



2023 Summer
LEADERSHIP ACADEMY

Over 80 students from Illinois, Minnesota, Missouri, Virginia and Wisconsin participated in the 2023 Summer Leadership Academy, as well as one international student. These young women attended the program from June 25-29, 2023 to learn about leadership, college preparation, and career exploration. Students gained essential skills and valuable knowledge that will strengthen their college applications and follow them into their future careers. They also earned **2 college credits!**

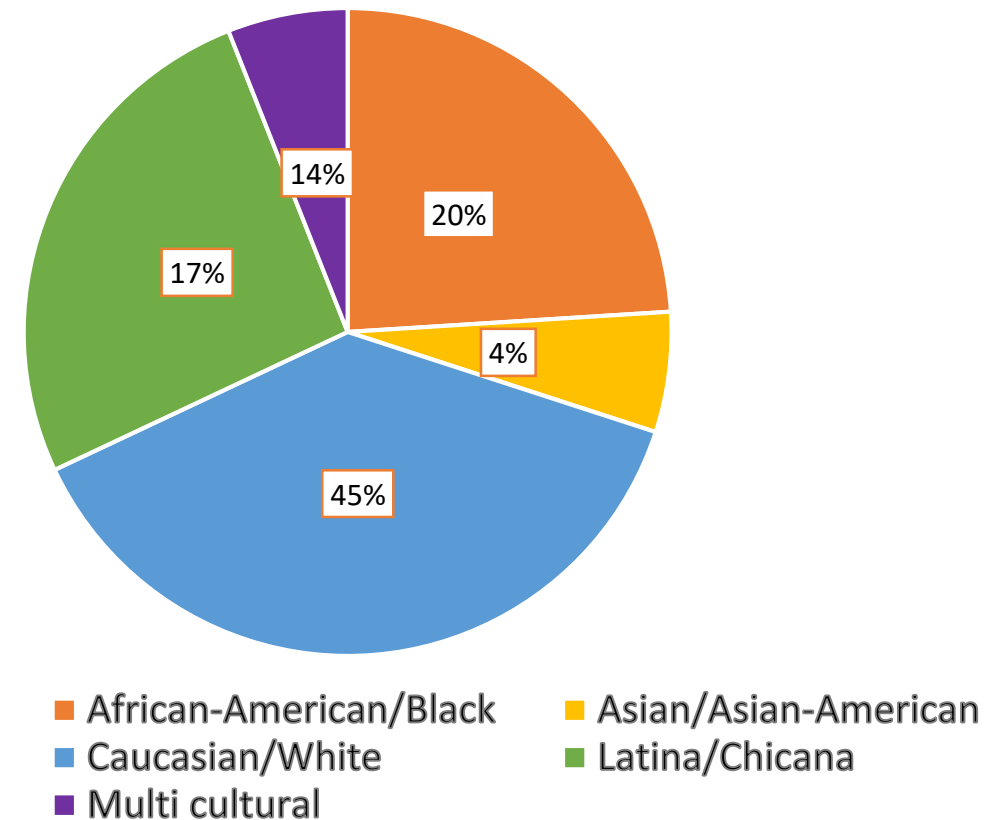




A Diverse Group of Participants

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 2023 Academy continued this tradition and welcomed a group of young women that reflects our society and the Mount Mary University student population.

Racial and Ethnic Demographics





PARTICIPANT HIGH SCHOOLS



2023 Summer
LEADERSHIP ACADEMY

WISCONSIN:

AUBURNDALE

Auburndale High School

BEAVER DAM

Beaver Dam High School

BROOKFIELD

Brookfield Central

CRANDON

Crandon High School

ELROY

Royall High School

GERMANTOWN

Germantown High School

GLENDALE

Nicolet High School

GREENFIELD

Greenfield High School

Whitnall High School

HARTFORD

Hartford Union High School

JACKSON

Living Word Lutheran High School

JUNEAU

Dodgeland High School

KENOSHA

Indian Trail High School

MEQUON

Homestead High School

MILWAUKEE

Barack Obama SCTE

Divine Savior Holy Angels High School

Eastbrook Academy High School

Golda Meir High School

Hmong American Peace Academy

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

Tenor High School

MUSKEGO

Muskego High School

WATERTOWN

Endeavor Charter School

WAUPACA

Waupaca High School

WAUWATOSA

Wauwatosa East High School

Wauwatosa West High School

WHITEFISH BAY

Whitefish Bay High School

ILLINOIS:

BERWYN

Cristo Rey Jesuit High School

CHICAGO

Whitney M Young Magnet High School

JOLIET

Providence Catholic High School

MINNESOTA:

DELANO

Delano Sr. High School

FULDA

Fulda High School

SAUK CENTER

Sauk Center High School

MISSOURI:

JEFFERSON CITY

Jefferson City High School

PRAIRIE HOME

Prairie Home R-V

VIRGINIA:

ARLINGTON

Woodlawn

Wakefield High School

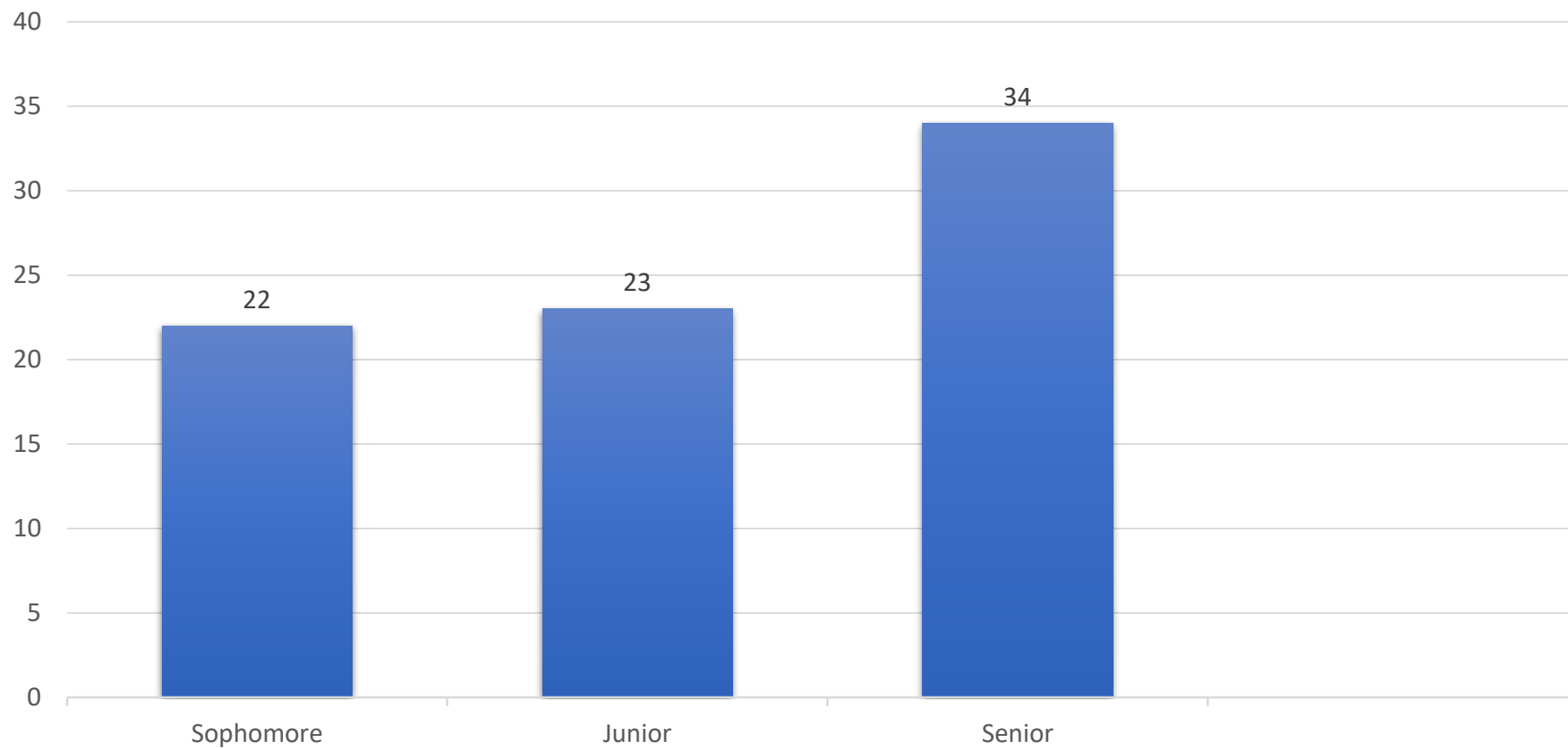
VENEZUELA:

Colegio Internacional de Caracas



2023 Summer
LEADERSHIP ACADEMY

High School Participants' Year in School for Fall 2023





School Sisters of Notre Dame

Mount Mary University's foundation dates back to 1833 and the School Sisters of Notre Dame. Sr. Stephanie Spandl, SSND, and Sr. Carol Jean Dust, SSND, were an integral part of the 2023 Summer Leadership Academy. They opened and closed the 2023 Summer Leadership Academy with prayer, presented "The Art and Importance of Reflection" session on Monday evening to students, attended sessions with the students, and were Adult Mentors for two of our small groups.





