



*2024 Summer*  
**LEADERSHIP ACADEMY**

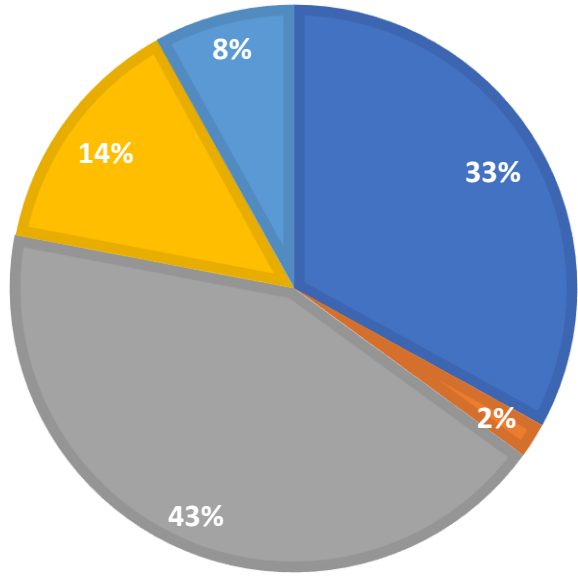
**Over 90 students** from Illinois, Indiana, Missouri, California and Wisconsin participated in the 2024 Summer Leadership Academy. These young women attended the program from June 23-27, 2024 to learn about leadership, college preparation, and career exploration. Students gained essential skills and valuable knowledge that will strengthen their college applications and follow them into their future careers. They also earned **2 college credits** from Mount Mary!



# A Diverse Group of Participants

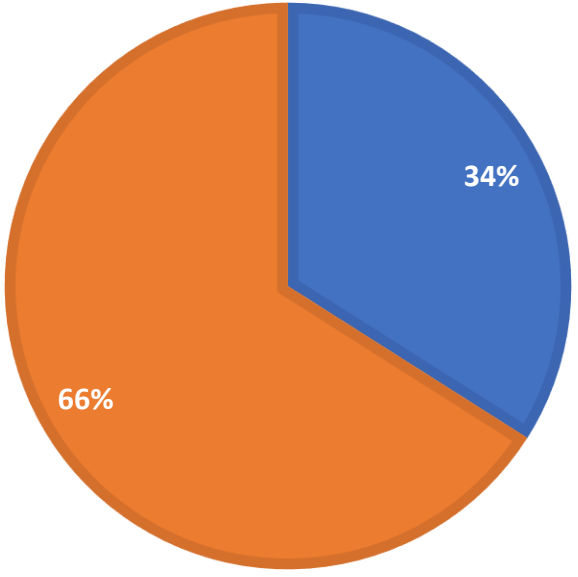
The Summer Leadership Academy prides itself on hosting an incredibly diverse group of young women from across the metropolitan area and across the country. The Academy has consistently attracted young women from different races, ethnic groups and geographic locations. The 2024 Academy continued this tradition and welcomed a group of young women that reflects our society and the Mount Mary University student population. Students self-reported their race and ethnicity.

RACIAL/ETHNIC IDENTITY



- African-American/Black
- Asian/Asian-American
- Caucasian/White
- Two or More Races
- Other

