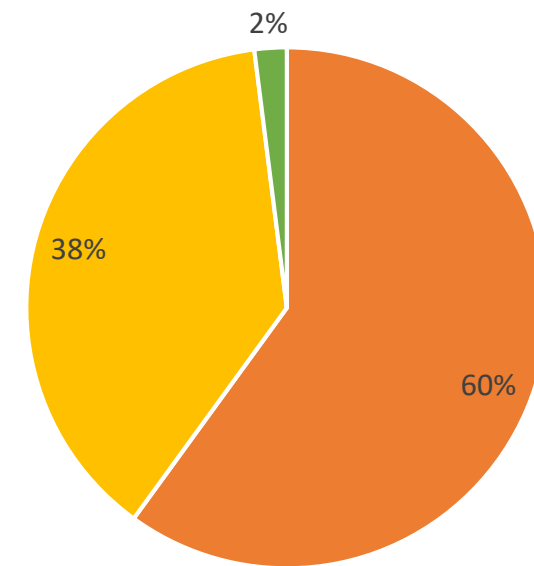
## Pre – Academy

Responses



## Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree





2022 Summer  
LEADERSHIP ACADEMY

# 2022 Post Survey Quotes

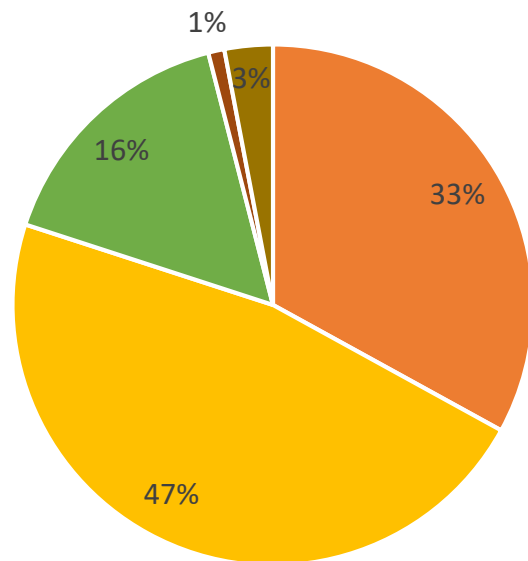
- *“I feel far more confident now because I have a better understanding of how to make things happen through not just a good GPA, but also through networking and branching out to experience new opportunities.”*
- *“I have a better understanding of college life and what I want my career pathway in life to be.”*
- *“I have learned that sisterhood is an important thing and is a great thing to have. Also, just the experience was great and fun and educational.”*

I am familiar with strategies for empathetic listening, understanding my feelings and triggers, and effective communication.

Participants' feelings about their familiarity with strategies for empathetic listening, triggers and effective communication improved from 80% agreeing or strongly agreeing that they understand this prior to the academy to 96% post-academy.