2023 Summer
LEADERSHIP ACADEMY

2023 Post Survey Quotes

- *“I feel confident in my abilities to succeed and make informed decisions about my future after attending Mount Mary's Summer Leadership Program.”*
- *“I think I have a better and more mature mindset. I feel more confident in myself and my abilities. I have bonded with many of my peers. I have learned so much after attending the SLA program. Overall, it was a great experience that I will never forget.”*



Summer Leadership Academy – Leadership Sessions

The 2023 Academy's format offered many of the most popular leadership sessions from past academies as well as inspirational new sessions.

MORNINGS: Leadership Development and College Readiness Sessions

- Leadership and Social Justice
- Importance of Sisterhood
- Finding the Right Fit in a College
- Racial Dynamics as a Leader
- Personal Finance
- Vocation
- Women's Leadership: An International Exchange



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:

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



Humanities & Business Pathway

In this pathway, students explored the fast paced and exciting world of User Experience Design. Students worked together to create an app for teen mental health using the human-centered design process. This course was hands on and project based with built in lectures and activities to help guide the projects along. At the end of the 4-day design sprint, each team had an opportunity to present their innovative solutions.



STEM Pathway

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

- Nursing
- Occupational Therapy
- 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 Monday and Tuesday evenings more casually with structured personal development activities.

Personal Development Sessions and Social Activities

- Yoga
- Self-defense
- Mini Volleyball Camp
- Karaoke
- Bingo





Summer Leadership Academy – Young Professionals’ Dinner and Roundtable

On Wednesday evening, students dressed in business casual and attended a networking presentation and dinner with young alumnae from Mount Mary University and GE HealthCare. Participants and volunteers enjoyed dinner and had topical discussions on the importance of networking. Students were thrilled to speak with these young professionals, hear their stories and advice, and practice their newly developed networking skills.



Pre-Academy and Post-Academy Surveys



2023 Summer
LEADERSHIP ACADEMY

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.



2023 Post Survey Quotes

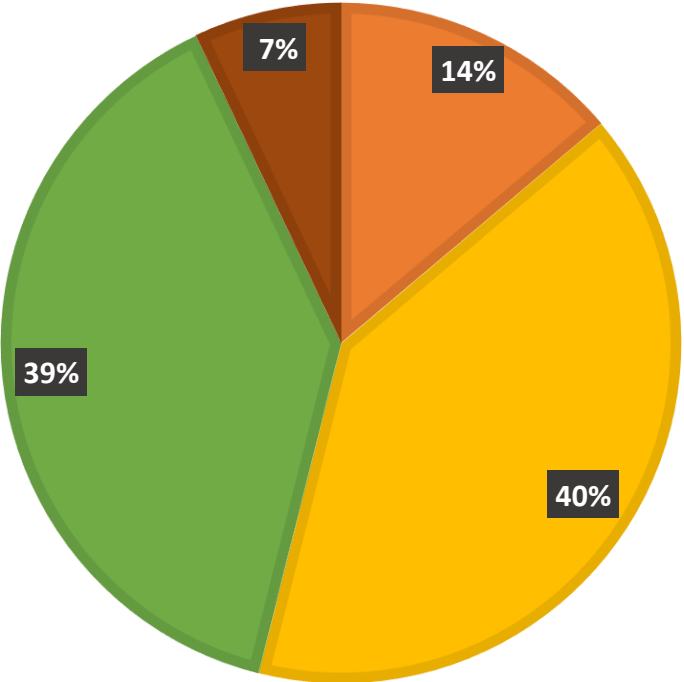


- *“I feel as though I have grown a lot. I learned new things and about new professions...This academy has shown me that there is a world of possibilities out there.”*
- *“Now I know for sure that I am going to attend college and because of the mini classes we took about the right fit and financial aid, I have a WAY better understanding how the process works.”*
- *“I feel like have grown from my experience in attending the Academy not only in leadership but also in my knowledge and in myself.”*

I am prepared for life after high school.

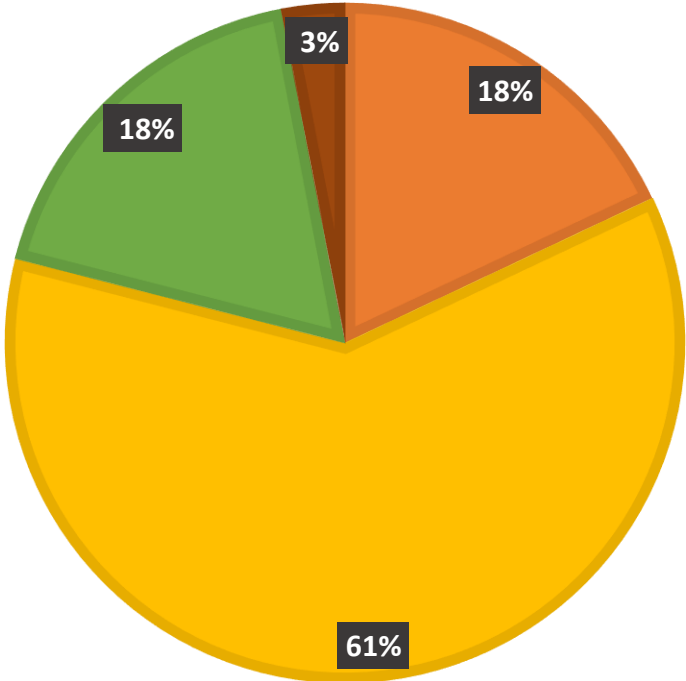
Pre–Academy:
Agree/Strongly Agree
54%

Strongly Agree Agree Neutral Disagree Strongly Disagree



Post–Academy:
Agree/Strongly Agree
79%

Strongly Agree Agree Neutral Disagree Strongly Disagree

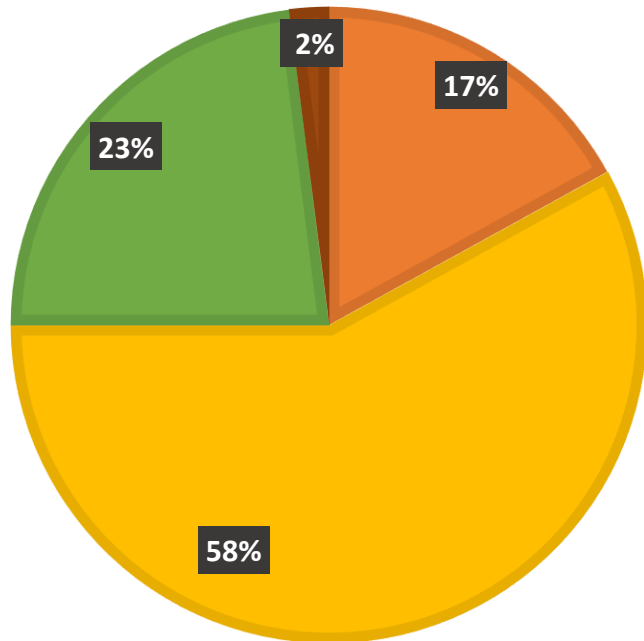


I feel like I can make informed decisions about my life after high school.

Pre-Academy
Agree/Strongly Agree

75%

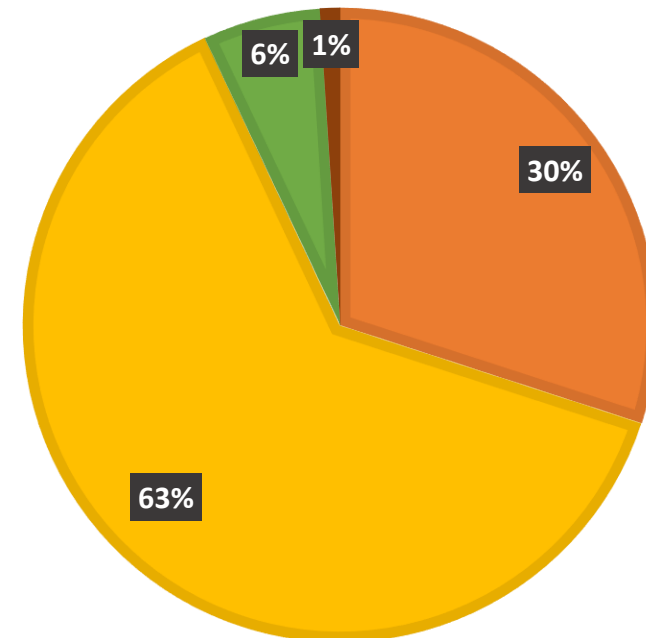
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

93%

Strongly Agree Agree Neutral Disagree Strongly Disagree



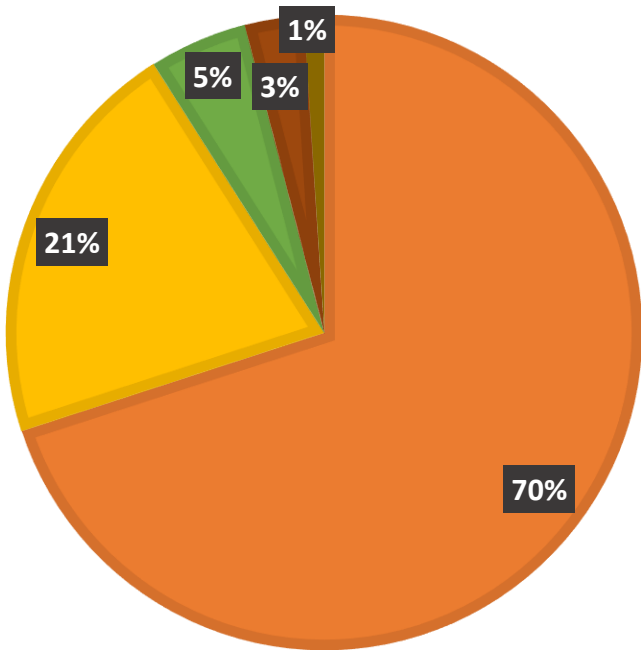


I anticipate I will attend college after high school.