HISPANIC/LATINA



- Hispanic/Latina
- Not Hispanic/Latina



# PARTICIPANT HIGH SCHOOLS

## CALIFORNIA:

### POWAY

Cathedral Catholic High School

## ILLINOIS:

### BUFFALO

Tri-city High School

### MOLINE

Mother of Divine Grace

### QUINCY

Quincy Notre Dame High School

## INDIANA:

### VALPARAISO

Wheeler High School

## MISSOURI:

### PRAIRIE HOME

Prairie Home R-V

## WISCONSIN:

### BEAVER DAM

Beaver Dam High School

### BROOKFIELD

Brookfield East High School

### CRANDON

Crandon High School

### ELROY

Royall High School

### GLENDALE

Nicolet High School

### GREEN BAY

Notre Dame High School

### GREENDALE

Greendale High School

### GREENFIELD

Greenfield High School

### JUNEAU

Dodgeland High School

### MADISON

Abundant Life Christian School

Edgewood High School of Sacred Heart

### MANTIOWOC

Roncalli High School

### MENOMONEE FALLS

Menomonee Falls High School

### MEQUON

Homestead High School

### MILWAUKEE

Barack Obama SCTE

Carmen High Schools

Cristo Rey Jesuit High School

Divine Savior Holy Angels High School

Eastbrook Academy High School

Golda Meir High School

## MILWAUKEE (CONTINUED)

Hmong American Peace Academy

Messmer High School

Milwaukee Academy of Science

Milwaukee High School of the Arts

Milwaukee Lutheran High School

Milwaukee School of Languages

Pius XI Catholic High School

St. Anthony High School

St. Augustine Preparatory Academy

### NEILLSVILLE

Neillsville High School

### NEW BERLIN

Heritage Christian School

### STEVENS POINT

Pacelli Catholic High School

### SUN PRAIRIE

Sun Prairie East High School

### WHITEFISH BAY

Dominican High School

Whitefish Bay High School

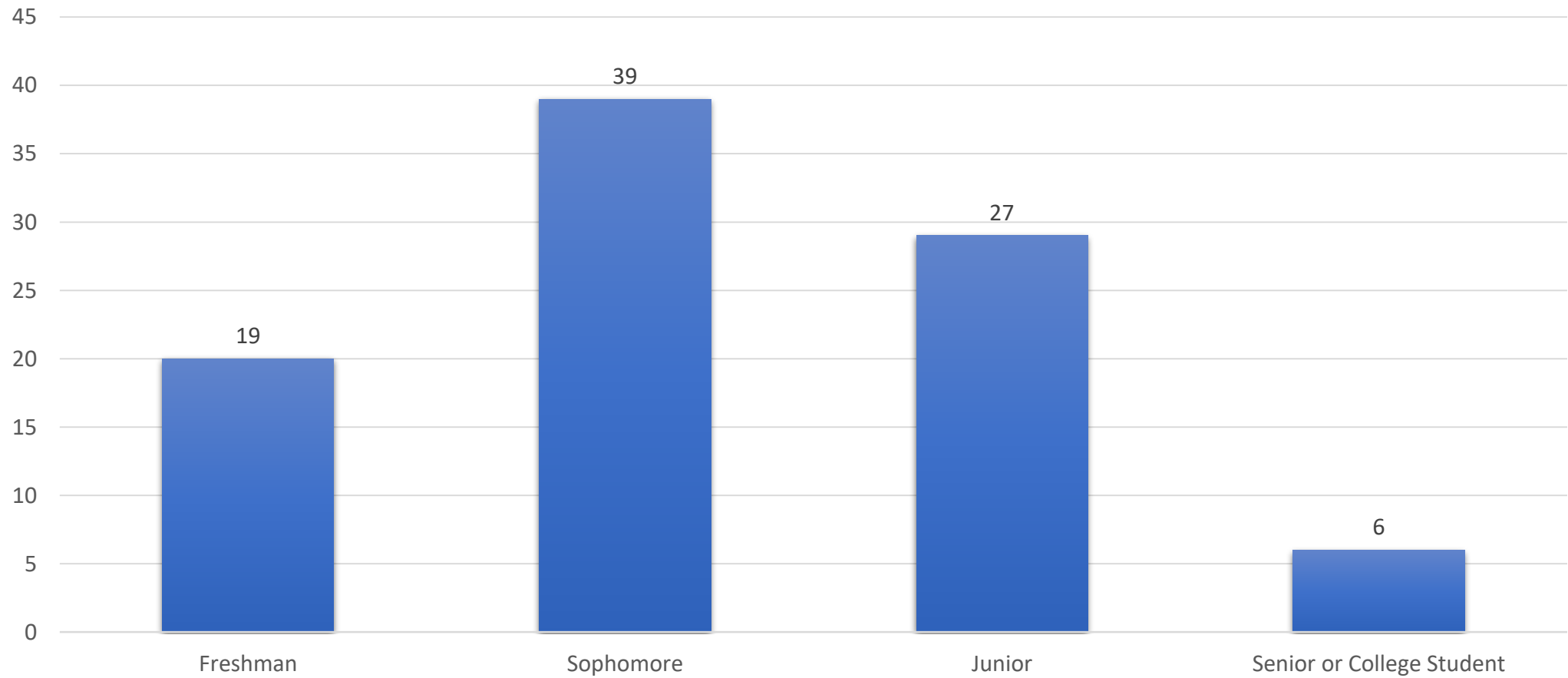
### OTHER:

eAchieve Academy High School

Home Schooled



## High School Participants' Year in School Spring 2024





# School Sisters of Notre Dame

Mount Mary University's foundation dates back to 1833 and the School Sisters of Notre Dame. This year, S. Vicki Chambers, North American Area Vocation Team Minister Spiritual Director for the School Sisters of Notre Dame, and S. Carol Jean Dust, North American Vocations Team for the School Sisters of Notre Dame joined us. They were an integral part of the 2024 Summer Leadership Academy. They opened and closed the 2024 Summer Leadership Academy with prayer, created a guideline handout on "The Art and Importance of Reflection" for use in small groups, attended sessions with the students, and were Adult Mentors for two of our small groups.



# Summer Leadership Academy – Leadership Sessions

The 2024 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
- Building the Brand of YOU
- The Art of Negotiation
- Embracing Change



# 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
- Business, Communications, & Technology
- Health Sciences
- STEM

Each applicant selected their own pathway.





# Arts & Design Pathway

This pathway included the following topics:

- Art/Fashion Curation
- Art Therapy
- Fashion Business
- Fashion Design
- Interior & Architectural Design
- Studio Art - Color Theory
- Studio Art - Sculpture
- User Experience Design



# Business, Communications & Technology Pathway

This pathway included the following topics:

- Business Communications
- Communication with AI
- Design Justice
- Entrepreneurship
- International Business
- Public Speaking
- User Experience Design
- Writing/Composition



# Health Sciences

This pathway included the following topics:

- Dietetics
- Exercise Science
- Food Science
- Nursing
- Occupational Therapy
- Wellness/Nutrition



# STEM Pathway

This pathway included the following topics:

- Biology
- Chemistry
- Human Physiology
- Math
- Psychology
- Sustainability
- User Experience Design



# 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

- Basketball
- Dance Fitness
- Karaoke
- Self-Defense
- Volleyball
- Yoga



# Summer Leadership Academy – Young Professionals’ Dinner and Networking

On Wednesday evening, students dressed in business casual attire and attended a networking presentation and dinner with Mount Mary University staff, alumnae, and local young professionals from Johnson Controls and GE HealthCare. Participants and volunteers enjoyed dinner and discussed the importance of networking, volunteering, and having a variety of experiences. Students were thrilled to speak with these young professionals, hear their stories and advice, and practice newly developed networking skills.





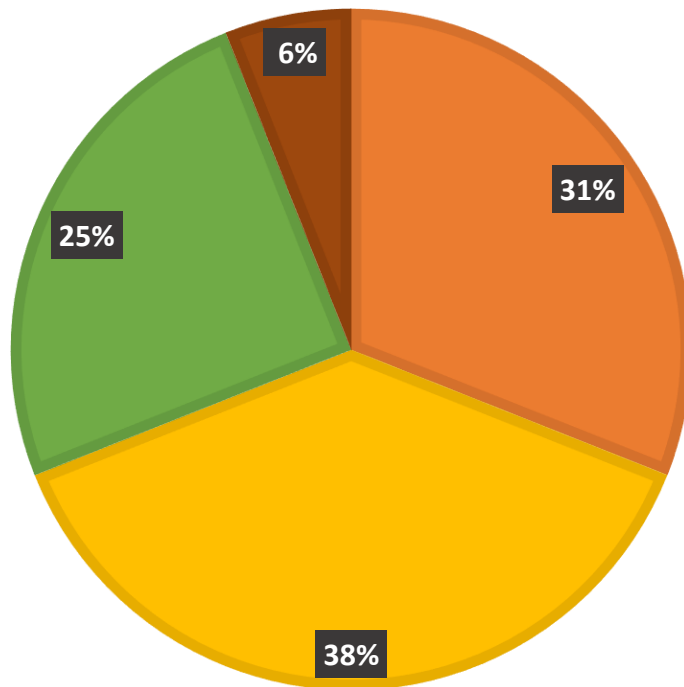
# Pre-Academy and Post-Academy Surveys

Summer Leadership Academy participants were asked to complete Pre-Academy and Post-Academy Surveys to measure student's learning outcomes and how they felt they have grown in their understanding of themselves and their preparedness for the world after high school. There was a **100% completion rate** from all 91 participants.

