

9 A.M. TO 3:30 P.M.  
**MARCH 18**

BAKER PATTILLO STUDENT CENTER

**TWILIGHT BALLROOM**

CHECK-IN // 8:30 A.M.

SFA OFFICE OF MULTICULTURAL AFFAIRS  
**FIFTH ANNUAL**

# WOMEN'S EMPOWERMENT SUMMIT

OPENING SPEAKER **NKEM NWAObI**

The summit is free and open to the public, and will conclude at 2:30 p.m.  
Lunch will be provided. To register, visit [sfasu.edu/oma](https://sfasu.edu/oma). Deadline for registration is March 16.

For more information, contact OMA at (936) 468-1073 or [oma@sfasu.edu](mailto:oma@sfasu.edu).



STEPHEN F. AUSTIN  
STATE UNIVERSITY  
NACOGDOCHES, TEXAS

# **The Office of Multicultural Affairs Welcomes You to Its Fifth Annual Women's Empowerment Summit**

During the Women's Empowerment Summit, we invite you to develop relationships with other women striving to make an impact, learn professional development skills, discuss current issues for women today, discover how to improve personal wellness and much more. This is a full-day experience during which you will attend multiple workshops led by SFA faculty members and students. Keynote speakers include Nkem Nwaobi, a nurse practitioner based in southeast Texas.

## **Mission of the Office of Multicultural Affairs**

The mission of the SFA Office of Multicultural Affairs is to create a campus environment where all students and staff and faculty members feel welcome and included. OMA creates networks of support for students and staff and faculty members that provide opportunities for meaningful cross-cultural interactions and learning experiences that promote respect for diversity. In addition, we work with student organizations to host cultural celebrations and activities that are educational and that work to enhance our students' abilities to succeed in a global community.

## **Summit Organizers**

**Veronica Beavers** — Director, OMA

**JaVon Long** — Assistant Director, OMA

**Ammy Martinez** — OMA Student Ambassador

**Josephine Scott** — OMA Student Ambassador

***#SFAWESummit2022***

## Schedule

### OPENING SPEAKER | 9 TO 9:50 A.M.

BPSC Twilight Ballroom



### Nkem Nwaobi

Originally from Nigeria, Nkem Nwaobi has lived in Texas for over 23 years. She obtained her bachelor's degree in nursing at Lamar University in Beaumont and began her nursing career in the Emergency Room, working her way to becoming a charge nurse. She worked in the emergency trauma unit at St. Elizabeth's Hospital, where she gained valuable experience that influenced her decision to further her education. She always knew that she needed to further her education, but it was just a matter of time. While raising her family, she obtained two master's degrees in nursing, and she is a board-certified Family Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner. She is currently working as the behavioral health director in an outpatient clinic while providing medical and mental health care to patients across the life span. She also is pursuing her doctorate with a concentration on substance abuse at McNeese State University. She is married and has five children, the oldest of whom is a senior at SFA. She loves to cook, travel, dance, work out and spend time with her family and friends. She also loves helping people and volunteers at the local church in her spare time.

## ■ Economic Disparities in Breastfeeding

**Presenter:** Karen Adebajo, SFA Student Nurse

**Room:** BPSC Multimedia

### **Session Description:**

All mothers have the natural capability to breastfeed following birth, regardless of age, race and economic status. Despite this, low-income babies are the least likely to be breastfed. The purpose of this session is to discuss the economic disadvantages that non-white, impoverished mothers have in regards to familial and community support in the continuation of breastfeeding their child after birth. This session examines these disparities and the implications on nursing practice, as well as the interventions that nurses may implement to encourage new mothers.

**Categories:** Ethnicity/Race

**Audience:** Students, Faculty, Staff, Community

## ■ I've Never Called my Husband a Working Dad

**Presenters:** Kacee Gardner, TIX Compliance Specialist

**Room:** BPSC Tiered

### **Session Description:**

Female-identifying individuals with child-rearing and professional responsibilities are often pulled in conflicting directions, leaving them feeling like there aren't enough hours in the day to be successful at home or at work. Female parents lag behind males in the workforce and in pay, despite making up a majority of college graduates. Women who take just one year off from work to raise children are paid and promoted less. The demands of the pandemic, including virtual school, inflexible work policies and difficult decisions about familial health in an information-poor environment, have exacerbated feelings of stress for many working mothers.

**Categories:** Gender Identity/ Social Issues

**Audience:** Students, Faculty, Staff

**Words of Empowerment  
From  
Powerful Women**

**“You are stronger than you believe. You have greater powers than you know.” — Wonder Woman**

**“There is no going back, there's only moving forward.”  
— Melinda May**

**“They'll tell you you're too loud, that you need to wait your turn and ask the right people for permission. Do it anyway.”  
— Alexandria Ocasio-Cortez**

**“There is no limit to what we, as women, can accomplish.”  
— Michelle Obama**

## BREAK OUT SESSIONS 2 | 11 TO 11:50 A.M.

### ■ Women's Reproductive Rights

**Presenter:** Kaylee Labinski and Justifer Davis, Student Wellness Action Team

**Room:** BPSC Regents Suite B

#### **Session Description:**

The goal of this presentation is to educate the audience on reproductive rights and give the audience an outlet to voice questions or concerns that they have. The presentation encourages respectful discussion.

