



Over 50 high school students from Wisconsin, Illinois, Ohio, and Minnesota participated in the 2021 Summer Leadership Academy. These young women attended the program from June 21-24, 2021 to learn about leadership, college preparation and career exploration. Students gained essential skills that will help strengthen their college applications and valuable knowledge that will follow them into their future careers.



One Program, Two Formats

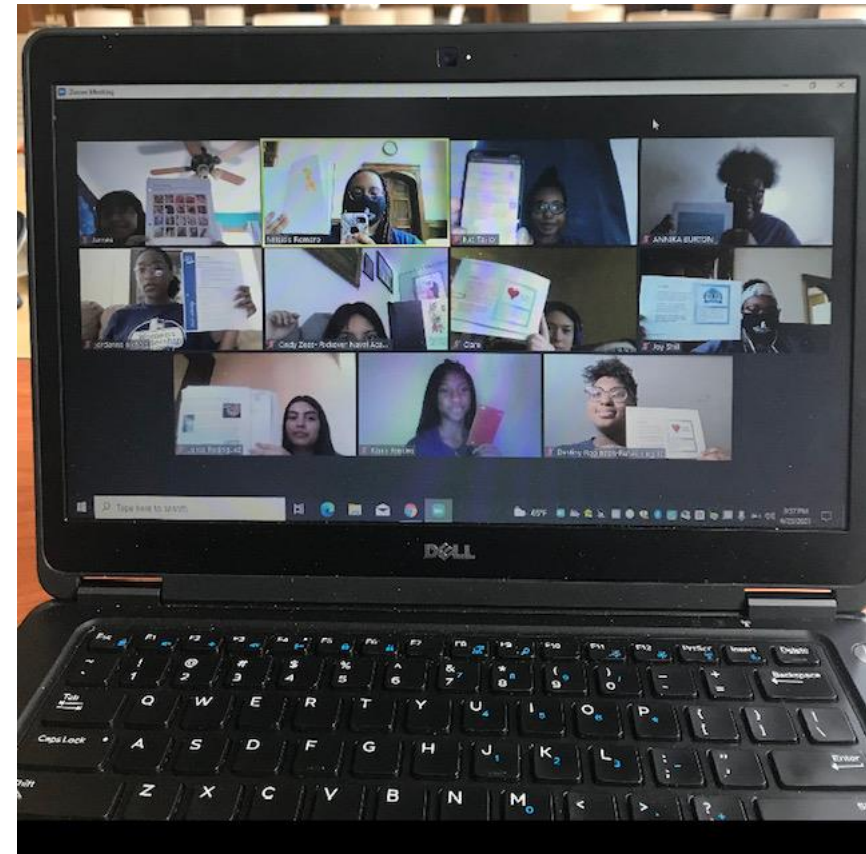
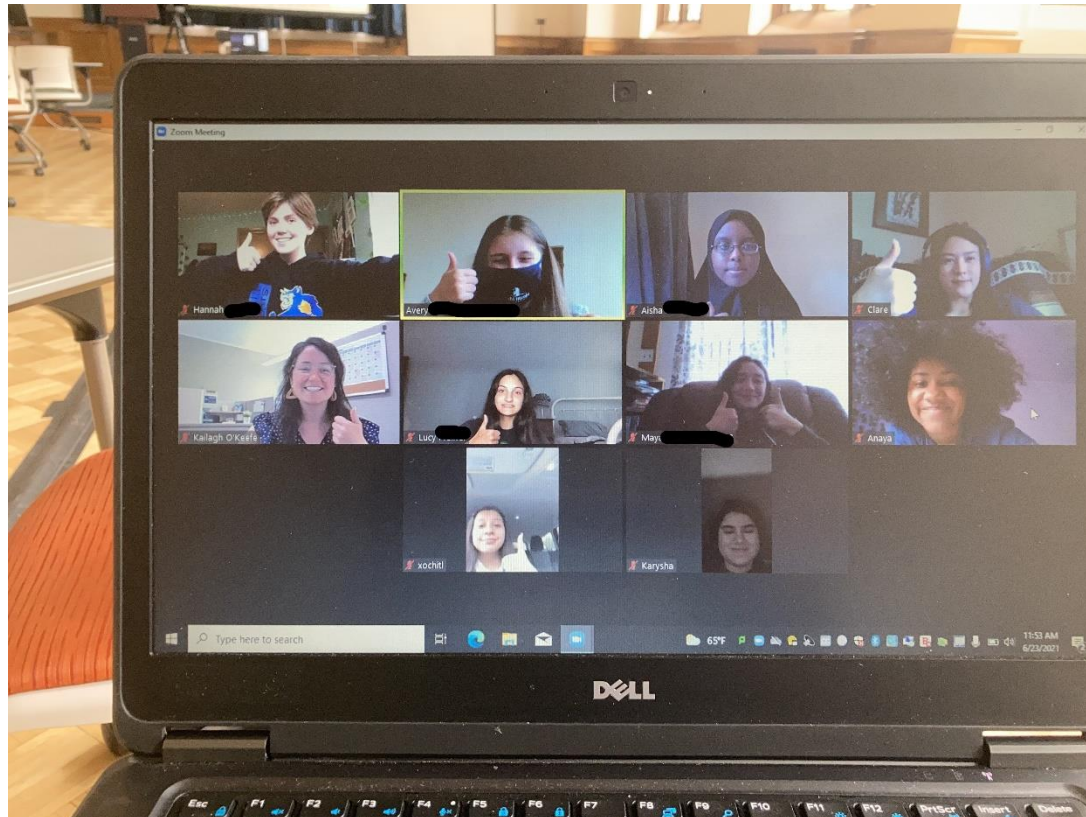
To comply with Covid restrictions, the program was held in dual modality format. Forty participants attended the on campus/in-person program and 16 attended the program virtually. Each day of the Academy had a focus:

- College Prep
- Career Exploration
- Personal Leadership
- Leadership in the Community