# I feel confident in my ability to be a leader.

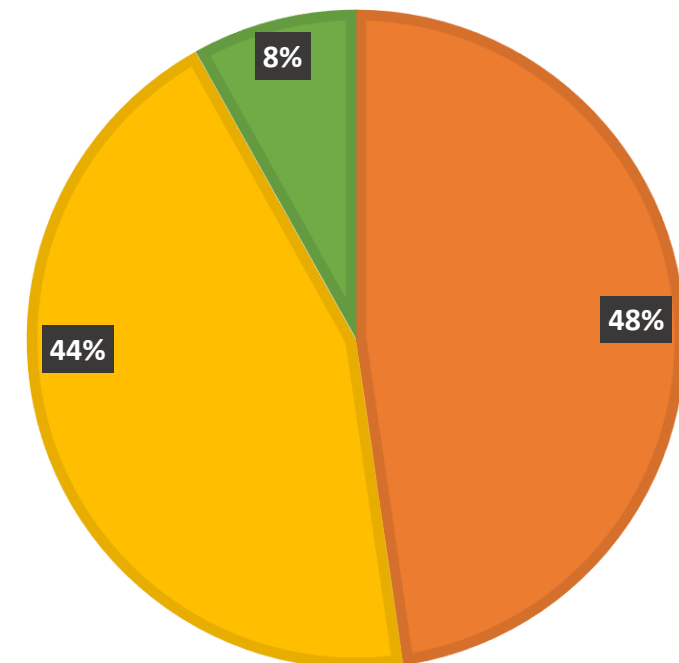
**Pre–Academy:**  
Agree/Strongly Agree  
**69%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post–Academy:**  
Agree/Strongly Agree  
**92%**

Strongly Agree Agree Neutral Disagree Strongly Disagree







# 2024 Post Survey Quotes

- *“I think I have grown in so many ways through this academy. I was able to pursue my passion while also seeing how I could make my passion a reality in the future.”*
- *“My leadership and social skills have grown because of the advice that these professors have given me through this whole week.”*
- *“The academy has made me confident in my abilities to go on to college and eventually get a good job in something I’m passionate about.”*

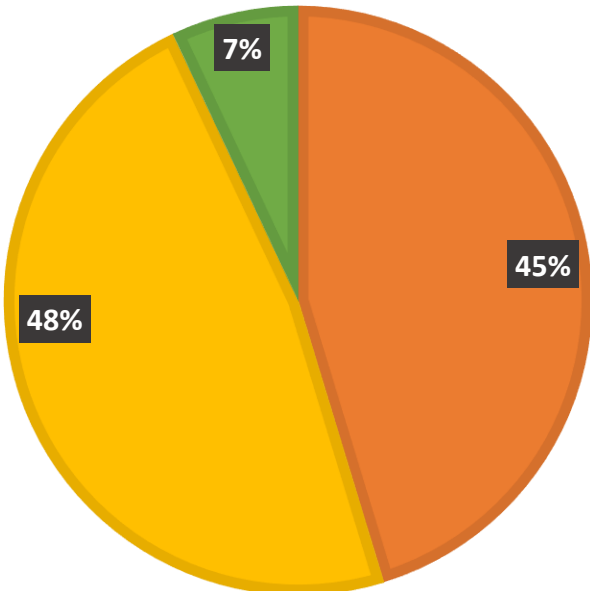
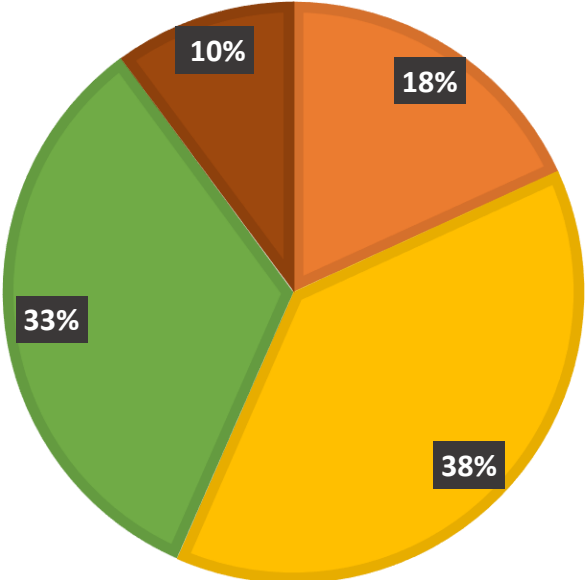
# I am aware of a variety of sources of funding to help make college affordable.

**Pre–Academy:**  
Agree/Strongly Agree  
**56%**

**Post–Academy:**  
Agree/Strongly Agree  
**93%**

Strongly Agree Agree Neutral Disagree Strongly Disagree

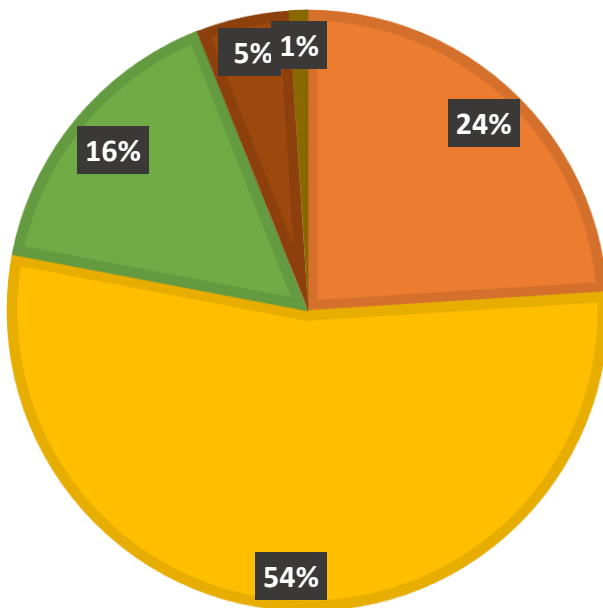
Strongly Agree Agree Neutral Disagree Strongly Disagree