Pre-Academy
Agree/Strongly Agree

91%

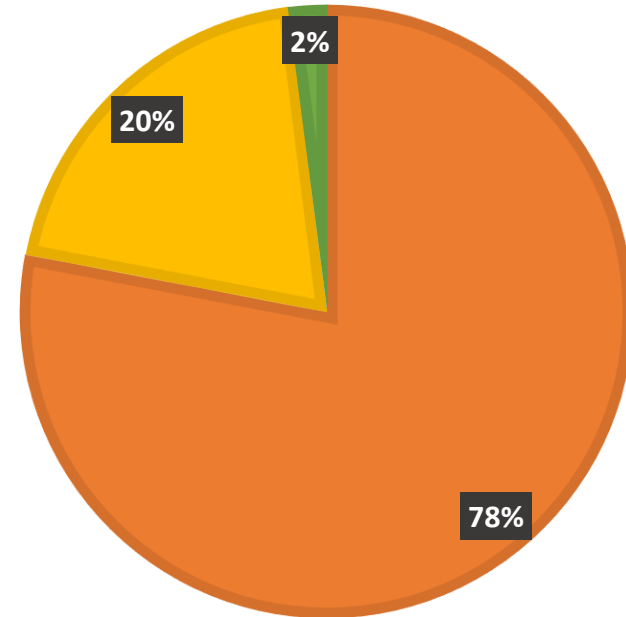
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

98%

Strongly Agree Agree Neutral Disagree Strongly Disagree



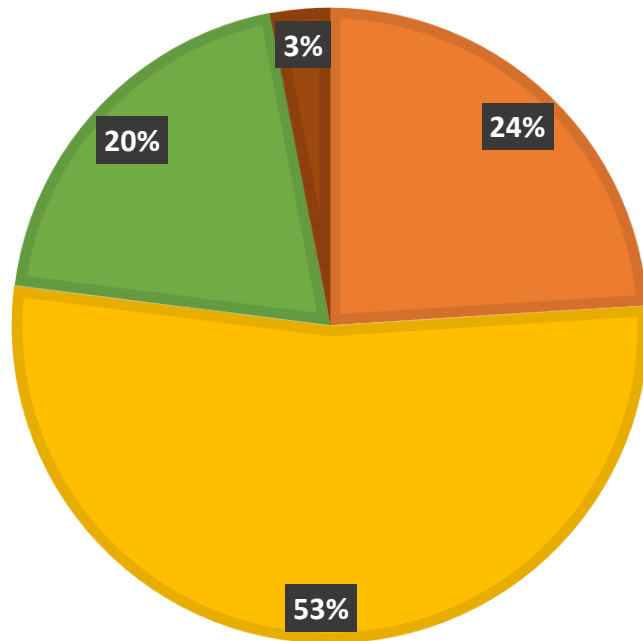
I understand what my leadership skills are and what I need to develop.

Pre-Academy

Agree/Strongly Agree

79%

Strongly Agree Agree Neutral Disagree Strongly Disagree

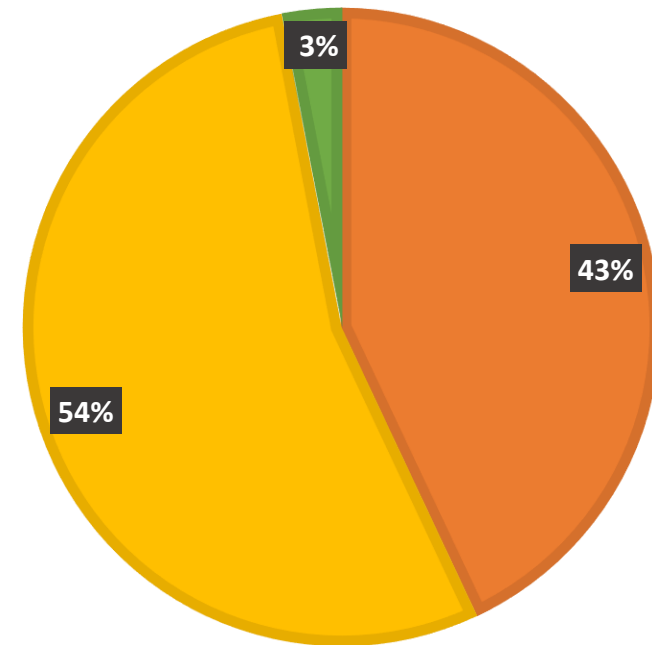


Post-Academy

Agree/Strongly Agree

97%

Strongly Agree Agree Neutral Disagree Strongly Disagree



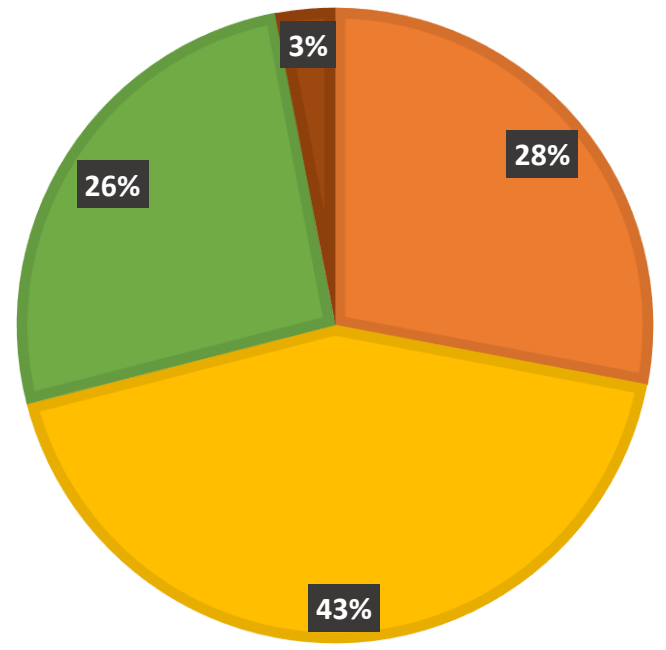


I feel confident in my ability to be a leader.

Pre-Academy
Agree/Strongly Agree

71%

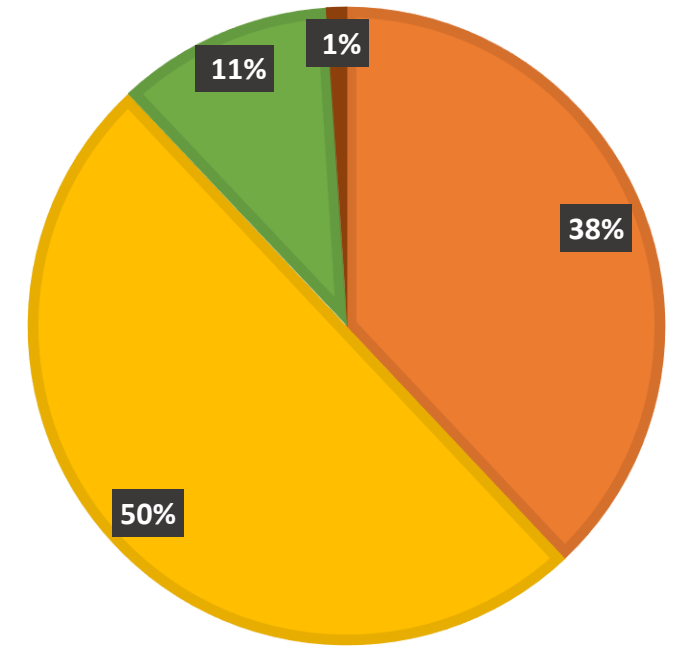
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

88%

Strongly Agree Agree Neutral Disagree Strongly Disagree

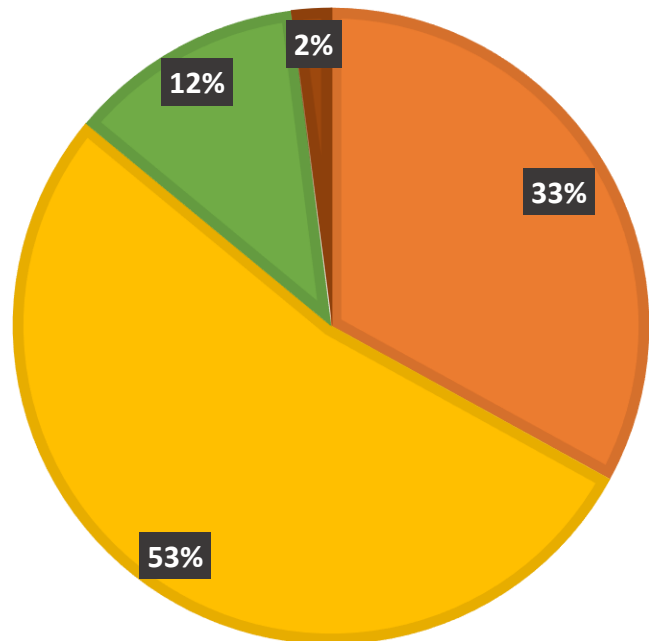


I recognize the power of using my voice to make a better world.