Virtual Groups

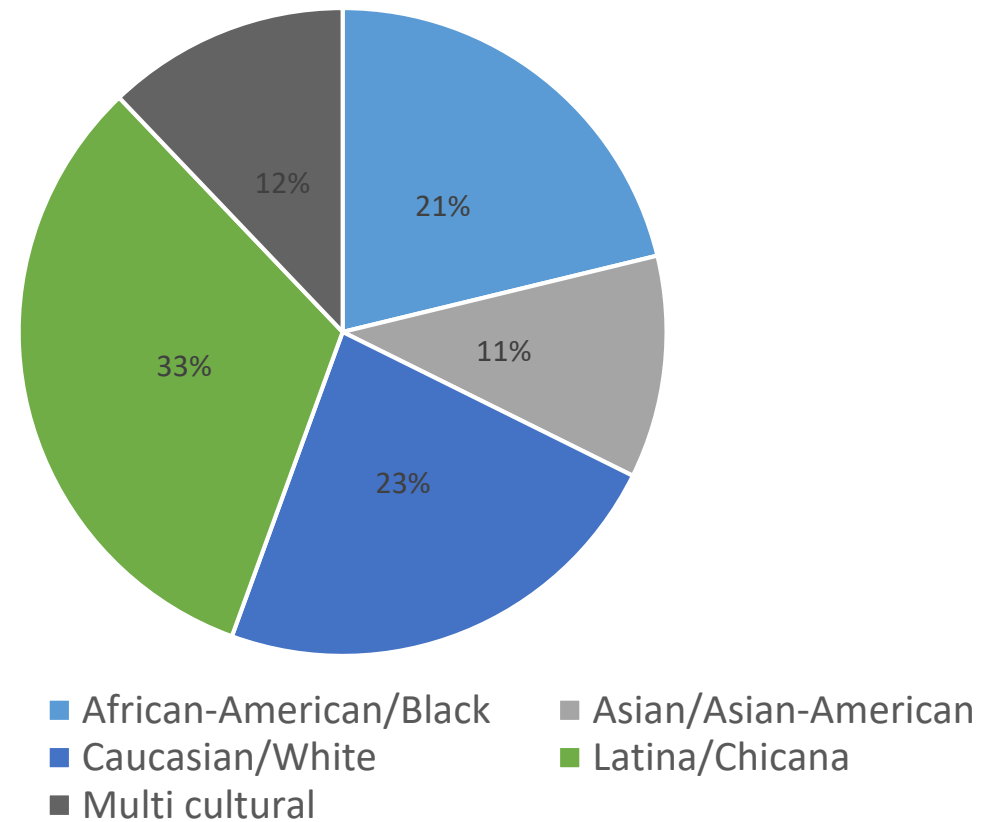
Academy participants who selected the virtual format experienced the same sessions as our in-person participants. The virtual format allowed students from other states and those living outside of the Milwaukee metropolitan area to participate.



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 geographical locations. The 2021 Academy continued to welcome a group of young women that reflects our society and the Mount Mary University campus.

Racial and Ethnic Demographics





PARTICIPATING HIGH SCHOOLS



2021 Summer
LEADERSHIP ACADEMY

WISCONSIN:

APPLETON

Appleton East

BROOKFIELD

Brookfield Academy

Brookfield Central

Brookfield East

CEDARBURG

Cedarburg High School

DEPERE

West DePere High School

FOND DU LAC

St. Mary's Springs

GERMANTOWN

Germantown High School

GREENFIELD

Greenfield High School

HARTFORD

Hartford Union High School

HARTLAND

Arrowhead High School

KENOSHA

Indian Trail High School

MILWAUKEE

Barack Obama SCTE

Carmen High School Northwest

Cristo Rey Jesuit High School

Eastbrook Academy

Hmong American Peace Academy

Rufus King IB High School

St. Augustine Preparatory Academy

St. Anthony High School

Veritas High School

Vincent High School of Agriculture & Science

Wisconsin Lutheran High School

MONTELLO

Montello Jr./Sr. High School

MUKWANOAGO

Mukwonago High School

MUSKEGO

Muskego High School

RACINE

Racine Virtual Learning

SUSSEX

Sussex Hamilton High School

WAUKESHA

Waukesha South High School

WHITEFISH BAY

Dominican High School

ILLINOIS:

George Westinghouse College Prep

Kenwood Academy High School

Mother McAuley Liberal Arts High School

Mundelein High School

Rickover Naval Academy

Western Reserve Academy

Wheeling High School

MINNESOTA:

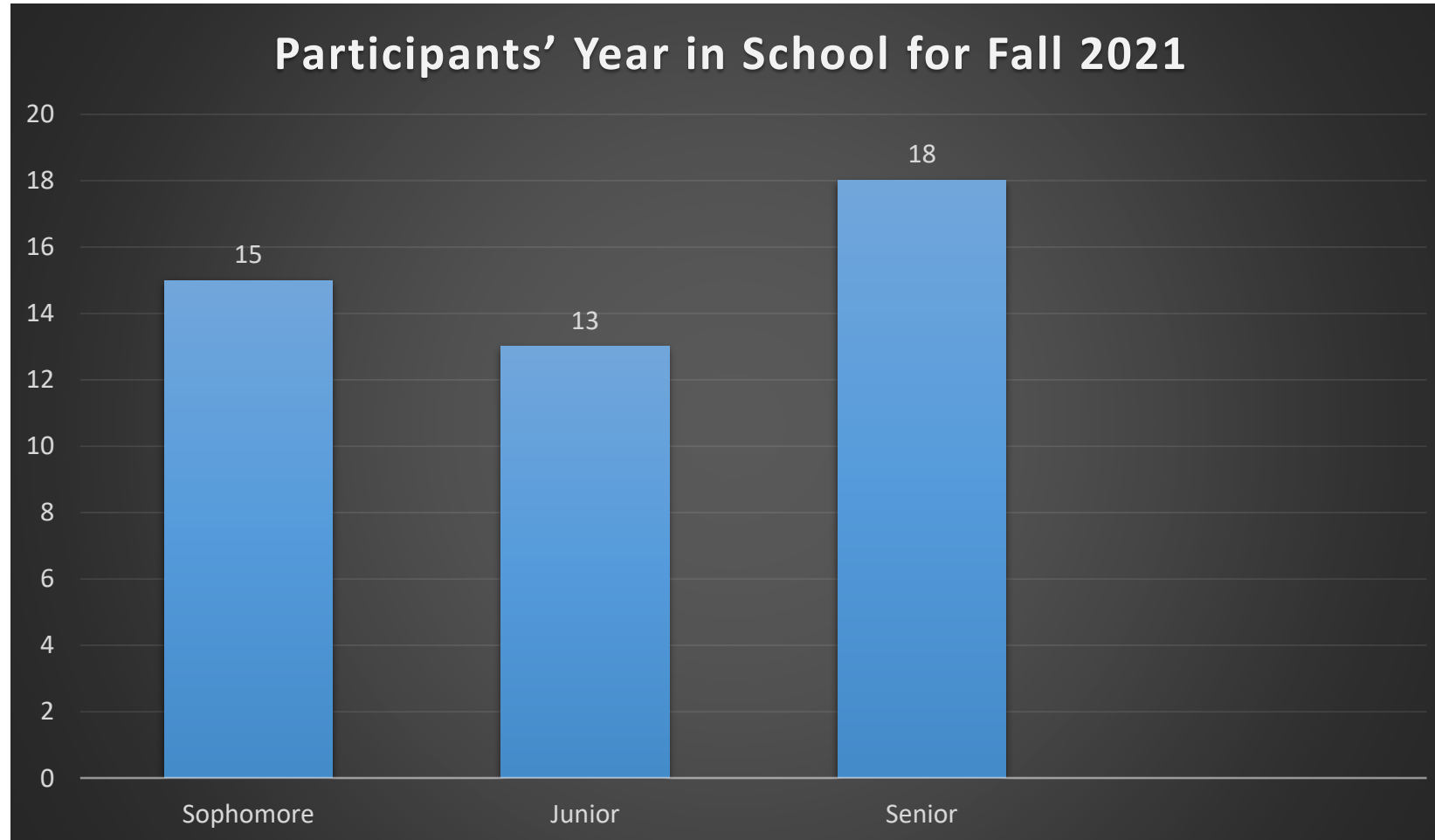
Burnsville High School

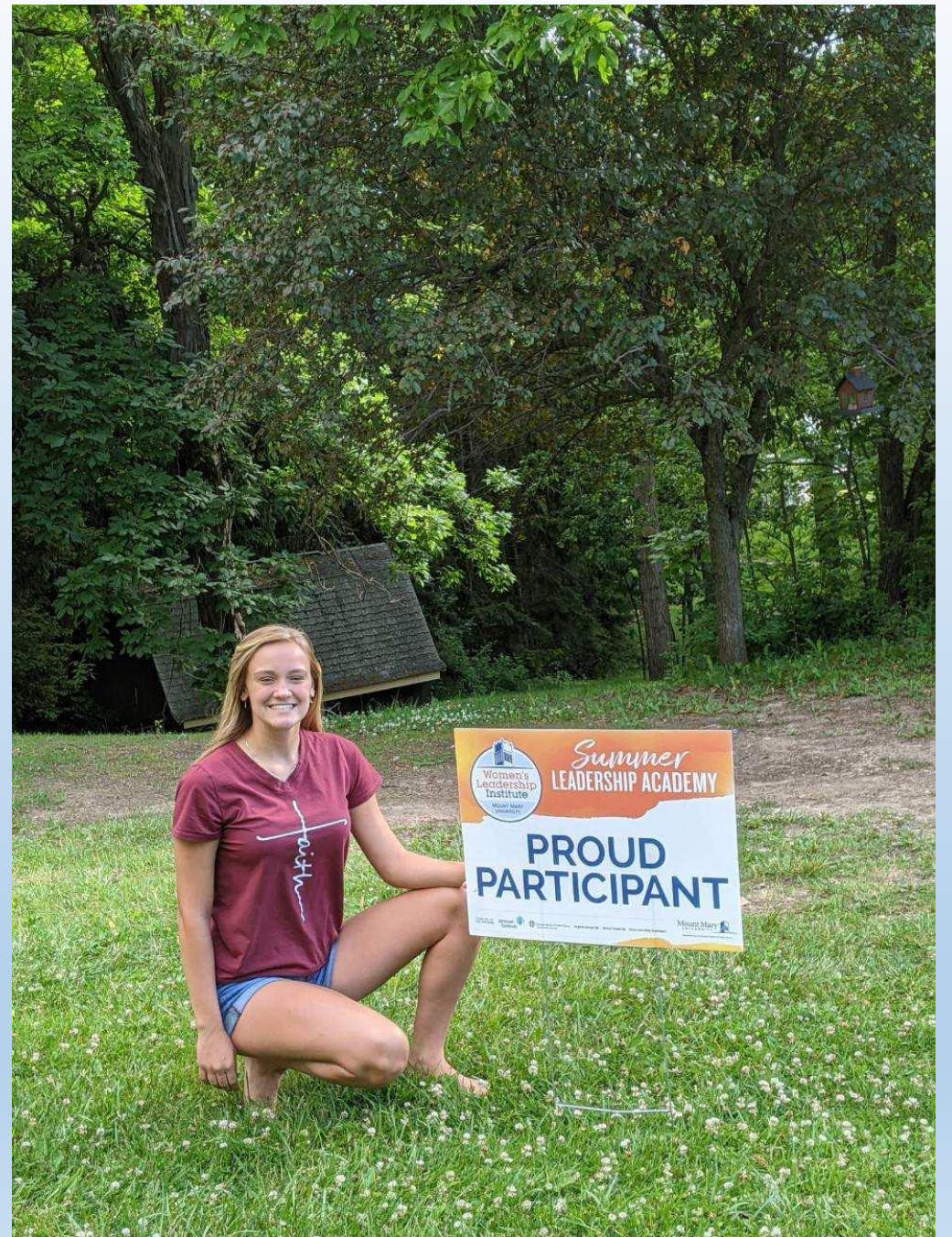
OHIO:

Western Reserve Academy



2021 Summer
LEADERSHIP ACADEMY





School Sisters of Notre Dame

Mount Mary University's foundation dates back to 1833 and the School Sisters of Notre Dame. Sr. Stephanie Spandle, SSND, and Sr. Jill Laszewski, SSND, were an integral part of the virtual 2020 Summer Leadership Academy and returned to this year's Academy as presenters and small group leaders. They presented "The Art and Importance of Reflection" session and developed the daily reflections used in the afternoon small group sessions.

"LOVED THE ART AND IMPORTANCE OF REFLECTING! It was so grounding and I loved it."