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

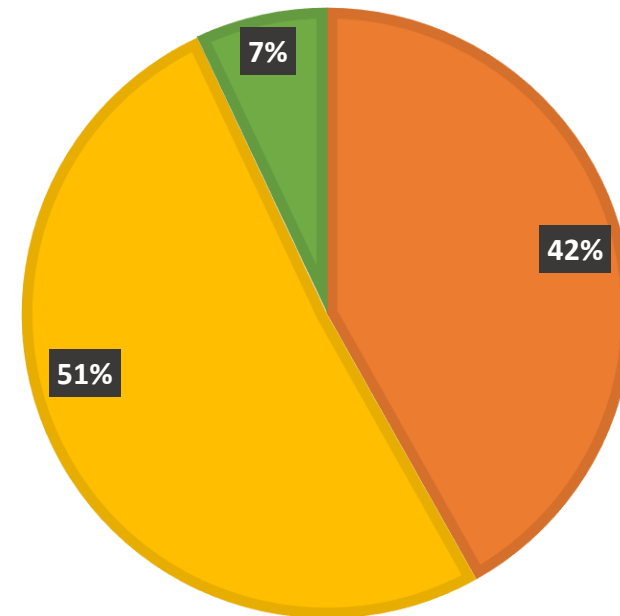
**Pre-Academy:**  
Agree/Strongly Agree  
**78%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post-Academy:**  
Agree/Strongly Agree  
**93%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



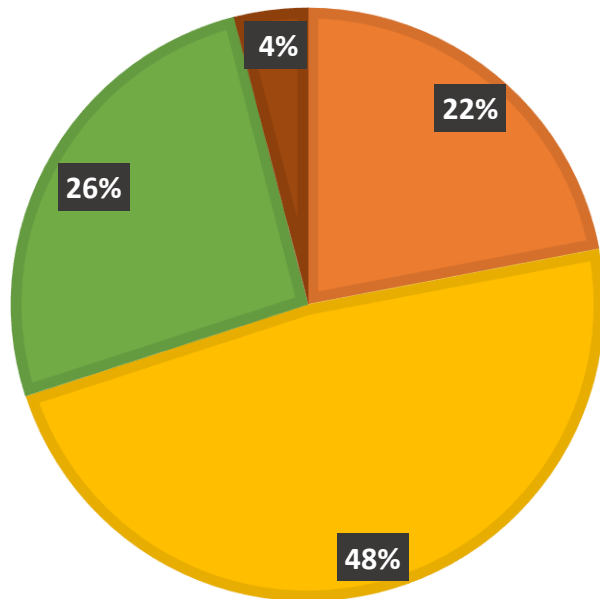


# I understand the different areas of study and career opportunities within the Arts & Design Career Exploration Pathway.

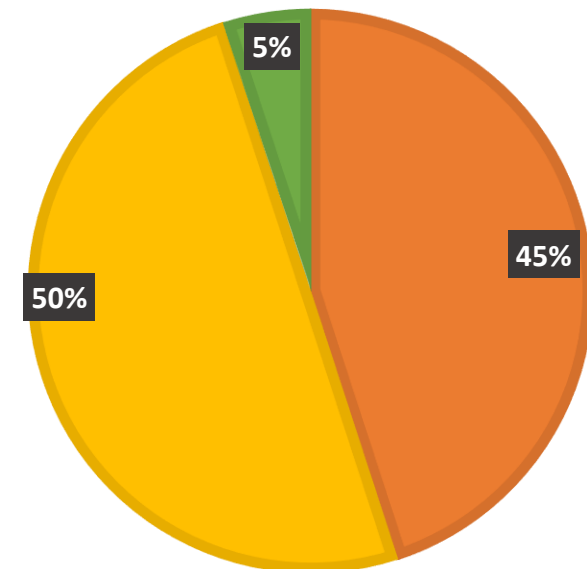
**Pre-Academy:**  
Agree/Strongly Agree  
**70%**

**Post-Academy:**  
Agree/Strongly Agree  
**95%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



Strongly Agree Agree Neutral Disagree Strongly Disagree

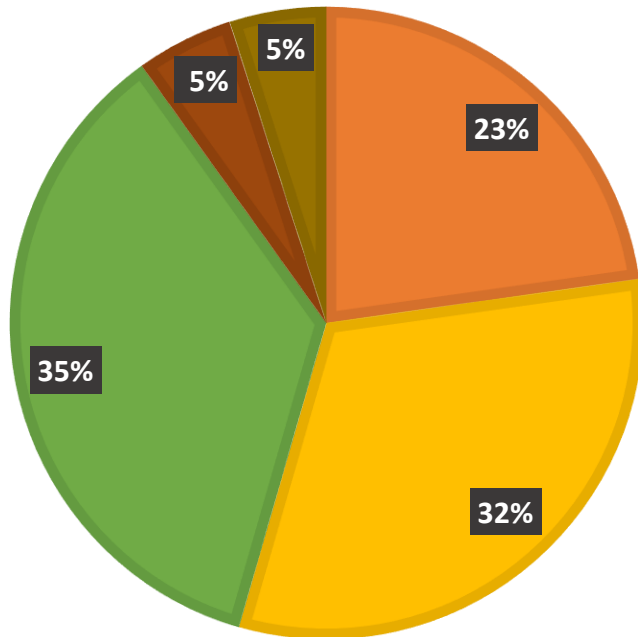




# I understand the different areas of study and career opportunities within the Business, Communication & Tech Career Exploration Pathway.

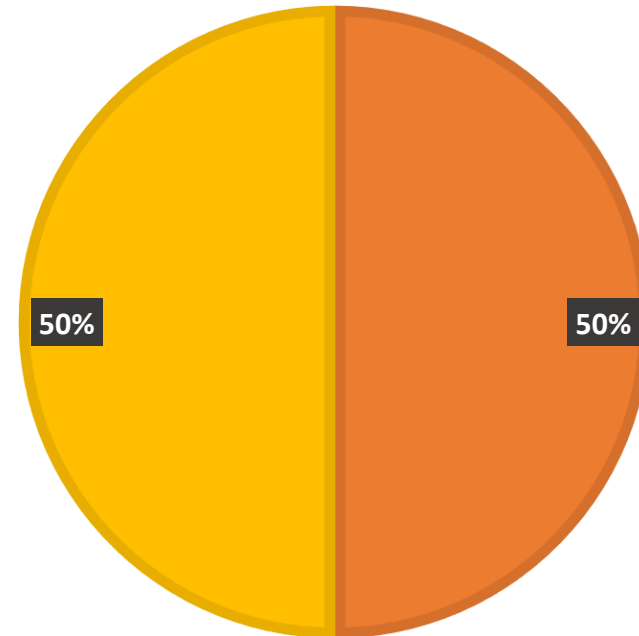
**Pre-Academy:**  
Agree/Strongly Agree  
**55%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post-Academy:**  
Agree/Strongly Agree  
**100%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