Pre-Academy
Agree/Strongly Agree

86%

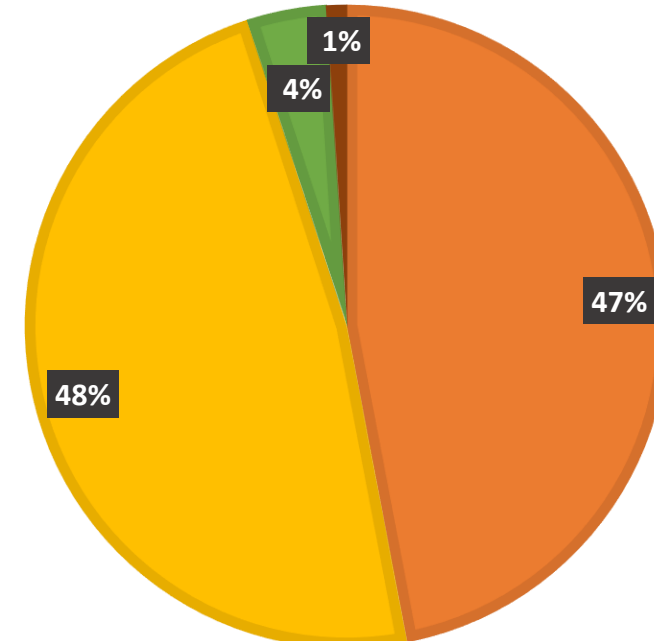
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

95%

Strongly Agree Agree Neutral Disagree Strongly Disagree



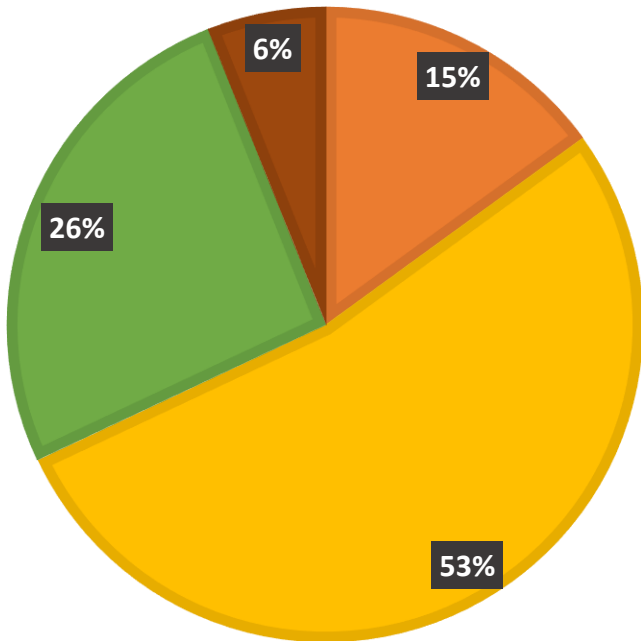


I have the tools to combat nerves, summon a sense of power, and speak up at school, work, and beyond.

Pre-Academy
Agree/Strongly Agree

68%

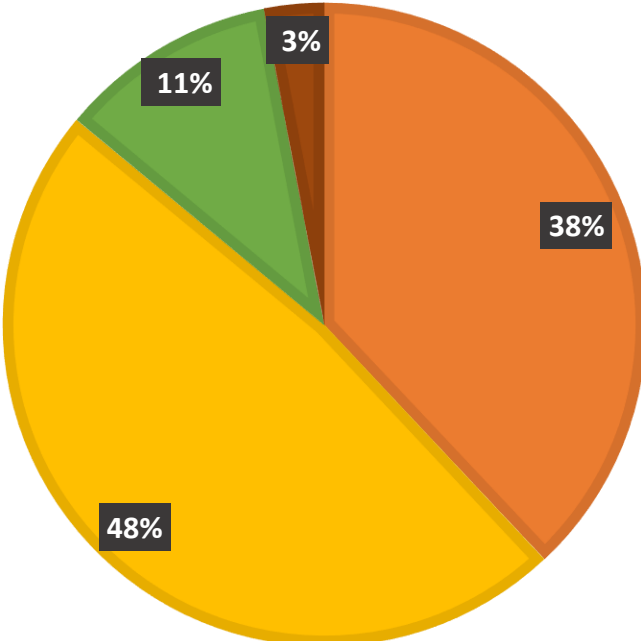
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

86%

Strongly Agree Agree Neutral Disagree Strongly Disagree



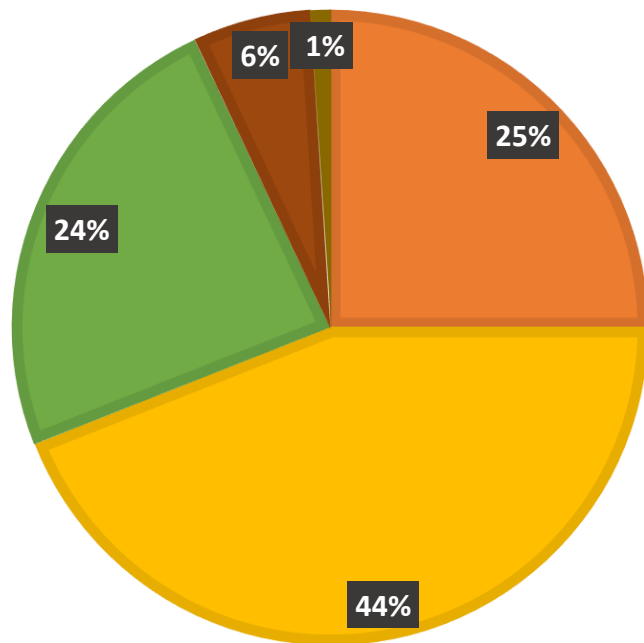


I am confident in my understanding of the factors to consider when choosing a college.

Pre-Academy
Agree/Strongly Agree

69%

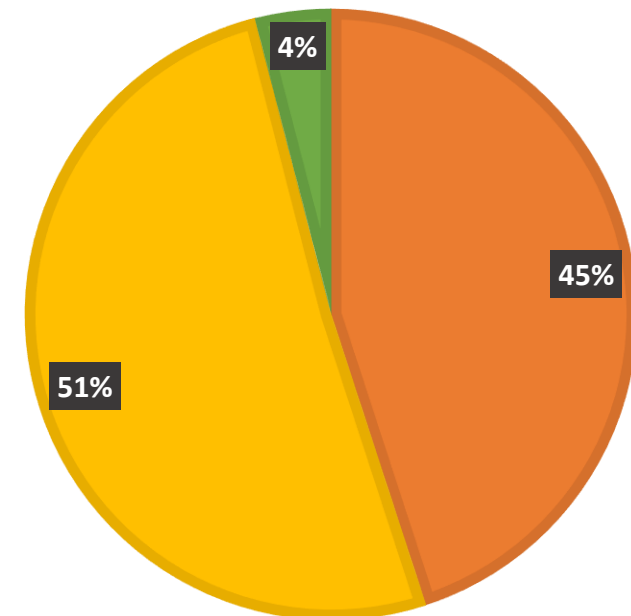
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

96%

Strongly Agree Agree Neutral Disagree Strongly Disagree

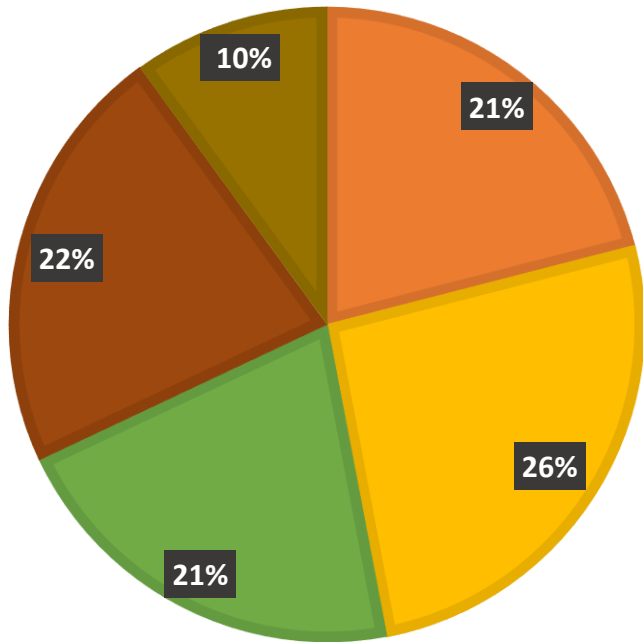


I know what a FAFSA is.