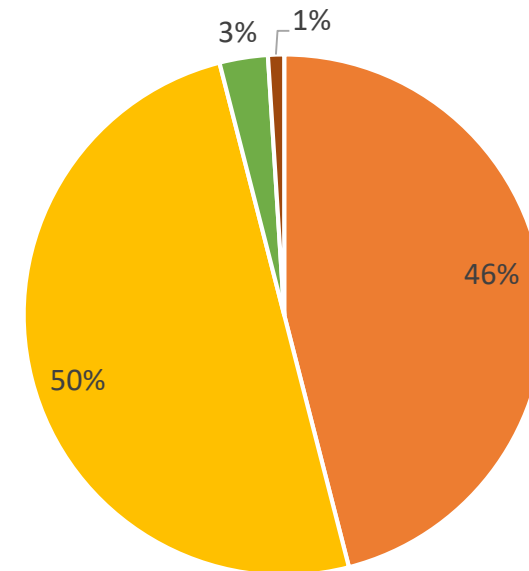
### Pre – Academy

Responses



### Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

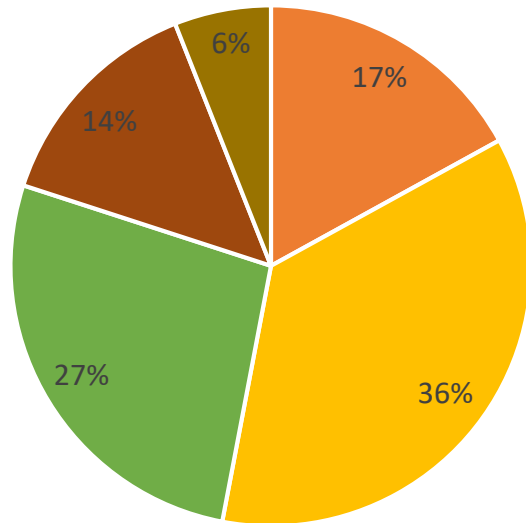
Strongly Agree Agree Neutral Disagree Strongly Disagree

# I understand the definition of vocation.

Participants' understanding of the definition of vocation improved from 53% agreeing or strongly agreeing with this statement prior to the academy to 79% post-academy.

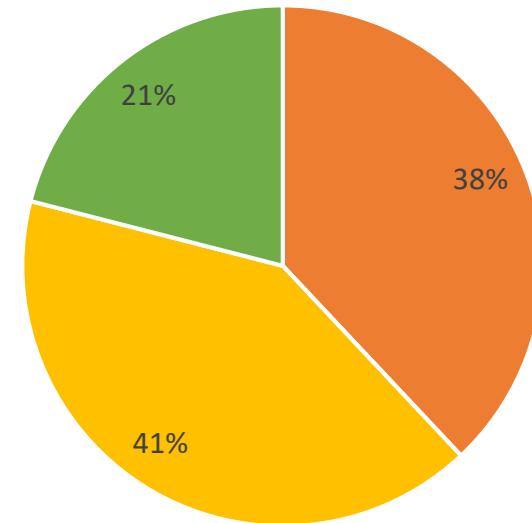
## Pre – Academy

Responses



## Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree



# 2022 Post Survey Quotes



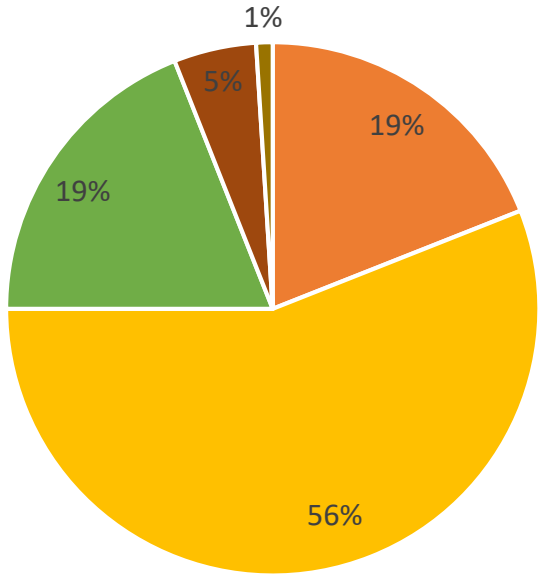
- *“I learned a lot of things from this leadership academy, I also created new skills that I thought I never would have achieved (Ex: Presenting, talking, making friends). I also learned a lot about my pathway which provides a good view on what major I want to go into. This was a huge experience for me and a big growing space. I enjoyed it and I'm glad I signed up.”*
- *“I'm more positive about going to college and choosing what fits me. I also learned more about the majors I want to go to or am interested in.”*

# I am aware of healthy ways I can improve my connection with myself and others.

Participants' feelings about their understanding of how they can improve their connection with themselves and others improved from 75% agreeing or strongly agreeing that they understand this prior to the academy to 95% post-academy.