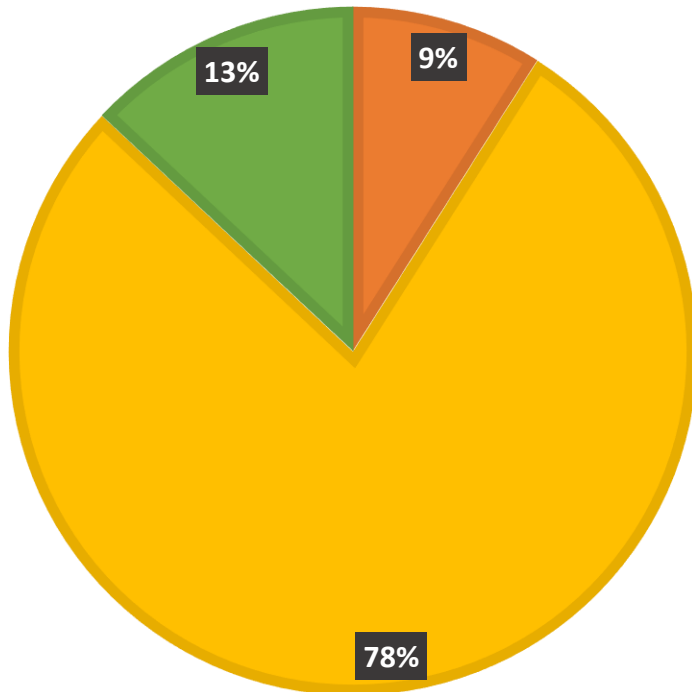




# I understand the different areas of study and career opportunities within the Health Sciences Career Exploration Pathway.

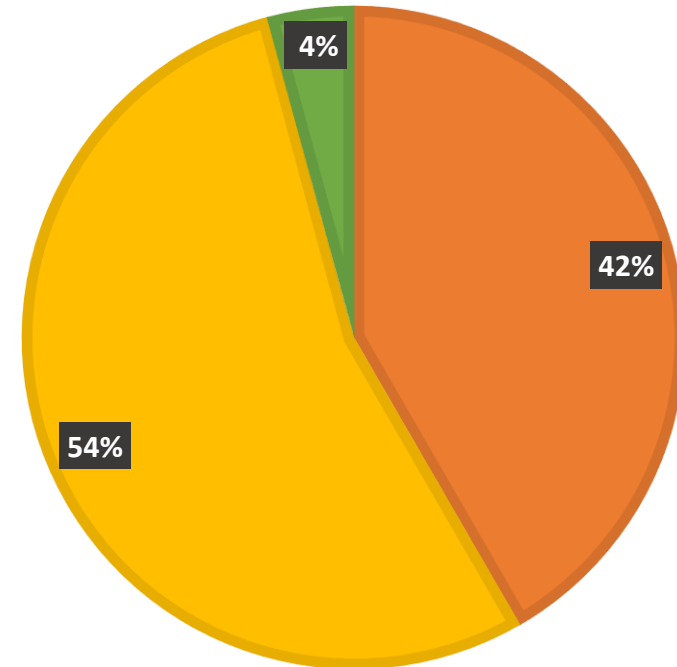
**Pre–Academy:**  
Agree/Strongly Agree  
**87%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post–Academy:**  
Agree/Strongly Agree  
**96%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



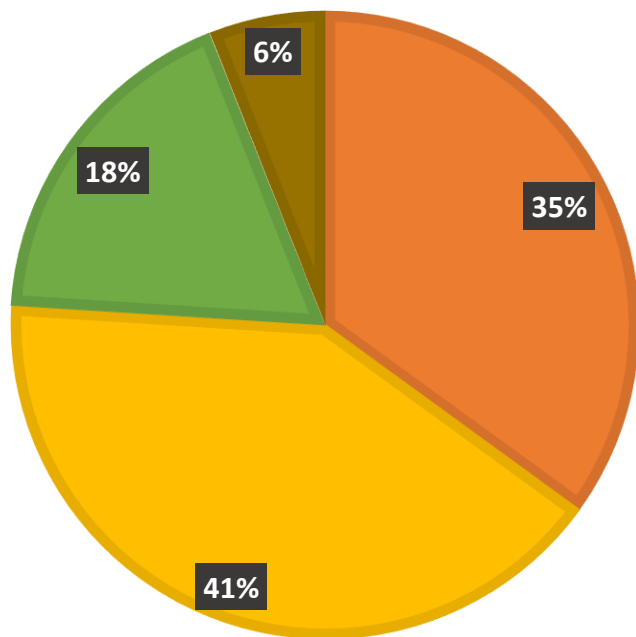


# I understand the different areas of study and career opportunities within the STEM Career Exploration Pathway.

**Pre–Academy:**  
Agree/Strongly Agree

**76%**

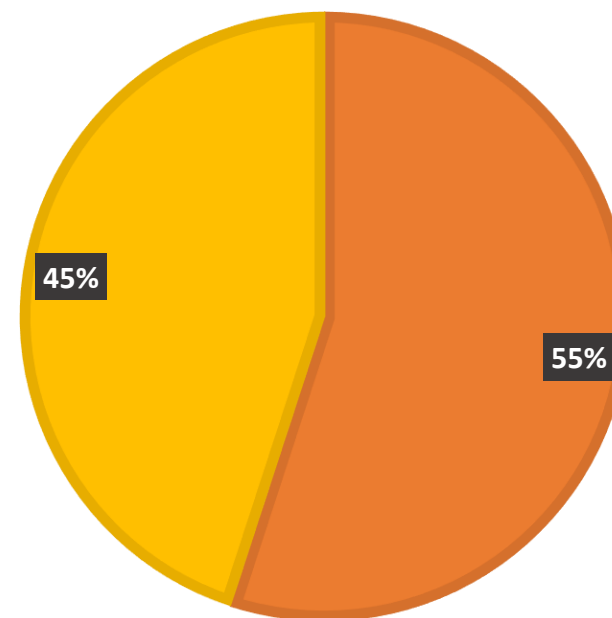
Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post–Academy:**  
Agree/Strongly Agree

