

Lifelong Learning Program

2023 Learning Materials Guide

Instructions:

- Refer to the tables below for the required and optional learning materials.
- One point = approximately one hour of learning.
- As you complete something, check it off here and add it to your LLP 2023 Point Tracker.
- Points may be awarded retroactively for those who completed one or more of the UWLP online courses prior to January 1, 2023. To benefit from this, add this information to your LLP 2023 Point Tracker along with the date of completion.
- After completing 10, 20, or 30 points, email the completed LLP 2023 Point Tracker to Deborah Lin at deborah.lin@usu.edu.
- *Special Note: This document will be updated monthly with new offerings, so check back often!*

Achievement Level Requirements:

- **Level 1: INSPIRED LEARNER**
 - 10 points
 - Required: Two UWLP online courses
 - Optional: Anything from the “Optional Learning Materials” list below
- **Level 2: EMPOWERED LEARNER**
 - 10 additional points for 20 total points
 - Required: One UWLP online course
 - Optional: Anything from the “Optional Learning Materials” list below
- **Level 3: LIFELONG LEARNER**
 - 10 additional points for 30 total points
 - Required: One UWLP online course
 - Optional: Anything from the “Optional Learning Materials” list below

UWLP Online Courses

Complete four total courses, two for Level 1 and one each for Levels 2 and 3.

Course Title & Link	Point Value
<u>Understanding Gender: An In-depth Exploration</u>	3 points
<u>Conflict Management for Women</u>	3 points
<u>Overcoming Impostor Syndrome for Women</u>	4 points
<u>Relaunching Your Career for Women: Course 1</u>	4 points
<u>Relaunching Your Career for Women: Course 2</u>	4 points

Optional Learning Materials

UWLP Event Videos:

Watch select UWLP event videos focused on professional and leadership development for women. Check back monthly to upload the most current list as it will be updated regularly.

Event Title & Link	Point Value
<u>Panel: Teen Girls Experiencing Increased Sadness and Violence: A Discussion with Utah Experts – 4/25/23</u>	1 point
<u>Panel: Advancing Women Through “Developmental Relationship”: A Dialogue with Global Experts – 4/4/2023</u>	1 point
<u>Panel: Teaching Your Child Consent – 4/4/2023</u>	1 point
<u>Ditch Your Debt and Transform Your Net Worth – 3/16/2023</u>	1 point
<u>Vincenza Vicari-Bentley: Hacks to Help Women Maximize Income and Minimize Expenses - 11/9/2022</u>	1 point
<u>Panel: The Status & Experiences of Utah Women of Color - 9/15/2022</u>	1 point
<u>Amanda H. Christensen: How Women Can Budget to Survive Inflation - 8/31/2022</u>	1 point
<u>Dr. Jennifer Doty & Jessica Peterson: Building Emotional Resilience in Girls and Young Women - 5/26/2022</u>	1 point
<u>Panel: Relaunching Your Career: Tools & Strategies for Women Returning to the Workforce - 2/10/2022</u>	1 point
<u>Panel: Salary Negotiation for Women: The Latest Research & Cutting-Edge Best Practices - 1/25/2022</u>	1 point
<u>Panel: Strengthening Your Emotional Health as Women - 11/12/2021</u>	1 point

<u>Sally Helgesen: How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job - 10/29/2021</u>	1 point
<u>Panel: A Conversation on the Impact of COVID-19 on Utah Women and Work - 8/25/2021</u>	1 point
<u>Drs. David Smith & Brad Johnson: Rising Athenas, Male Allies, and the Power of Gender Partnership - 4/9/2021</u>	1 point
<u>Drs. Jessica Preece & Christopher Karpowitz: When Women Don't Speak: What It Takes for Women To be Heard - 3/12/2021</u>	1 point
<u>Panel: Stopping Violence Against Utah Girls & Women - 2/17/2021</u>	1 point
<u>Amanda H. Christensen: What Is Your Money Personality Type? - 2/11/2021</u>	1 point
<u>A Fireside Chat with Sheri Dew on Women and Leadership - 1/22/2021</u>	1 point
<u>Panel: Feeling Like a Fraud: Navigating Perfectionism & Impostor Syndrome as Women - 11/11/2020</u>	1 point
<u>Holly Richardson & Heather Sundahl: Writing for the Popular Press: A Workshop for Utah Women - 10/29/2020</u>	1 point
<u>Panel: Exploring the Intersectionality of Race & Gender - 9/18/2020</u>	1 point
<u>Jane Clayson Johnson: Silent Souls Weeping - Emerging from Depression with Strength and Hope - 1/30/2019</u>	1 point

UWLP Research & Discussions: Read the research piece and discuss it with someone so that the reading and discussion experience takes at least one hour.