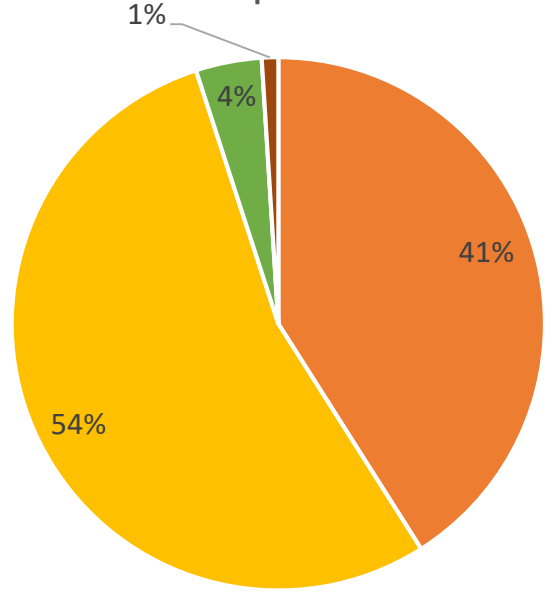
## Pre – Academy

Responses



## Post - Academy

Responses



Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

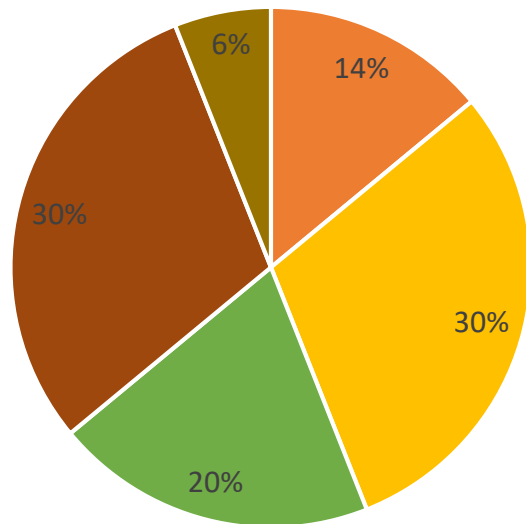


# I understand the three different levels of NCAA College Athletics (D1-D3).

Participants' feelings about their understanding of the 3 levels of NCAA College Athletics improved from 44% agreeing or strongly agreeing that they understand this concept prior to the academy to 73% post-academy.

## Pre – Academy

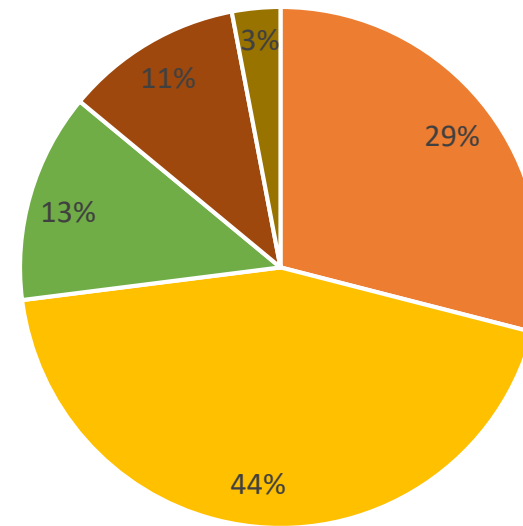
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy

Responses



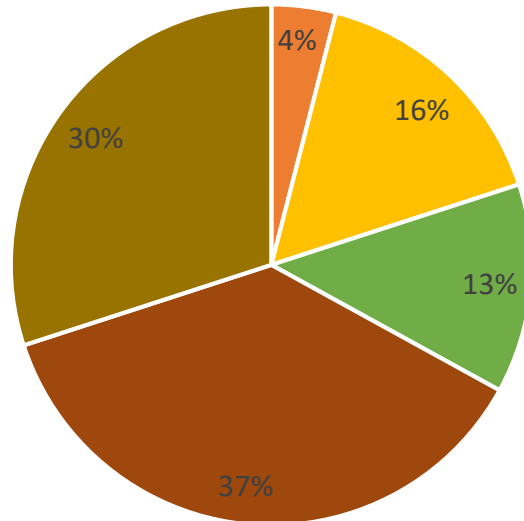
Strongly Agree Agree Neutral Disagree Strongly Disagree

# I can list at least one study abroad scholarship.

Participants' feelings about their knowledge of study abroad scholarships improved from 20% agreeing or strongly agreeing that they know of at least one study abroad scholarship prior to the academy to 57% post-academy.