**100%**

Strongly Agree Agree Neutral Disagree Strongly Disagree







# 2024 Post Survey Quotes

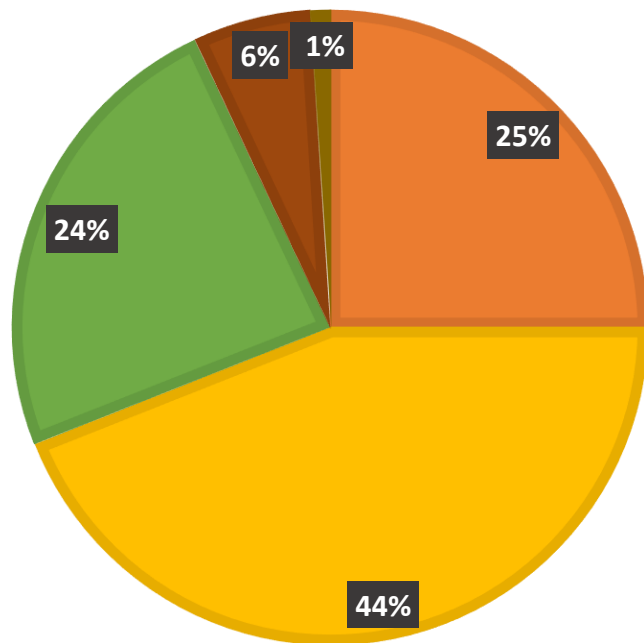
- *“I feel very confident now about steps to take in succeeding after high school because after talking with professionals they’ve helped me realize I can fail and it wont be the end of the world but will grow me as a person.”*
- *“I feel as if I have grown in my leadership skills in learning how to talk to anyone and make a speech, negotiate for a better deal, make my best personal brand and more.”*

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

**Pre-Academy**  
Agree/Strongly Agree

**69%**

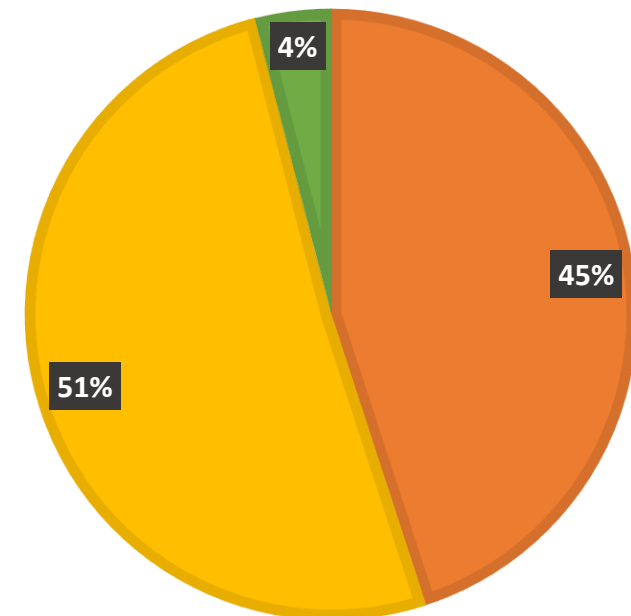
Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post-Academy**  
Agree/Strongly Agree

**96%**

Strongly Agree Agree Neutral Disagree Strongly Disagree





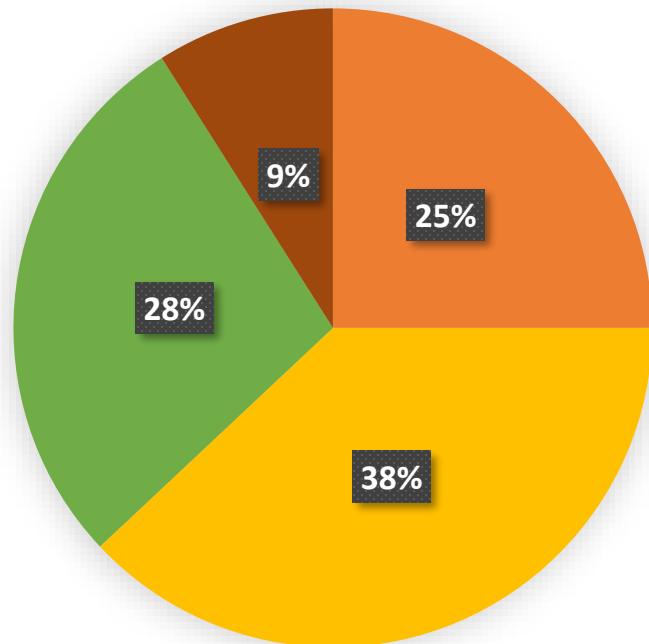
# I am able to correlate my top three interests to potential jobs and career clusters.