~ 2021 Summer Leadership Academy participant



Summer Leadership Academy General Sessions

Focus: College Prep

- Finding the Right Fit in a College
- Financial Aid 101
- Campus Tour/Q&A with Current Mount Mary Students
- Art & Importance of Reflection

Focus: Career Exploration

- Confidence
- Leadership Traits
- Networking
- Career Exploration



Summer Leadership Academy General Sessions

Focus: Personal Leadership

- Leadership and Social Justice
- Importance of Sisterhood
- Finding Your Authentic Self

Focus: Leadership in the Community

- Understanding Race as a Leader
- Challenges to Women's Leadership
- Respectful Discourse
- Exploring Vocation



Summer Leadership Academy Elective Sessions

- Exploring the School of Arts & Design and Business
- Exploring the School of Humanities, Social Sciences and Interdisciplinary Studies
- Exploring the School of Natural & Health Sciences and Education
- Education
- Fashion Design
- Food Science
- Interior Design and Architecture
- Nursing
- Self-Defense
- Yoga



Pre – Academy and Post- Academy Surveys

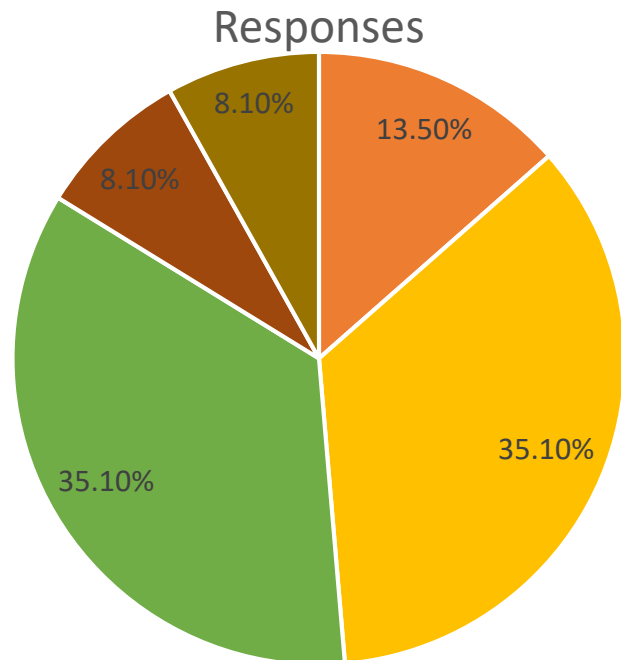


Summer Leadership Academy participants were asked to complete Pre-Academy and Post-Academy Surveys to measure their understanding of concepts and how they felt they have grown in their understanding of themselves and their preparedness for the world after high school.

I am prepared for life after high school.

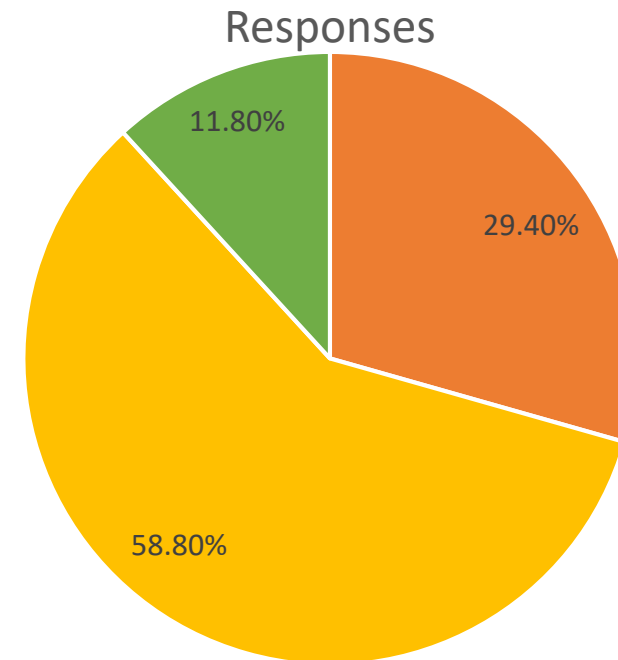
Participants' feelings of preparedness for life after high school improved from 48.6% agreeing or strongly agreeing that they are prepared prior to the academy to 88.2% post-academy.

Pre - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy



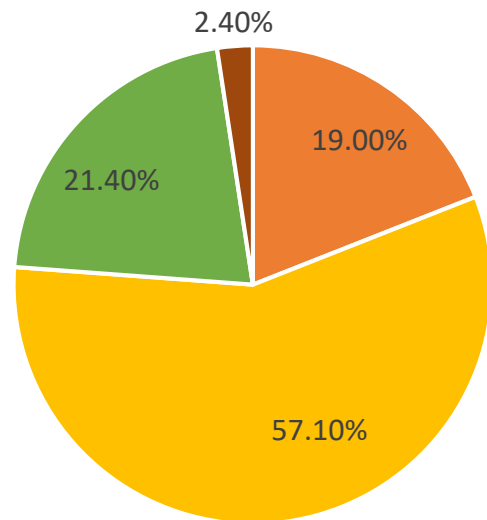
Strongly Agree Agree Neutral Disagree Strongly Disagree

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

Participants' feelings about their ability to make informed life decisions after high school improved from 76.1% agreeing or strongly agreeing that they are able to do so prior to the academy to 86% post-academy.

Pre – Academy

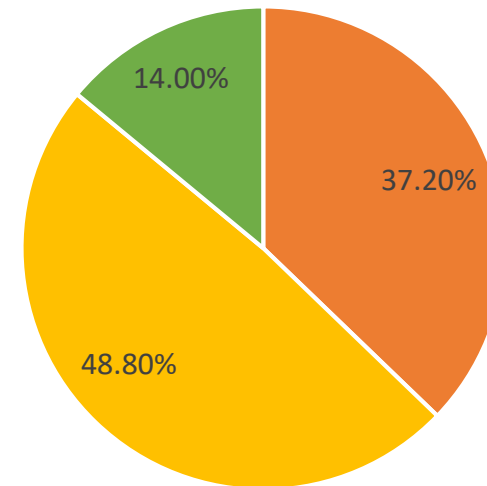
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree



