



International Women's Day

Celebrate On Your Own

❖ [Read a Book about Women and Women's Issues:](#)

30 Books by Women to Read during March – Women's History Month!

<http://www.refinery29.com/books-written-by-women#slide>

More Book Ideas!

- *Amazing Women: Powerful Stories about Resilience, Confidence, Passion and Ambition*
- *Girls Think of Everything: Stories of Ingenious Inventions by Women*
- *Wild* by Cheryl Strayed
- *The Diary of Anne Frank*
- *I Am Malala*, by Malala Yousafzai
- *Still Alice* (also now a movie!), by Lisa Genova
- *Leaving Time* (fiction) by Jodi Picoult

Do an Amazon.com search for what interests you. There are tons of women authors, and many different topics to browse.

❖ [Read a Blog or Visit a New Website:](#)

Forbes 100 Best Websites for Women-

<http://www.forbes.com/sites/meghancasserly/2013/08/20/the-100-best-websites-for-women-2013/>

<http://www.blogsbywomen.org/>

<http://www.blogher.com/>

Search on the web, or write one of your own. WordPress.com is an easy one for beginners, but there are many FREE choices available online.

❖ [Watch a Movie about Women or Women's Issues:](#)

- *Girl Rising* <http://girlrising.com/screenings/>
- *Still Alice*
- *The Help*
- *Erin Brokovich*
- *The Color Purple*
- *Steel Magnolias*
- *Kramer vs. Kramer*
- *Gorillas in the Mist*

❖ [Shop Women-Run Businesses & Those Supporting Women Globally](#)

Such as: <http://www.samesky.com/> or <http://ecosalon.com/8-fabulous-women-run-businesses/>

❖ [Connect with Women:](#)

Reach-out: Via phone, social media, email or Skype, choose to dedicate 30 minutes to re-connecting with women in your network who have impacted you in some way.

Stretch: Ask a current friend to connect you with someone new who she thinks you could benefit from knowing (and who she thinks could benefit from knowing you!)

Social Media: Make thoughtful comments on social media discussions around women's issues to keep the conversation going and add new perspectives.



❖ Think About ...

Paying It Forward - Think about the women who influence YOU every day. Give them a word of encouragement or leave them a note of inspiration, or a small token to let them know you are thinking about them and that they've made a difference.

What Can YOU Teach Others? - Make a list of your own talents and think about how you can help other women grow by using them! (Example: Could you coach someone on public speaking, help with a resume, do you have a knack for planning parties, are you a whiz at networking, could you help someone learn English or another language?). Once you've made a list, think about how you can best get your talents out there!

What Would YOU Like to Learn? - What would help you? People love to do what they are good at and share experiences. Who can you seek how to help YOU grow personally and/or professionally. (Example: a specific software, how to fix something, basic phrases in another language, a sport, how to cook a certain dish). Once you've made a list, think about women who excel in these areas and connect. Make sure to ask what you might be able to offer them in return for them sharing their skills with you.

How to Be Proactive? - What language do you use to describe yourself as a woman, and/or how you judge, view, or perceive both yourself and other women. How can you consciously and purposefully be more aware of your actions and words to help all women rise with the tide in the year ahead?

❖ Activities for Small Groups:

Restaurant Circle - Gather a group of women from different circles and enjoy a new restaurant you wouldn't normally frequent to try food from another part of the world. Have a purposeful discussion around the table (pick a discussion leader in advance to prepare possible topics to spark conversation).

Potluck Pride - Host a potluck dinner at your home or a community space. Ask participants to bring a dish that means something to them and ask them to explain how it ties to their identity as a person (and perhaps as a woman).

Women's Walk - Invite a few women to take a reflective walk through nature. Take the time to think about and talk about what being a woman means to you.

Aim to Engage - Brainstorm activities you can explore over the next year to involve yourself more with the women around you and around the world. This could mean seeking out new sources of information, meeting new people, or volunteering for a cause. (At Penn State, perhaps this may mean getting involved with the Commission for Women).

Intercultural Growth - If you have a friend or colleague from another country or culture who is open to sharing their experiences, ask her about traditions of women from other parts of the world. See if you can apply some of those traditions or behaviors in your own life for a day (or part of a day as your schedule allows). See what it's like to try to walk in someone else's shoes!