Pre-Academy Agree/Strongly Agree

48%

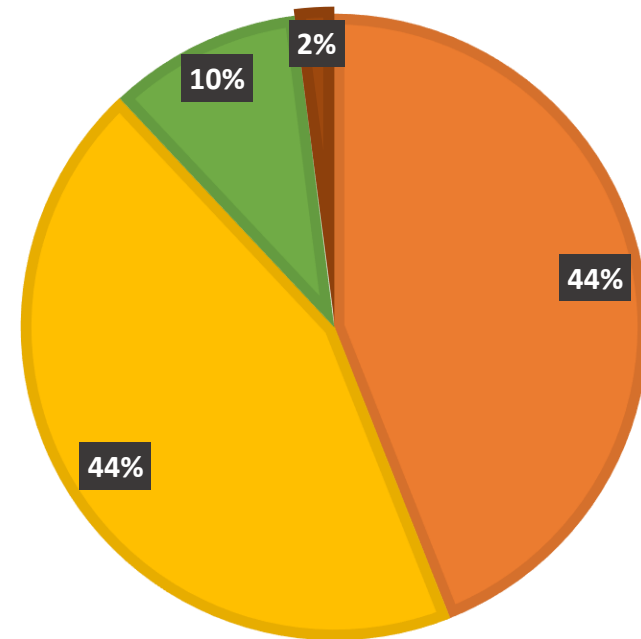
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy Agree/Strongly Agree

88%

Strongly Agree Agree Neutral Disagree Strongly Disagree





2023 Post Survey Quotes

- *“I feel more confident... I have a better sense in exploring career paths and how to apply for scholarships and FAFSA. What really stood out to me was that college majors can change frequently and that is OKAY because not everyone is perfect and will continue to grow.”*
- *“Based on what I learned the past few days I feel that I have become more aware of careers and options for after high school. I even have more ideas on how I should perform my career later on.”*

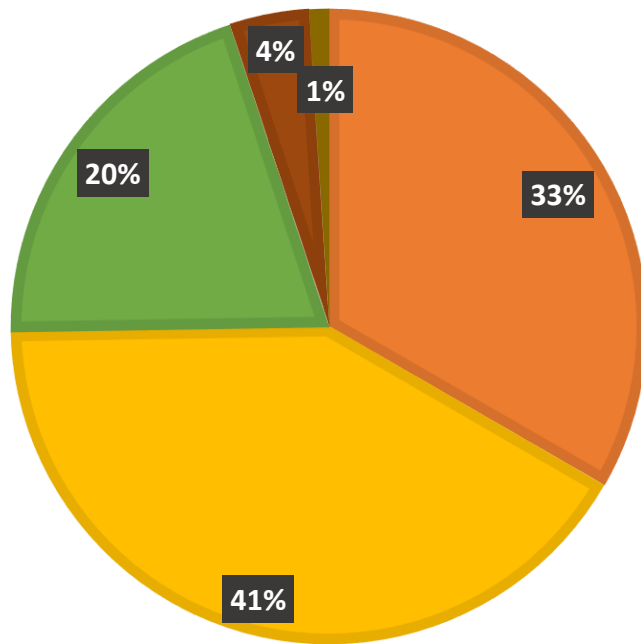
I understand the financial obligation associated with college.

Pre-Academy

Agree/Strongly Agree

74%

Strongly Agree Agree Neutral Disagree Strongly Disagree

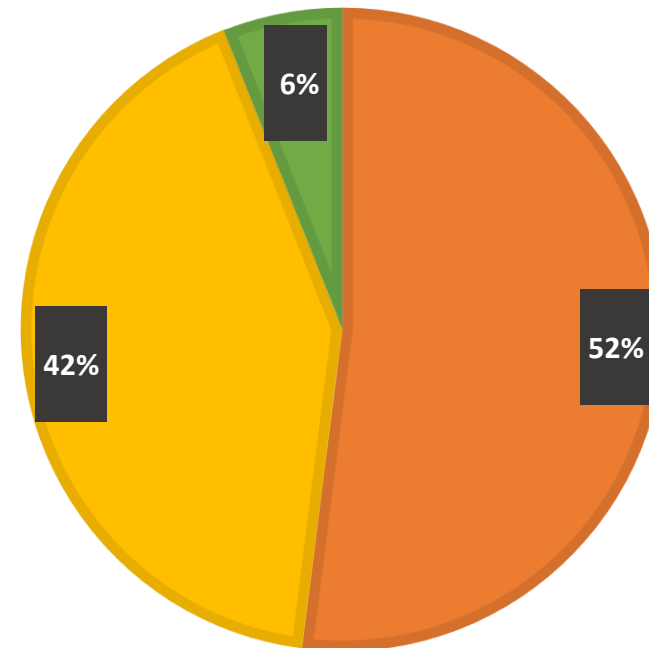


Post-Academy

Agree/Strongly Agree

94%

Strongly Agree Agree Neutral Disagree Strongly Disagree



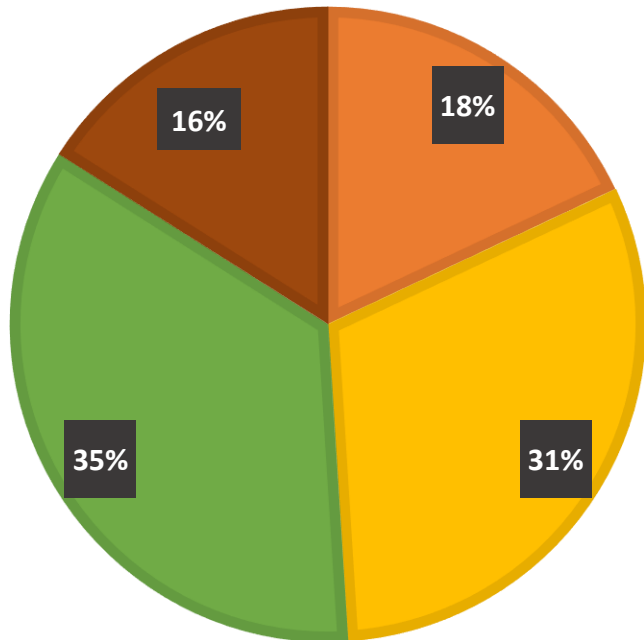


I am aware of a variety of funding sources to help make college affordable.

Pre-Academy Agree/Strongly Agree

49%

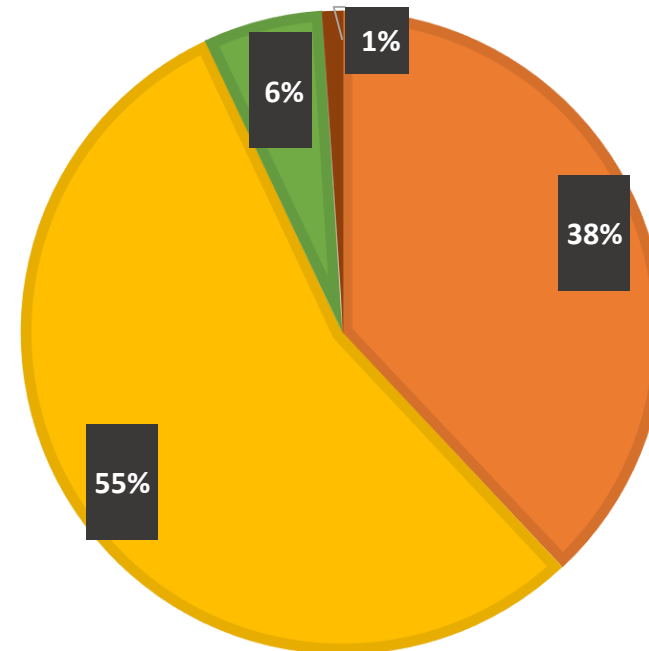
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy Agree/Strongly Agree

93%

Strongly Agree Agree Neutral Disagree Strongly Disagree



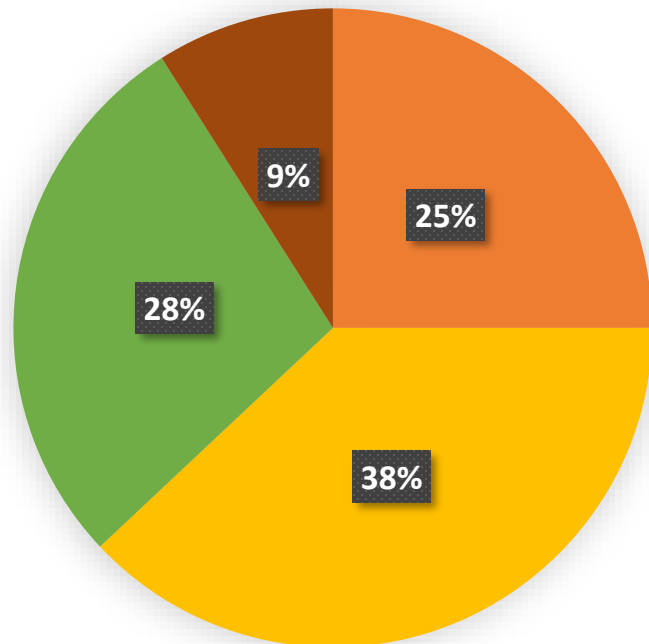
I am able to correlate my top three interests to potential jobs and career clusters.