Post Survey Quotes



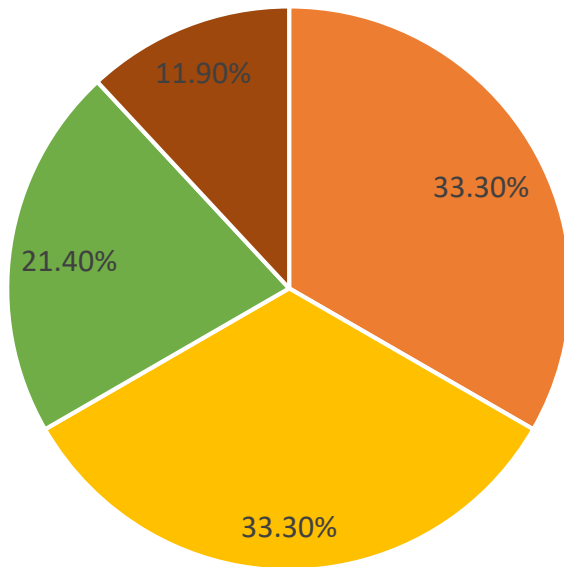
- *“Meeting so many people and hearing so many presentations made me think quite a bit about myself and who I am and who I want to become. I have also become more educated about college and life after high school in the academy.”*
- *“I think this Summer Leadership Academy has done so many great things for me as a young woman. I really do believe I will leave here feeling even more empowered and just a sense that I am not alone. Also,...they have really been able to equip us with the tools we will need to know in order to be the best version of ourselves.”*

College seems out of reach for me.

Participants' negative feelings about their ability to attend college after high school decreased from 11.9% agreeing college seems out of reach to 0% agreeing college seems out of reach. Participants positive feelings increased from 66.6% disagreeing or strongly disagreeing with that statement to 93% post-academy.

Pre – Academy

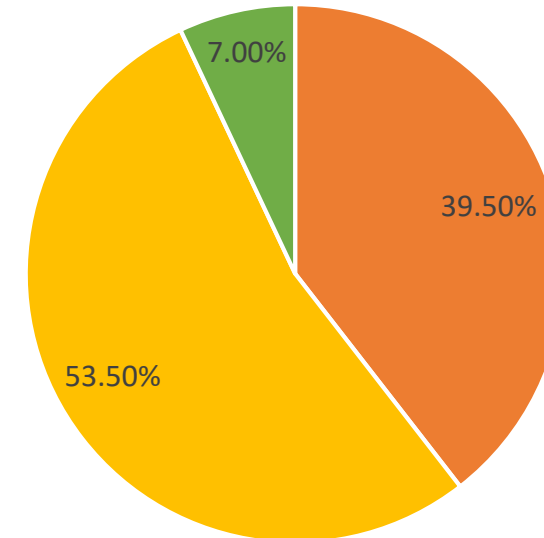
Responses



Strongly Disagree Disagree Neutral Agree Strongly Agree

Post - Academy

Responses

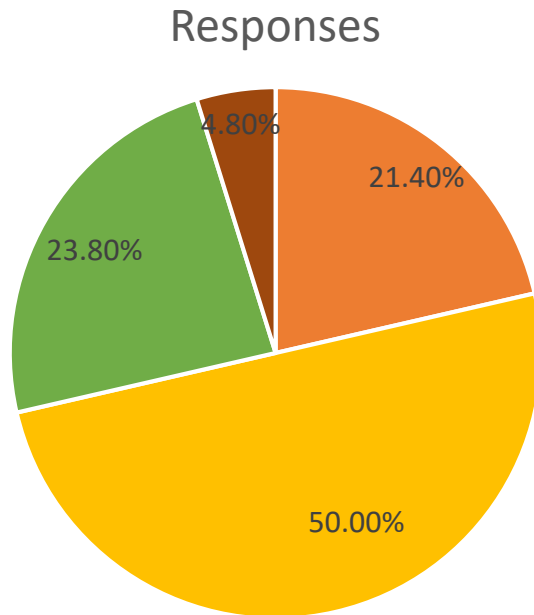


Strongly Disagree Disagree Neutral Agree Strongly Agree

I am confident in my ability to choose a college that is right for me.

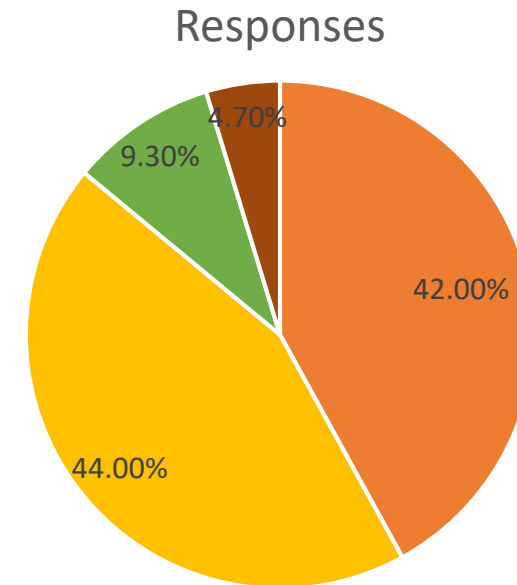
Participants' feelings about their ability to choose a college that is the right fit for them improved from 21.4% strongly agreeing that they are able to do so prior to the academy to 42% post-academy.

Pre - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy



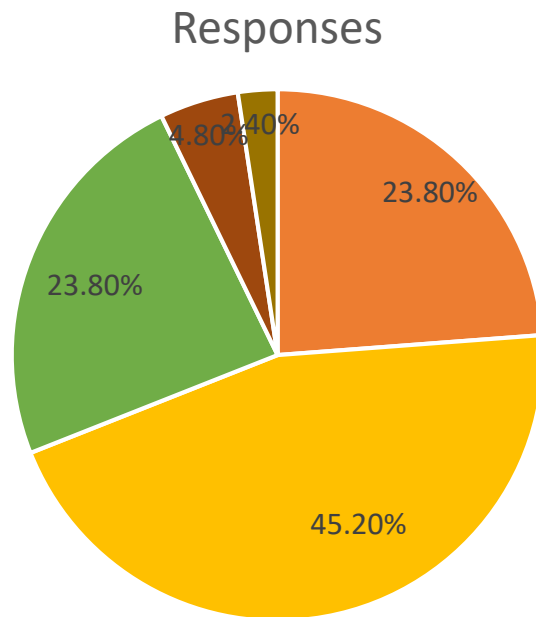
Strongly Agree Agree Neutral Disagree Strongly Disagree



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

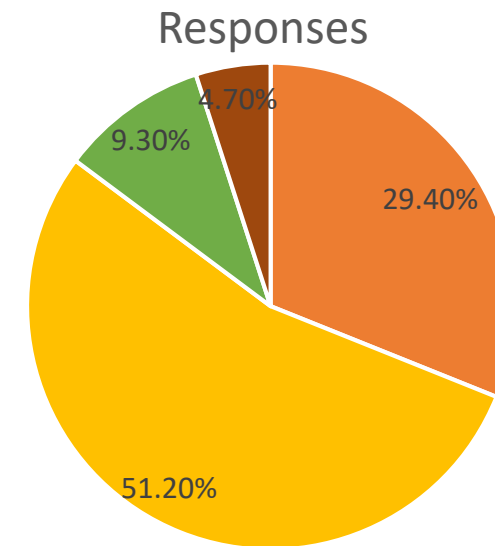
Participants' feelings about their understanding of factors to consider when choosing a college improved from 69% agreeing or strongly agreeing that they are able to do so prior to the academy to 80.6% post-academy.