## Pre – Academy

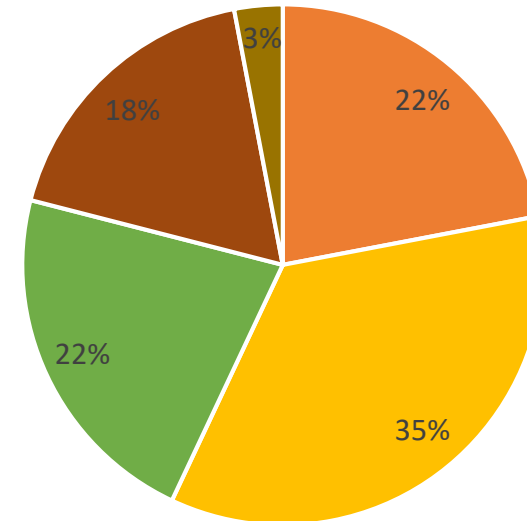
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

## Post - Academy

%



Strongly Agree Agree Neutral Disagree Strongly Disagree

# 2022 Post Survey Quotes



- *“This program has strengthened my knowledge on college life and what I should do after it.”*
  - *“I now have even more clarity about my options and goals for my college/major pathways.”*
- *“I feel as if I have grown as a person individually and within a group of sisters.”*
  - *“This was a great experience and I would love to come back.”*



# Small Groups

Each Summer Leadership Academy participant met with their small groups once daily for an hour. Small groups were led by Peer and Adult Mentors. Peer Mentors are young women who have participated in a previous Summer Leadership Academy. Adult Mentors are Mount Mary University employees, or community members who support the Peer Mentors in leading the small groups. This year, the Academy had the largest group of “support staff” yet with 15 Peer Mentors and 8 Adult Mentors.





# 2022 Post Survey Quotes



- *“I am better at connections and being social. I am also better at realizing that self discovery is very important as well as stepping out of your comfort zone.”*
- *“I enjoyed being able to have a group to come back to and connect with throughout the week.”*
- *“Incredibly accepting and friendly, wonderful overall environment!”*
- *“ My experience was good. I loved my roommate, my friend group, classes and flex time.”*







# 2022 Post Survey Quotes



- *“I enjoyed the concept of having a small group that you build strong connections with through continuous reflection with one another.”*
- *“I liked having a roommate because we would share what we learn in our pathways since we had different pathways. So it was a really cool experience to learn what my roommate was doing in her pathway!”*
- *“Having an adult mentor was great because it gave the group another point of view when going through discussions.”*

# Closing Ceremony

Participants who completed the program received Summer Leadership Academy program certificates as well as 2 college credits from Mount Mary University!



# 2022 Post Survey Quotes



- *“I feel like I have grown from this experience because I was able to interact with people from different social and ethnic backgrounds. This gave me different perspectives of life and helped me see how different people can be.”*
- *“I have increased my social ability a lot. I said on my entry thing that I was a very big introvert but coming out of this, I feel like I can talk to anyone and do anything!”*





# Thank you to our generous sponsors!

Their financial support allows Mount Mary University to keep the tuition fees affordable and provides scholarships for those with financial need.



School Sisters of Notre Dame  
Central Pacific Province

Virginia Cornyn '62

Nancy Cheski '65

Linda Alvarado

Omar & Abby Andrietsch

Nancy Sullivan '63

Merrisue Corris '86