Research Title & Link	Point Value
<u>Sexist Comments & Responses: Study Introduction and Overview (Nov. 4, 2021)</u>	1 point
<u>Sexist Comments & Responses: Inequity and Bias (Dec. 15, 2021)</u>	1 point
<u>Sexist Comments & Responses: Objectification (Jan. 6, 2022)</u>	1 point
<u>The Status of Women in Utah Politics: A 2022 Update (Feb. 3, 2022)</u>	1 point
<u>Sexist Comments & Responses: Stereotypes (Mar. 2, 2022)</u>	1 point
<u>Sexist Comments & Responses: Undervaluing Women (Mar. 2, 2022)</u>	1 point
<u>The Value of Higher Education for Women in Utah (Jan. 26, 2010)</u>	1 point
<u>Women's Equality in Utah: Why Utah is Ranked as the Worst State, and What Can Be Done (Dec 2, 2021)</u>	1.5 points

UWLP Podcasts: Listen to the podcast.

Podcast Title & Link	Point Value
<u>Domestic Violence Among Utah Women: A 2023 Update (Jun. 22, 2023)</u>	0.5 point
<u>The Status of Women in Utah Politics: A 2023 Update (Apr. 19, 2023)</u>	0.5 point
<u>Impact of Gap Time for Missionary Service on Utah Women’s College Outcomes (Mar. 29, 2023)</u>	0.5 point
<u>Safety First: The Health Implications of Social Belonging Among Utah Women (Mar. 22, 2023)</u>	0.5 point
<u>Eating Disorders Among Utah Women (Feb. 22, 2023)</u>	0.5 point
<u>Perceptions of Higher Education: Gender Differences in Utah Secondary School Students (Jan. 31, 2023)</u>	0.5 point
<u>Understanding the Gender Gap in Utah Higher Education (Jan. 18, 2023)</u>	0.5 point
<u>Homelessness Among Utah Women (Dec. 14, 2022)</u>	0.5 point
<u>Suicide Among Utah Girls and Women (Sep. 21, 2022)</u>	0.5 point
<u>The Status & Experiences of Utah American Indian Women (Nov. 1, 2022)</u>	0.5 point
<u>The Status & Experiences of Utah Black Women (Oct. 19, 2022)</u>	0.5 point
<u>The Status & Experiences of Utah Pacific Islander Women (Oct. 3, 2022)</u>	0.5 point
<u>The Status & Experiences of Utah Hispanic or Latina Women (Aug. 16, 2022)</u>	0.5 point
<u>The Status & Experiences of Utah Asian Women (Aug. 1, 2022)</u>	0.5 point
<u>Sexual Assault Among Utah Women: A 2022 Update (Sep. 6, 2022)</u>	0.5 point
<u>Utah Women and STEM: A 2022 Update (Jul. 15, 2022)</u>	0.5 point
<u>Sexist Comments & Responses Part III (Apr. 4, 2022)</u>	0.5 point
<u>Utah Gender Wage Gap: A 2021 Update (Feb. 28, 2022)</u>	0.5 point
<u>Sexist Comments & Responses Part II (Jan. 28, 2022)</u>	0.5 point
<u>Sexist Comments & Responses Part I (Jan. 28, 2022)</u>	0.5 point
<u>Poverty Among Utah Women: A 2022 Update (Mar. 15, 2022)</u>	0.5 point
<u>Women’s Equality in Utah: Why Utah Is Ranked as the Worst State, and What Can Be Done (Jan. 4, 2022)</u>	0.5 point
<u>Substance Use Disorders Among Utah Women (Nov. 29, 2021)</u>	0.5 point
<u>Women and Finances: What Utahns Need to Know (Oct. 4, 2021)</u>	0.5 point
<u>Women, Confidence, and Leadership (Jul. 11, 2019)</u>	0.5 point
<u>Why Do We Need More Women Leaders in Utah (Jul. 10, 2019)</u>	0.5 point
<u>Strategies Of Male Allies (May 30, 2019)</u>	0.5 point

External Optional Learning Materials:

Type	Title & Link	Point Value	Completed
<u>Curriculum</u>	<u>AAUW Start Smart (College Students): Negotiation Course</u>	1 point	
<u>Curriculum</u>	<u>AAUW Work Smart: Negotiation Course</u>	1 point	
<u>Podcast</u>	<u>"Women at Work" by Harvard Business Review (up to 2 points per level)</u>	0.5 point/ episode	

Updated: 6-27-23