Pre-Academy

Agree/Strongly Agree

63%

Strongly Agree Agree Neutral Disagree Strongly Disagree

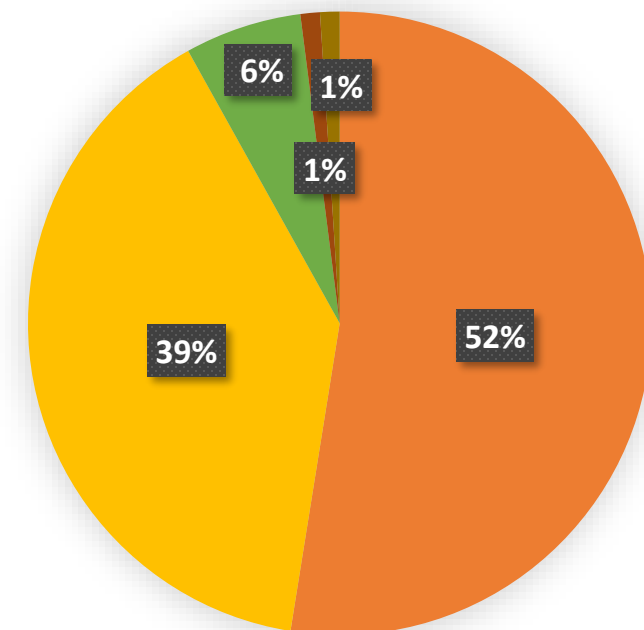


Post-Academy

Agree/Strongly Agree

85%

Strongly Agree Agree Neutral Disagree Strongly Disagree





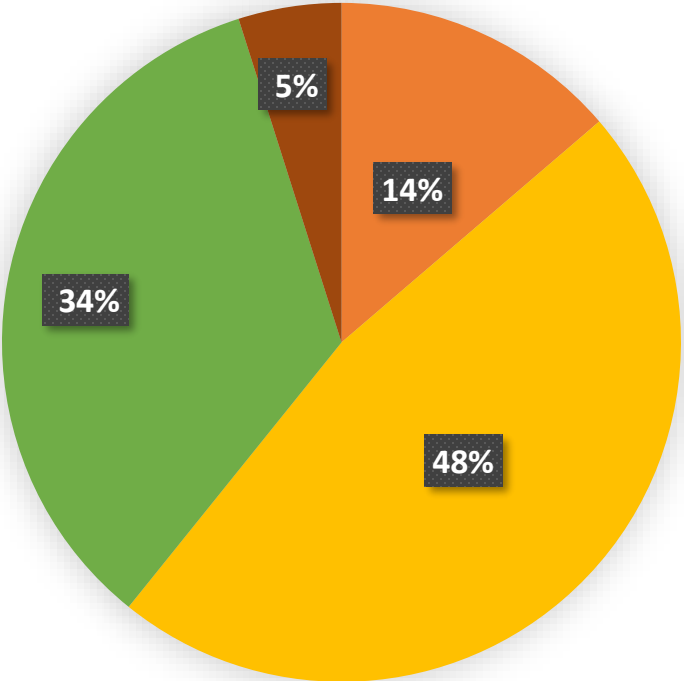


I understand best practices in advocacy work.

Pre-Academy
Agree/Strongly Agree

62%

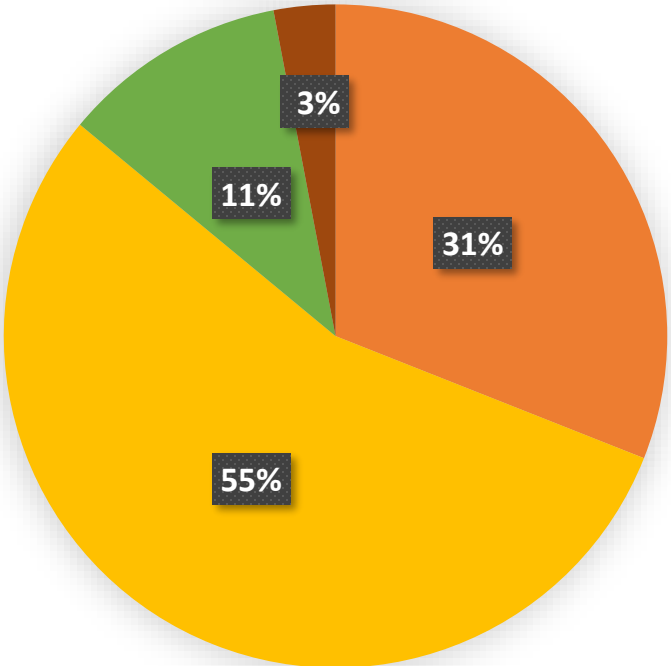
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

86%

Strongly Agree Agree Neutral Disagree Strongly Disagree

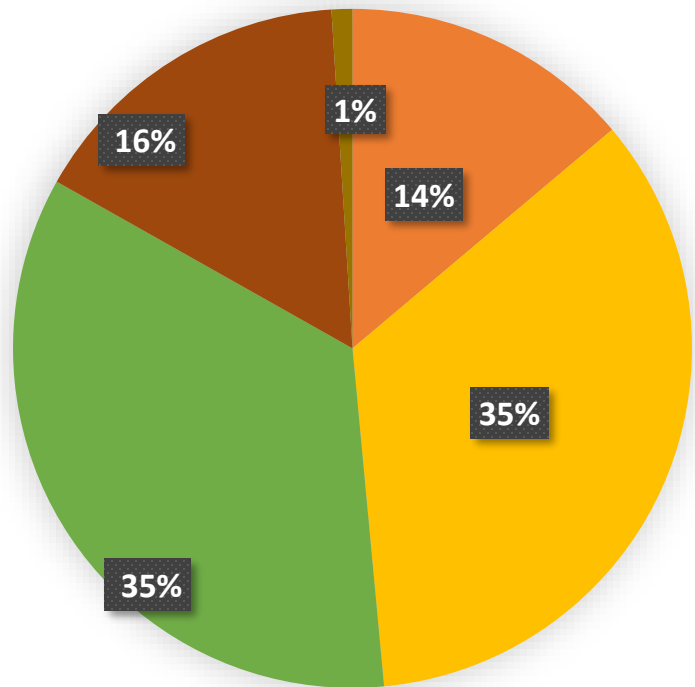


I feel educated on what women's leadership looks like outside of the U.S.

Pre-Academy
Agree/Strongly Agree

49%

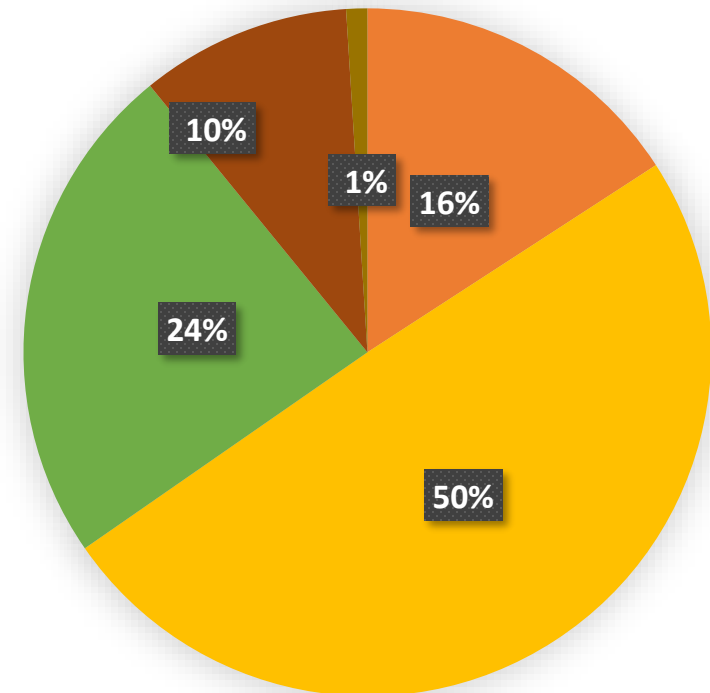
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

66%

Strongly Agree Agree Neutral Disagree Strongly Disagree



8. Intersectionality = the inter
ca
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ap
to a given individual or
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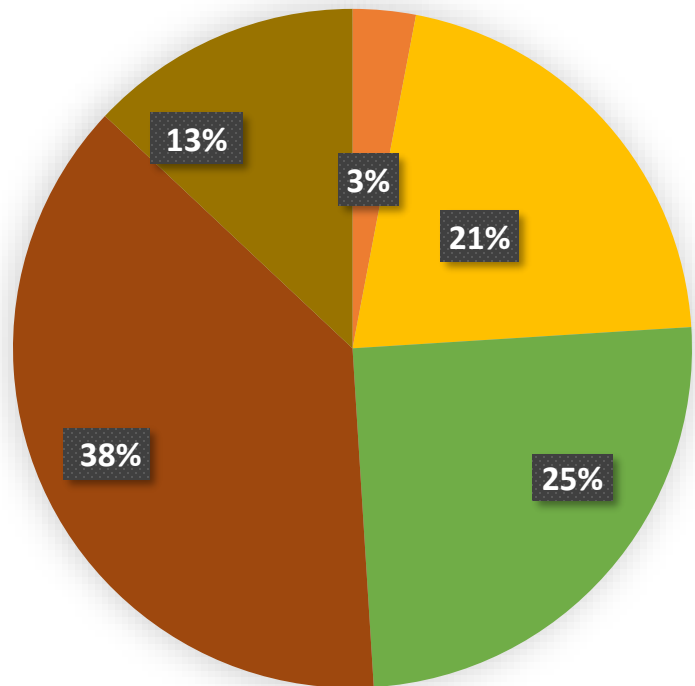
I understand what it would be like to be a student-athlete (at Mount Mary University).