## Pre-Academy

Agree/Strongly Agree

**63%**

Strongly Agree Agree Neutral Disagree Strongly Disagree

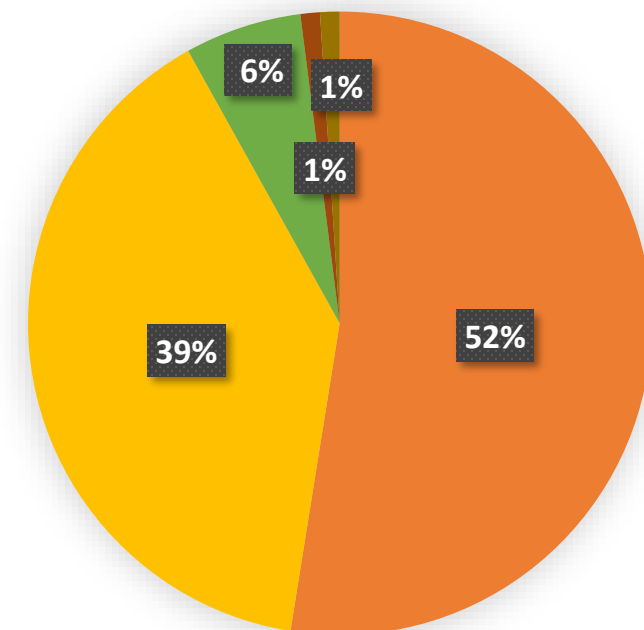


## Post-Academy

Agree/Strongly Agree

**85%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



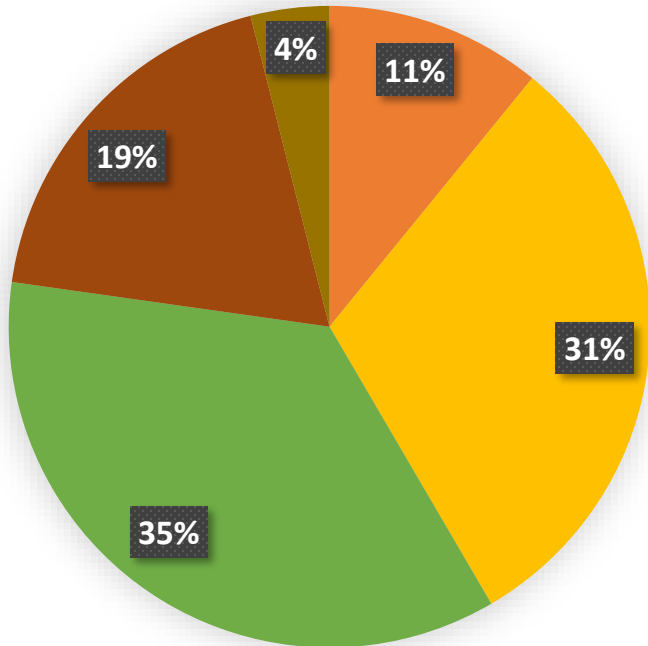


# I understand how to build a preliminary budget based on my current spending.

**Pre-Academy**  
Agree/Strongly Agree

**42%**

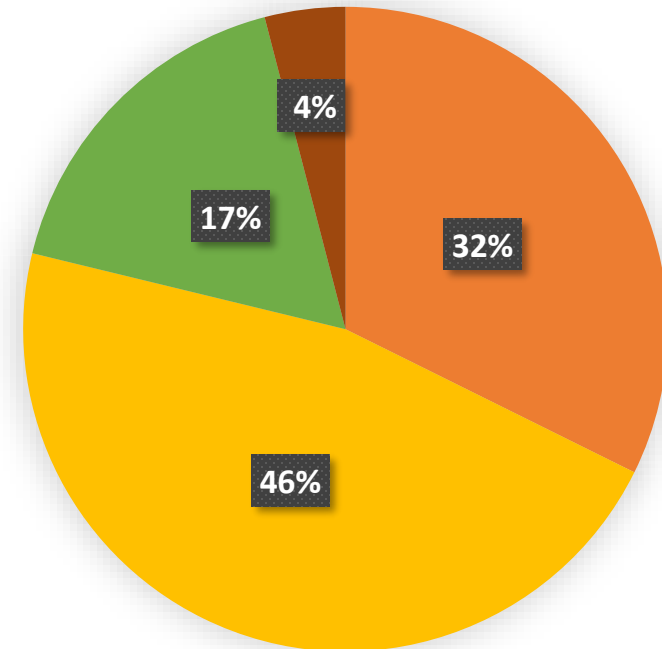
Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post-Academy**  
Agree/Strongly Agree

**78%**

Strongly Agree Agree Neutral Disagree Strongly Disagree







# 2024 Post Survey Quotes

- *“I’ve grown in my leadership skills significantly. I’m able to allow everyone to have a voice, instead of being the only one.”*
- *“I feel I have grown in my leadership skills because I learned how to build my personal brand. I also plan on making a LinkedIn account to help grow my professional journey.”*
- *“I believe I’ve become a confident leader who can take on multiple challenges at once.”*

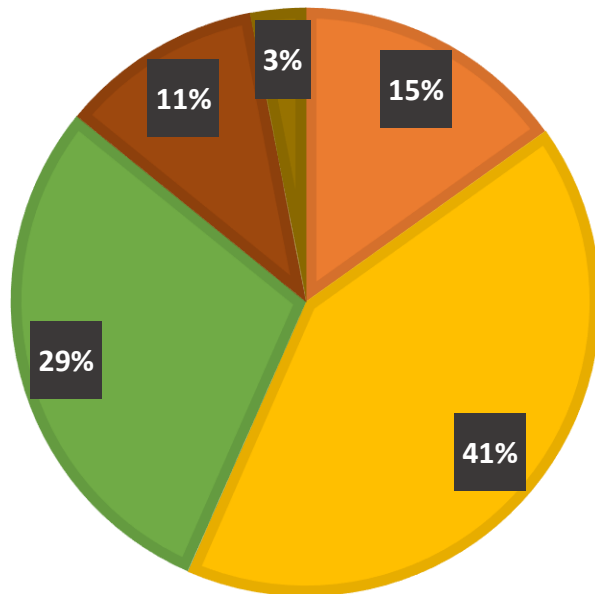
# I am able to demonstrate business tabletop etiquette suitable for a basic business dining event.