**Categories:** Social Issues/Social Justice

**Audience:** Students, Faculty, Staff, Community

### ■ Society Loves U Till ...

**Presenters:** Josephine Scott, OMA Student Ambassador

**Room:** BPSC Multimedia

#### **Session Description:**

Everyday women are told what to do, what to wear, what is and is not acceptable, how they should look, what they can do with their body and much more. When women don't listen, they are seen in a negative light. When women do listen, they're still seen in a negative light. It almost seems like there is no way to win. This presentation covers just a few of the examples that show society's hypocrisy toward women.

**Categories:** Mental Health, Social Issues, Social Justice

**Audience:** Students, Faculty, Staff, Community

## ■ **Beau-Tea Night: Safe Sex, Women's Health and Reproductive Justice**

**Presenters:** Michelle Martinez and Anayelli Manzanares-Marquez, Lambda Theta Alpha Latin Sorority, Incorporated

**Room:** BPSC Tiered

### **Session Description:**

Women's rights in America have always been a hard topic to discuss. The public education system in America has failed to teach its youth, especially women, how to practice and engage in safe sex. Because of this, there is a lot of misunderstanding on how to deal with the consequences of unprotected sexual relations. This has led to legal actions being enforced on women's reproductive rights. This presentation focuses on helping women understand how to express their sexuality in an engaging manner while taking back the power needed to defend their body autonomy.

**Categories:** Ethnicity/Race, Social Issues, Social Justice

**Audience:** Students, Faculty, Staff, Community

**Break | NOON TO 1 P.M.**

# ***#SFAWESummit2022***

**Purple Table Talk | 12:15 TO 1 P.M.**

■ **Session Facilitator:** Rhylie Gachot, Assistant Director of Orientation and Transition Programs

**This session of Purple Table Talk examines being a woman in a man's world. This panel of impactful women will share their experiences in a male "dominated" world.**

## BREAKOUT SESSIONS 3 | 1:15 TO 2:05 P.M.

### ■ **It's Feeling Like Me Season: I Gotta Put Me First!**

**Presenters:** Lauren Roach, Graduate Student

**Room:** BPSC Multimedia

#### **Session Description:**

Oftentimes, women seek confirmations and validation from the titles we hold, the friendships we make and even the guys we date. But why, sis? Me Season is more than a popular TikTok sound used to portray a good day. It's the act of choosing yourself before the day begins and doing it all over again tomorrow. This discussion is curated for women wanting to find more time for themselves, helping to establish self-preserving boundaries we all need to flourish during our Me Seasons.

**Categories:** Leadership

**Audience:** Students, Faculty, Staff, Community

### ■ **The Oversexualization of BIPOC Women in White Pop Culture and Its Harmful Effects**

**Presenters:** Kori Lewis, OMA Graduate Assistant; Ammy Martinez, OMA Student Ambassador

**Room:** BPSC Tiered

#### **Session Description:**

Creators in modern-day white pop culture present actively influenced by the characteristics primarily seen in Black and Latina women. Oversexualization of Black and Latina women is widely evident on media platforms, in magazines and the day-to-day lives of individuals undergoing extensive medical treatment. Audience members will explore the harmful effects BIPOC women encounter secondary to society's perception of their everyday reality. Participants in this presentation will discuss stereotypes and how to eliminate these biases. This workshop equips individuals with the knowledge necessary to disassociate white pop culture and stereotypes from the lifestyles and behaviors of Black and Latina women.

**Categories:** Social Issues, Multicultural Education, Social Justice

**Audience:** Students, Faculty, Staff, Community



**CLOSING SURVEYS | 2:15 P.M.**

# Did You Know?

- **The two highest IQ scores in recorded history belong to women.**
- **During WWII, a female African American performer transported hidden messages to French soldiers through sheet music covered in invisible ink.**
- **Women earn more than 60% of all college degrees in the United States.**
- **80% of all purchasing decisions are made by women.**
- **When you empower a girl or a woman, she becomes a catalyst for positive change whose success benefits everyone around her.**
- **When a crisis hits, women are generally the first to sacrifice their food consumption in order to protect the food consumption of their families.**
- **The earliest known female physician lived in ancient Egypt around 2700 B.C.**

# Upcoming Featured Events

## APRIL

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**April 4 through 8:** Diversity Week

**Location and Time:** Various Locations and Times

**April 14:** Brave Space Series

**Location and Time:** BPSC Multimedia Room, Virtual; 4 p.m.

**April 15:** Male's Empowerment Summit

**Location and Time:** BPSC Grand Ballroom; 9 a.m. to 4 p.m.

**April 20:** Asian American and Pacific Islander Heritage Month Celebration

**Location and Time:** BPSC Plaza, Noon

**April 21:** Spring OMA Graduation Ceremony

**Location and Time:** BPSC Twilight Ballroom; 6 p.m.

**April 22:** National Military Brats Day Celebration

**Location and Time:** BPSC, Room 1.102; 11 a.m. to 3 p.m.

***\*\*\*For more details, visit [sfasu.edu/oma](https://sfasu.edu/oma).\*\*\****

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