Pre-Academy

Agree/Strongly Agree

24%

Strongly Agree Agree Neutral Disagree Strongly Disagree

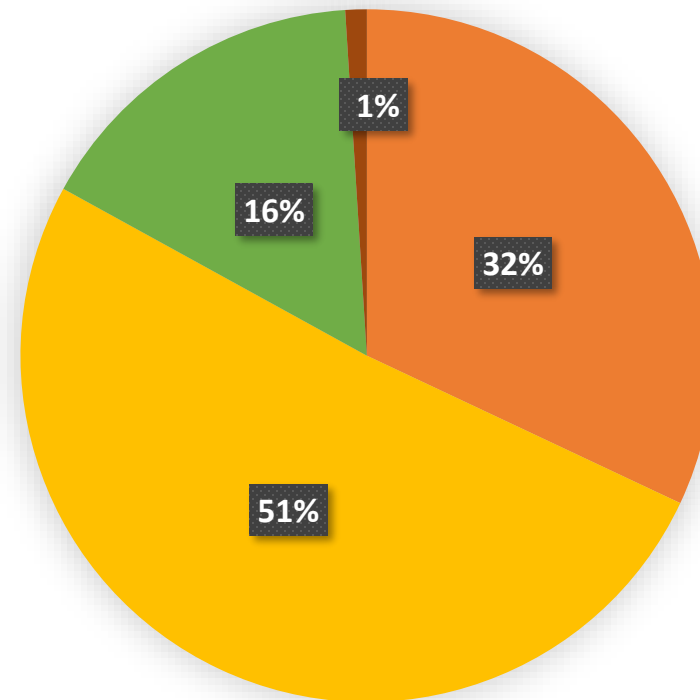


Post-Academy

Agree/Strongly Agree

83%

Strongly Agree Agree Neutral Disagree Strongly Disagree

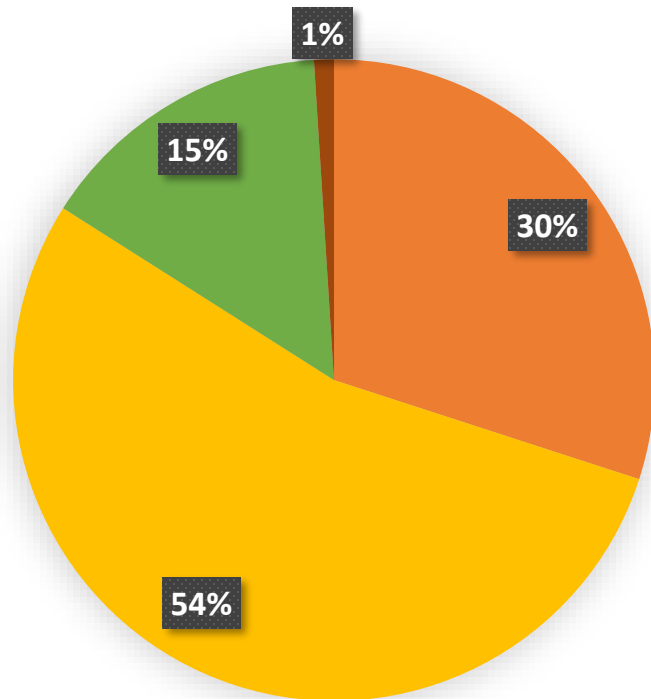


I understand how I can use my values, interests, and gifts to make the world a better place.

Pre-Academy Agree/Strongly Agree

84%

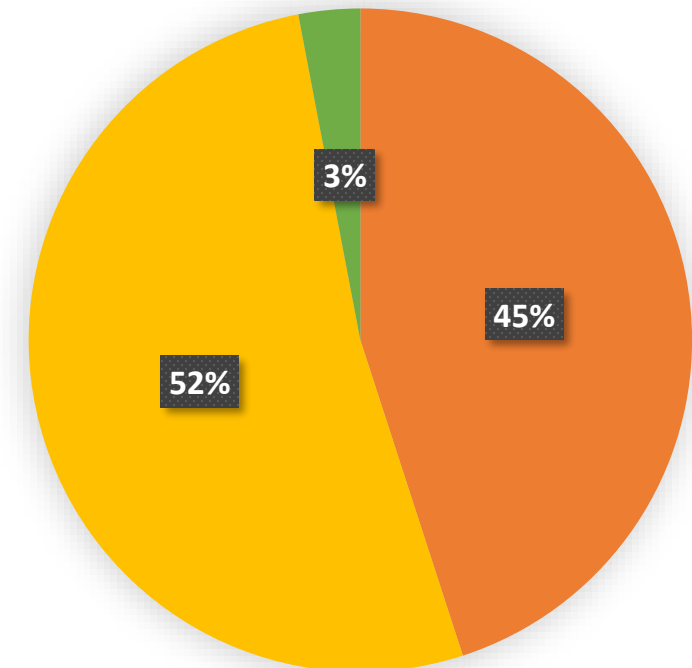
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy Agree/Strongly Agree

97%

Strongly Agree Agree Neutral Disagree Strongly Disagree





2023 Post Survey Quotes



2023 Summer
LEADERSHIP ACADEMY

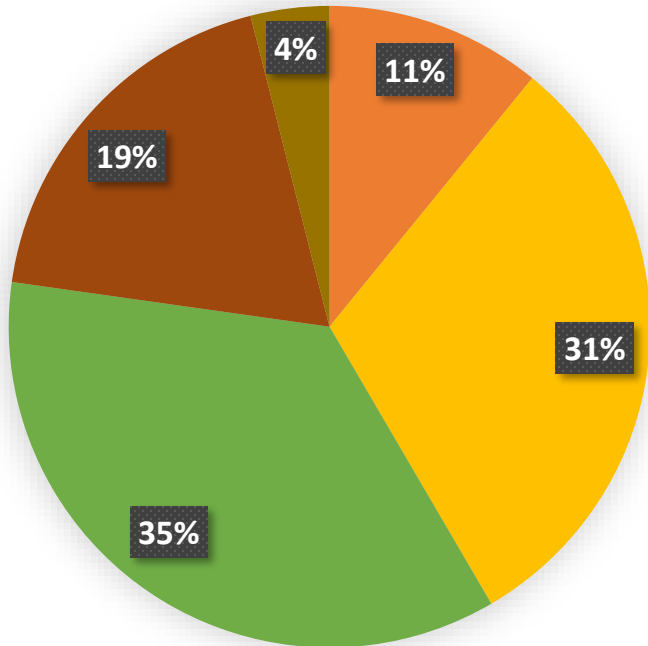
- *“I feel very confident that I can take the necessary steps to be successful in and after high school.”*
- *“I feel more empowered as a woman in my community, and feel more confident in using my voice for good.”*
- *“I feel more powerful ... I learned so many things... I've met new people and have grown out of my comfort zone. Especially talking to my roommate and knowing the staff. I feel grateful to come here and to socialize with many different women in this academy, it makes me feel safe as a woman.”*

I understand how to build a preliminary budget based on my current spending.

Pre-Academy
Agree/Strongly Agree

42%

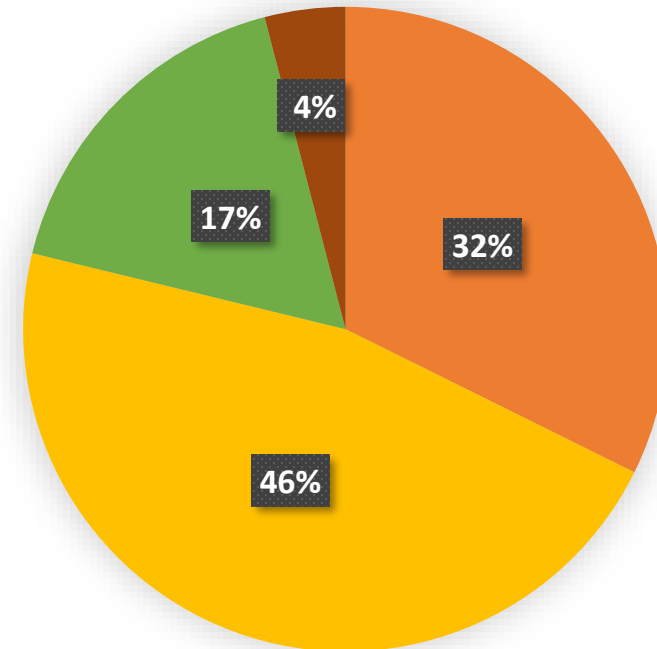
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy
Agree/Strongly Agree

78%

Strongly Agree Agree Neutral Disagree Strongly Disagree



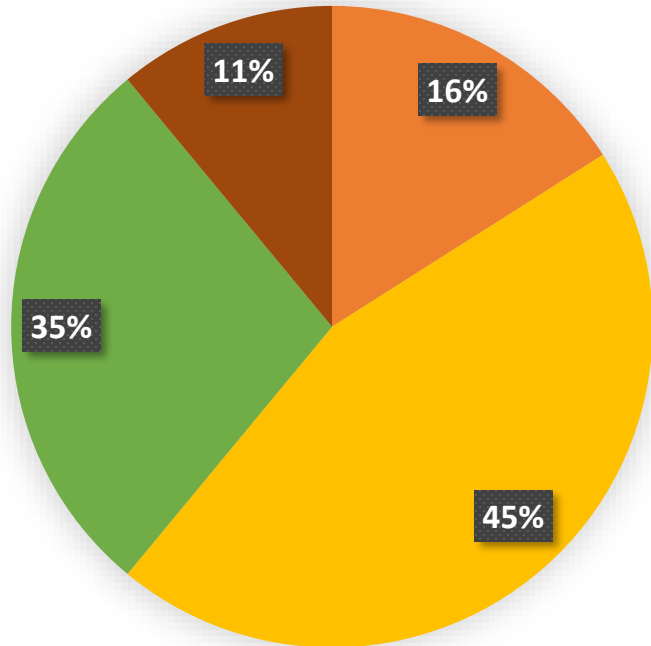
I am able to demonstrate business table etiquette suitable for a basic business dining event.