## Pre-Academy

Agree/Strongly Agree

**56%**

Strongly Agree Agree Neutral Disagree Strongly Disagree

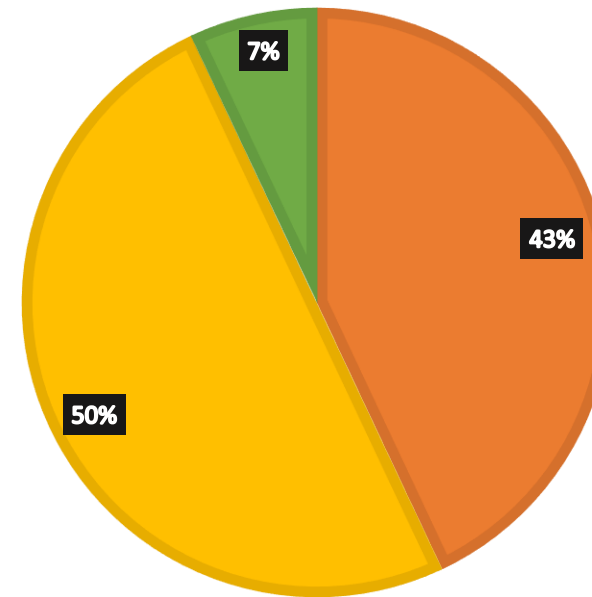


## Post-Academy

Agree/Strongly Agree

**93%**

Strongly Agree Agree Neutral Disagree Strongly Disagree

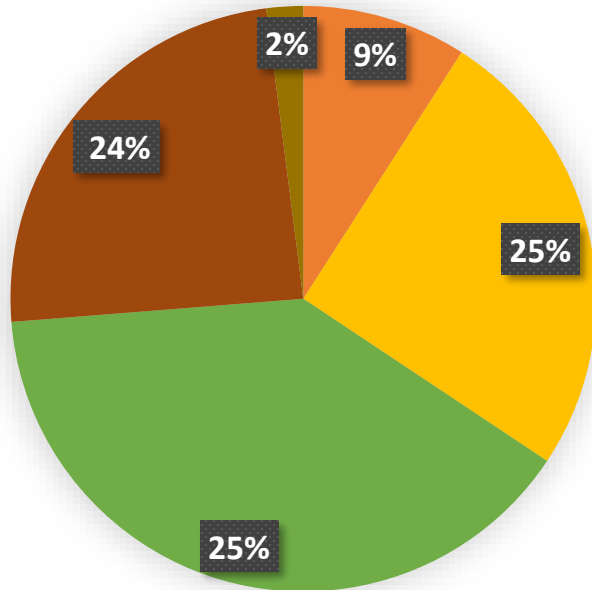


# I know how to network at business events.

**Pre-Academy**  
Agree/Strongly Agree

**34%**

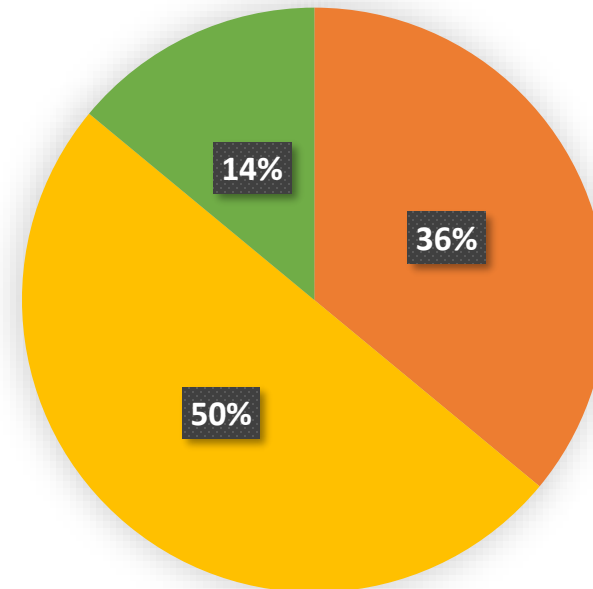
Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post-Academy**  
Agree/Strongly Agree

**86%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



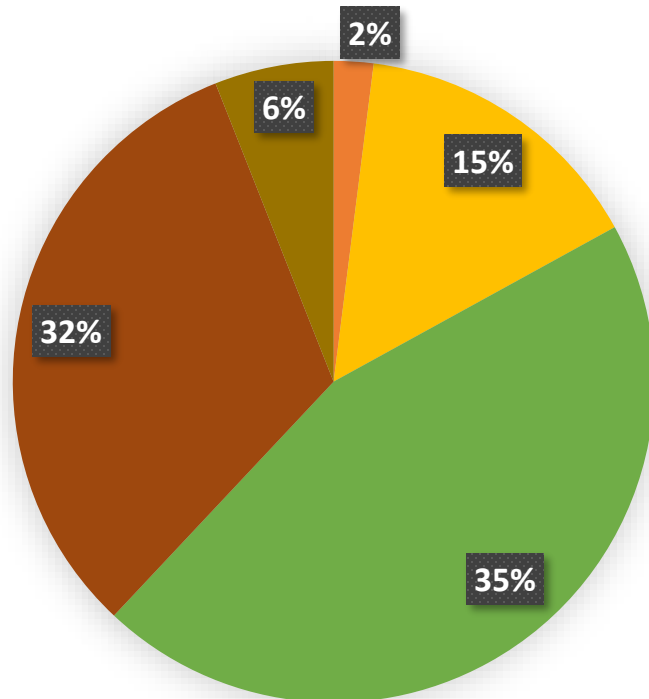


# I know 5 practical steps to build up my personal brand.

**Pre-Academy**  
Agree/Strongly Agree

**17%**

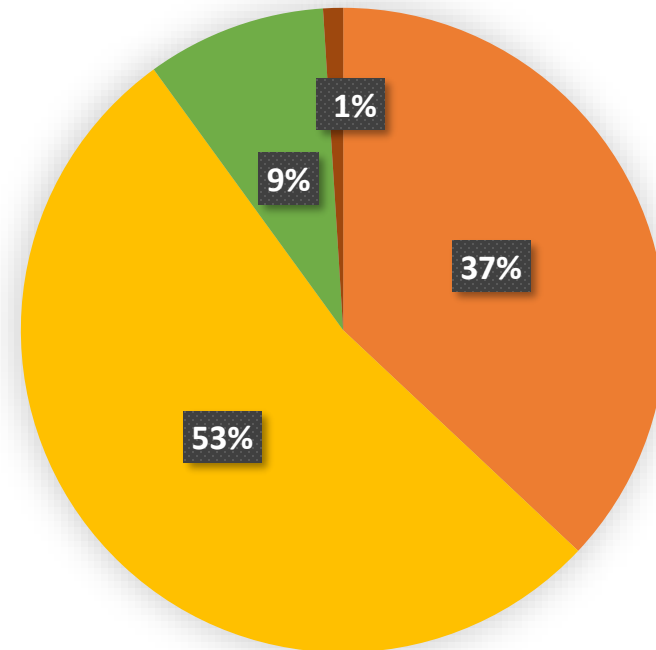
Strongly Agree Agree Neutral Disagree Strongly Disagree



**Post-Academy**  
Agree/Strongly Agree

**90%**

Strongly Agree Agree Neutral Disagree Strongly Disagree



# 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 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 16 Adult Mentors.







# 2024 Summer LEADERSHIP ACADEMY





# 2024 Post Survey Quotes

- *“I really feel like I have grown as a woman here. I have met so many nice girls and have realized that the college experience will be completely different from my negative high school experience. I have learned how to meet new people my age and older as well as find learning more enjoyable.”*
- *I have grown in a variety of ways. The girls in my group were a pleasure to spend the week with. I noticed a ton of personal growth within myself.*

# Closing Ceremony

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





# 2024 Post Survey Quotes

- *“The Summer Leadership Academy enlightened me on things I thought I knew but really didn't! It helped me identify what I really want to study and it also helped me with my social skills.”*
- *“I feel like I have the skills to know how to step out of high school with the right start. I know what to do, who to talk to, how to do it and I learned all of that here at Mount Mary. I'm truly grateful...”*

# Thank you to our generous sponsors!

This 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