Pre - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy



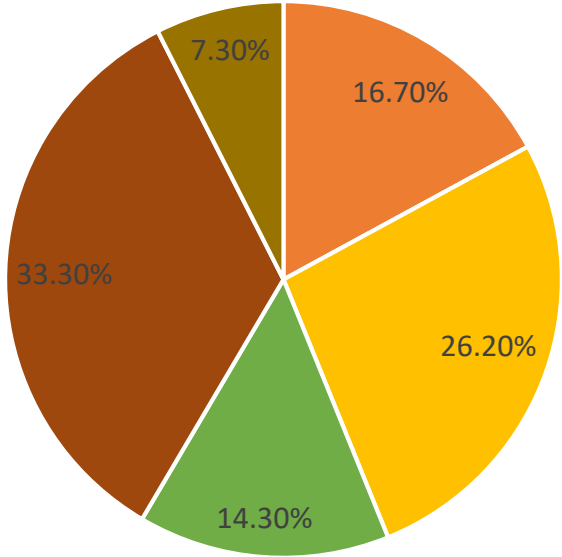
Strongly Agree Agree Neutral Disagree Strongly Disagree

I know what a FAFSA is.

Participants' feelings about their knowledge of the FAFSA improved from 42.9% agreeing or strongly agreeing that they know what a FAFSA is prior to the academy to 91% post-academy.

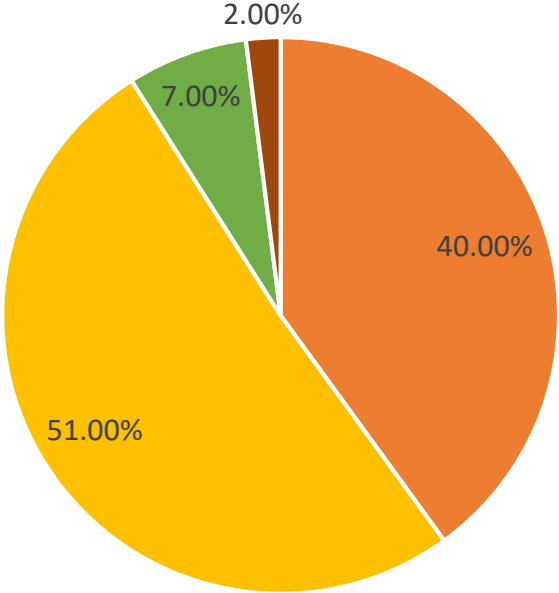
Pre – Academy

Responses



Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

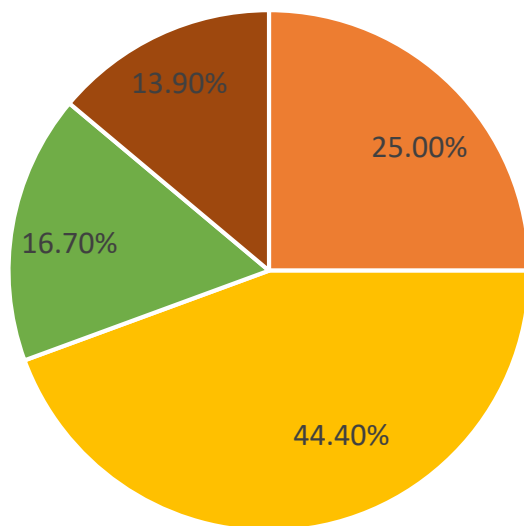
Strongly Agree Agree Neutral Disagree Strongly Disagree

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

Participants' feelings about their knowledge of college funding options improved from 69.4% agreeing or strongly agreeing that they are aware of funding sources prior to the academy to 86% post-academy.

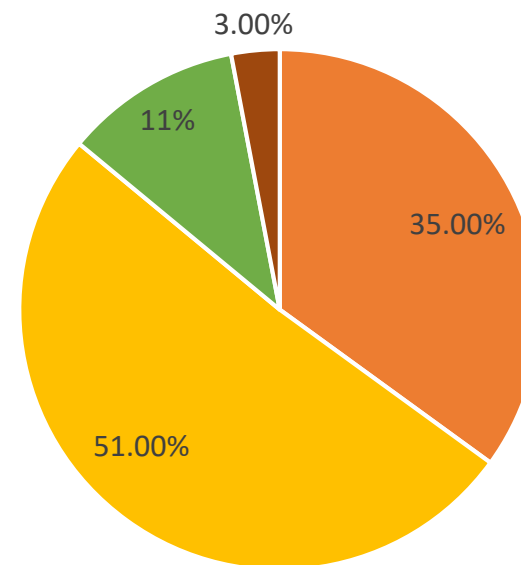
Pre – Academy

Responses



Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree



Post Survey Quotes

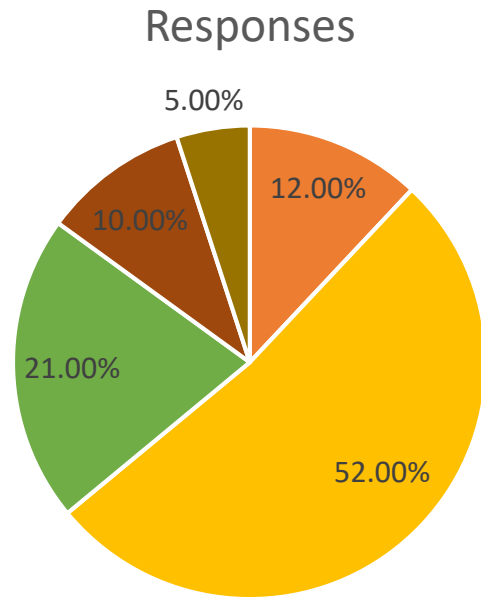


- *“I feel like I have gained a lot of insight about college and how I can benefit the world with my gifts and talents. I also learned about how influential women can be in society and how we can all inspire.”*
- *“I feel much more sure of myself and where I am going. I benefitted greatly from being around so many like-minded young women and my one regret is that I was virtual so I couldn't meet even more! I enjoyed hearing the experiences of so many others that have gone through things similar to what I have and feeling a great sense of community.”*

I have an understanding of traits related to my personality type and how these might affect my interpersonal relationships personally and professionally.