Pre-Academy

Agree/Strongly Agree

61%

Strongly Agree Agree Neutral Disagree Strongly Disagree

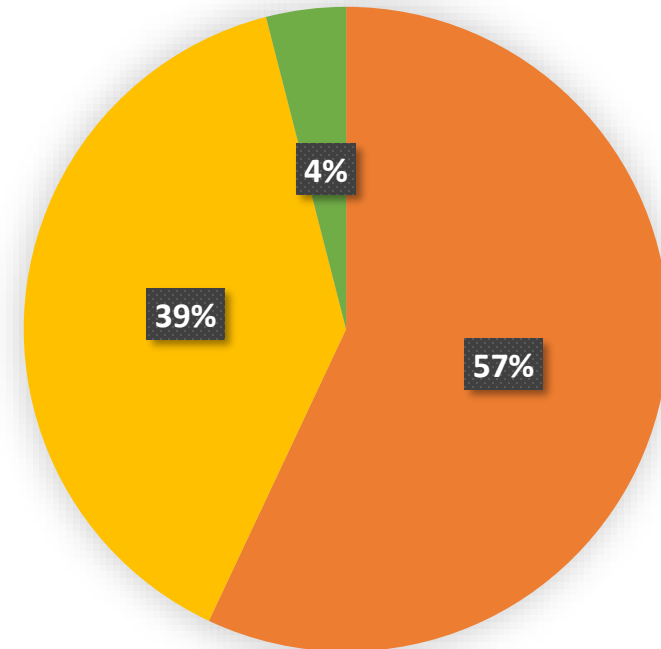


Post-Academy

Agree/Strongly Agree

96%

Strongly Agree Agree Neutral Disagree Strongly Disagree







2023 Summer
LEADERSHIP ACADEMY

2023 Post Survey Quotes

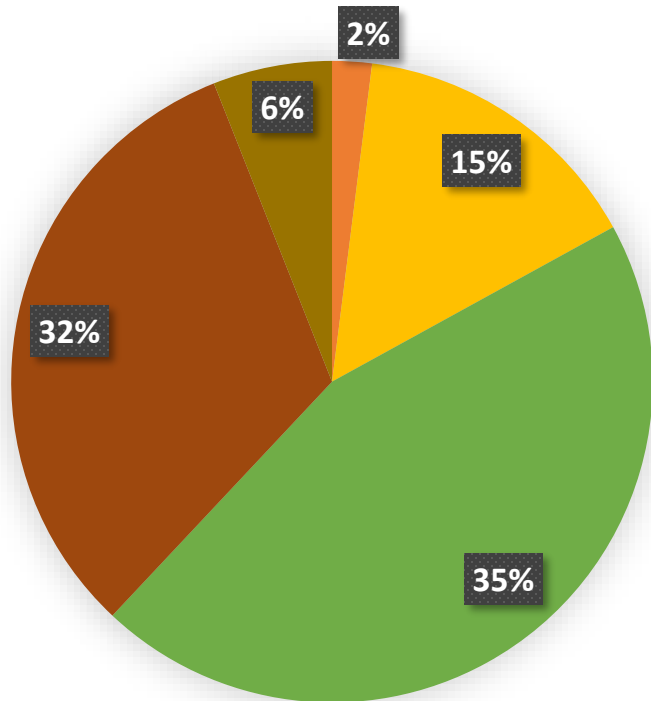
- *“I feel more confident than I did before. I know the proper steps to take after high school. I know who to talk to. I have more determination than I did before. I was confused before, but this academy helped solve that confusion and help better my understanding.”*
- *“I have grown so much as a person by building many meaningful relationships and bettering my leadership skills.”*

I know 5 practical steps to build up my personal brand.

Pre-Academy Agree/Strongly Agree

17%

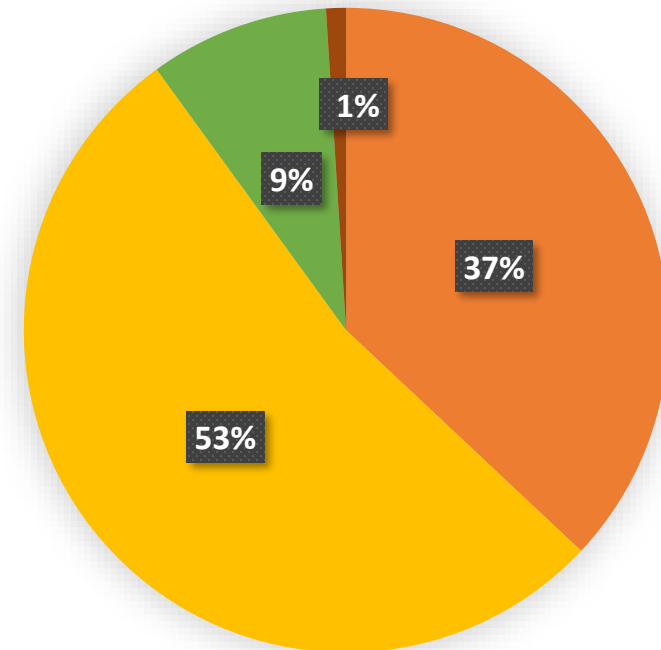
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy Agree/Strongly Agree

90%

Strongly Agree Agree Neutral Disagree Strongly Disagree

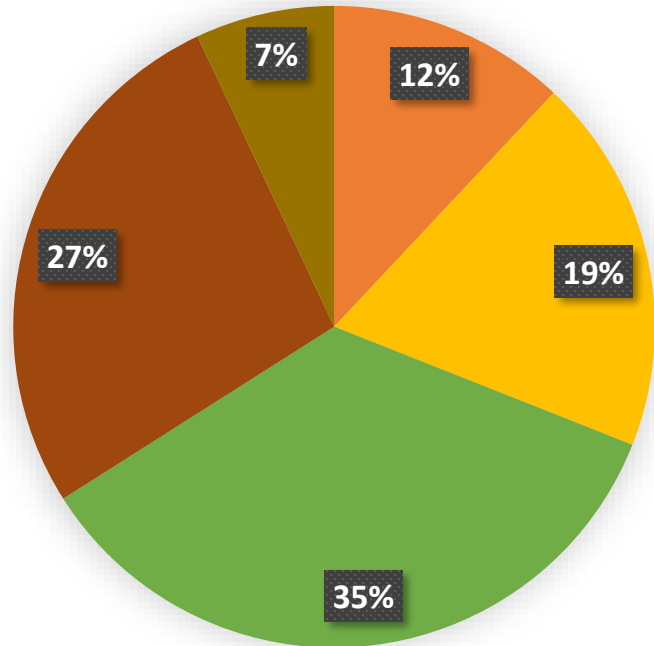


I know how to network at business events.

Pre-Academy Agree/Strongly Agree

31%

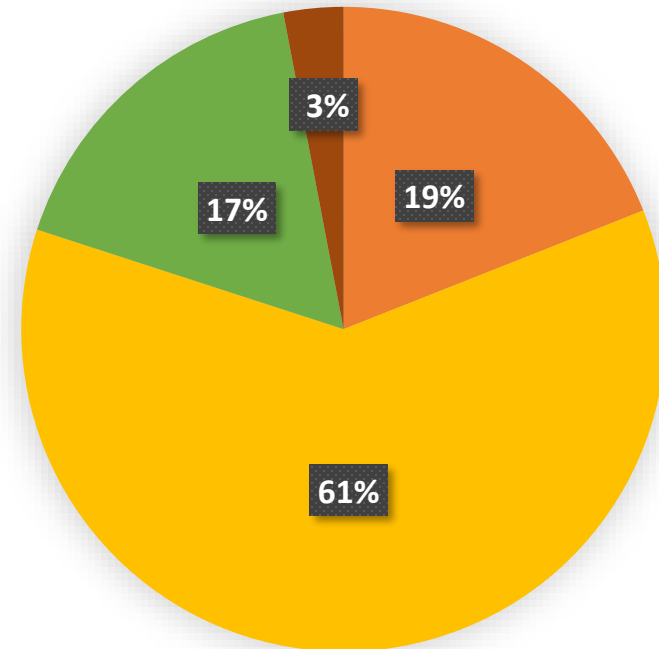
Strongly Agree Agree Neutral Disagree Strongly Disagree



Post-Academy Agree/Strongly Agree

80%

Strongly Agree Agree Neutral Disagree Strongly Disagree





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 16 Peer Mentors and 8 Adult Mentors.





2023 Summer
LEADERSHIP ACADEMY

2023 Post Survey Quotes

- *“Before I came here, I was struggling with my confidence. I wasn't shy but I wasn't sure if I could make new friends while being myself. In the Academy, I bonded with so many girls and women that it made me realize that being myself is okay.”*
- *“I feel like being around all the powerful young women and older women who are strong and unapologetically themselves was an amazing experience because there is nothing like this school I have ever experienced before. I have grown in my knowledge of the world and how college really works.”*





2023 Post Survey Quotes



2023 Summer
LEADERSHIP ACADEMY

- *“I don't know what college I want to go to but I do know that I will be looking for something that makes me feel like I have felt the last 4 days at Mount Mary.”*
 - *“I think I have a better and more mature mindset. I feel more confident in myself and my abilities. I have bonded with many of my peers. I have learned so much after attending the SLA program...it was a great experience that I will never forget.”*
- *“I know how to talk to professionals and advocate for myself as well as find ways to find a college that is the best fit for me.”*





Closing Ceremony

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



2023 Post Survey Quotes

- *“I feel that I have developed and improved my skills while working with small groups. I believe I have turned into a much better leader in just a few days, especially from the training that we got before the program.”*
~ Paula P., Peer Mentor
 - *“I loved the experience!! I would do it over and over again.”*
~ Kenydi T., 2023 Peer Mentor
- *“Being a peer mentor allowed me to connect further with campers as well as other peer mentors and form life long friendships.”*
~ Emma B., 2023 Peer Mentor

NOTRE DAME HALL

1204



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 Private Alumni Donor