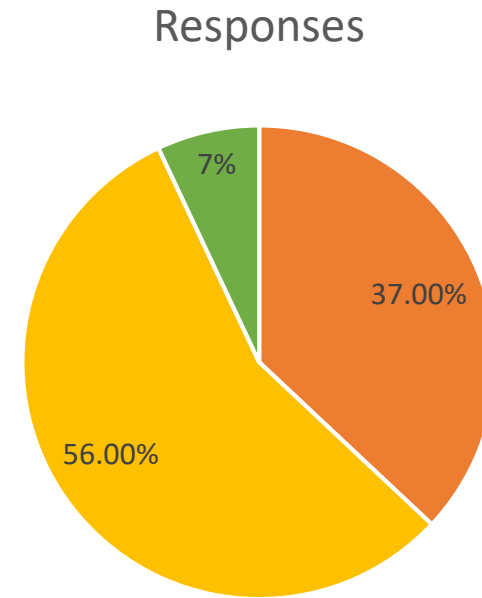
Participants' feelings about their knowledge of their personality type and traits improved from 64% agreeing or strongly agreeing that they are aware of these prior to the academy to 93% post-academy.

Pre – Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree



You



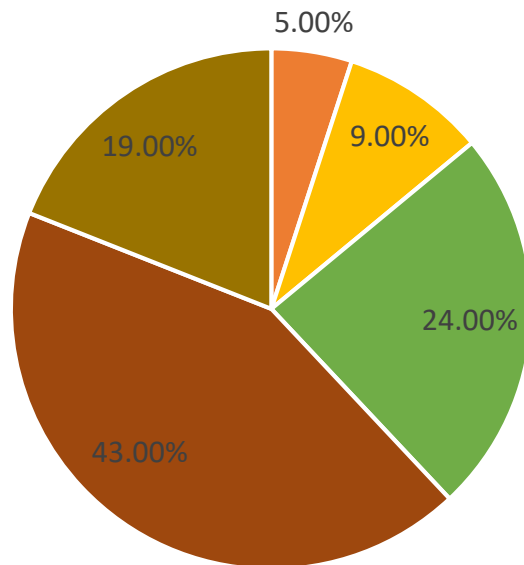
Maya

I know how to create a professional LinkedIn account.

Participants' feelings about their knowledge of how to create a LinkedIn account improved from 14% agreeing or strongly agreeing that they know how to create an account prior to the academy to 75% post-academy.

Pre – Academy

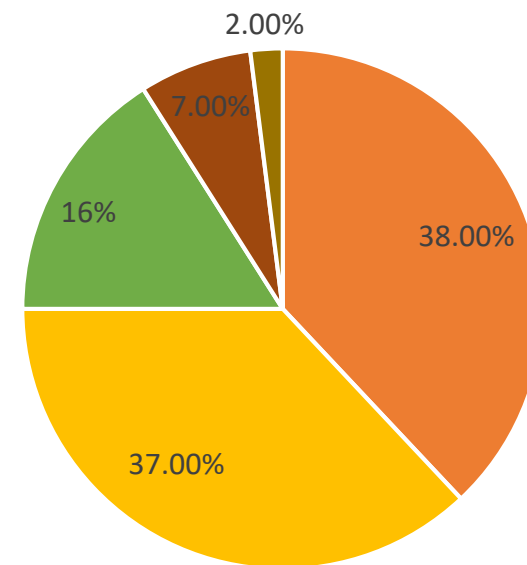
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses



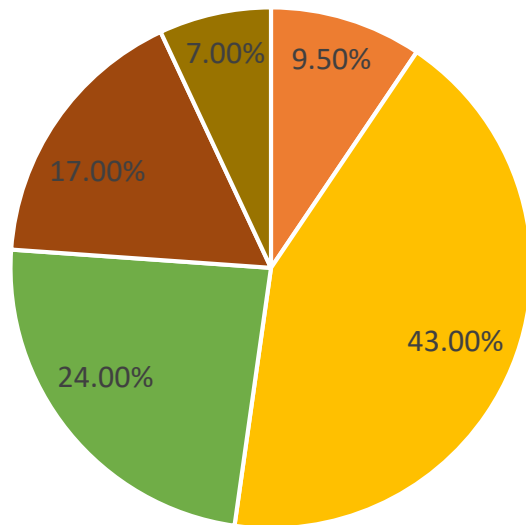
Strongly Agree Agree Neutral Disagree Strongly Disagree

I understand best practices in advocacy work.

Participants' feelings about their knowledge of best practices in advocacy work improved from 52.5% agreeing or strongly agreeing that they are aware of best practices in advocacy work prior to the academy to 82% post-academy.

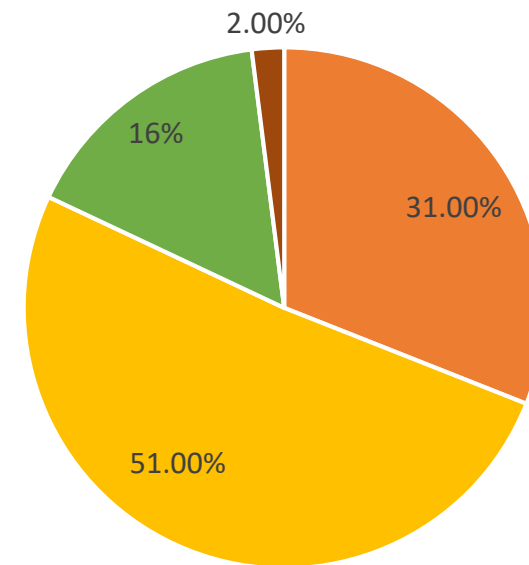
Pre – Academy

Responses



Post - Academy

Responses



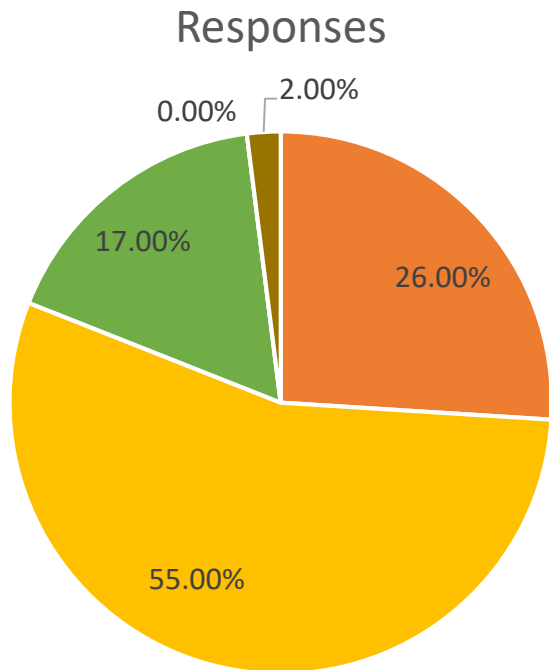
Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree

I understand the concept of “sisterhood.”

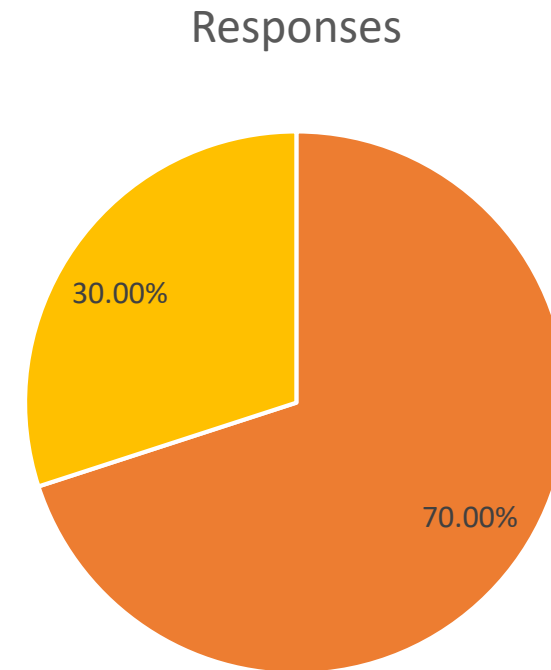
Participants' feelings about their knowledge of the concept of “sisterhood” improved from 81% agreeing or strongly agreeing that they understand the concept prior to the academy to 100% post-academy.

Pre – Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

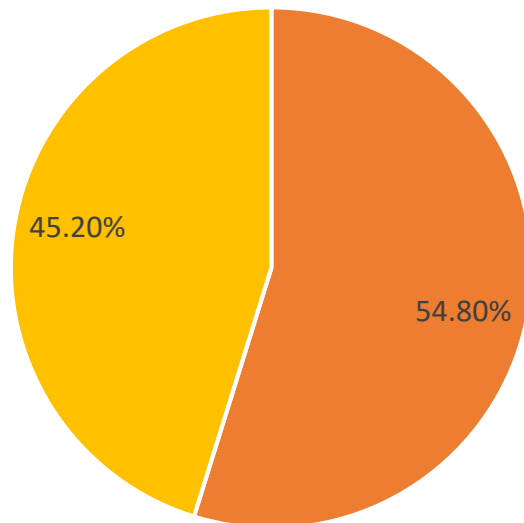


I understand that we are all affected by racism and overcoming it is ongoing and communal.

Participants' feelings about their understanding of overcoming racism being ongoing and communal improved from 55% strongly agreeing that they understand this prior to the academy to 72% post-academy.

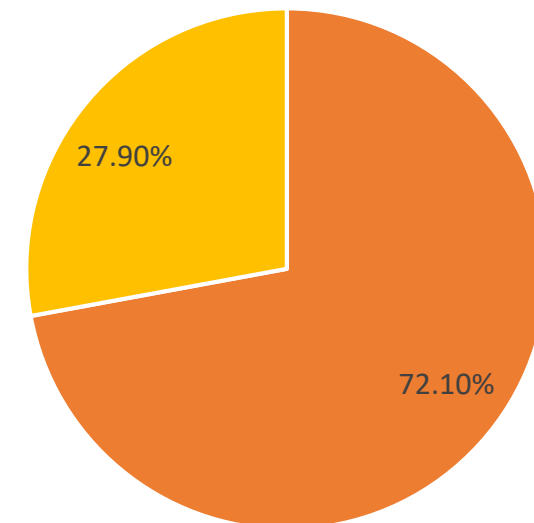
Pre – Academy

Responses



Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree





Post Survey Quotes

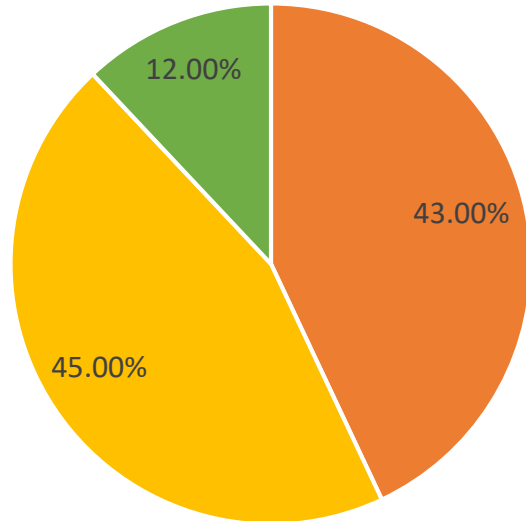
- *“I feel very empowered by a strong female community. I FEEL on fire and like anything is possible.”*
- *“The Summer Leadership Academy helped me realize that I have to get out of my comfort zone more in order to learn and grow as a person. Also, since I learned a lot about leadership, I realized that I would like to be a mentor at some point during high school...”*
 - *“I feel I have grown to love myself more...”*

I am familiar with strategies for empathetic listening, understanding my feelings and triggers, and effective communication.

Participants' feelings about their familiarity with strategies for empathetic listening, triggers and effective communication improved from 88% agreeing or strongly agreeing that they understand this prior to the academy to 98% post-academy.

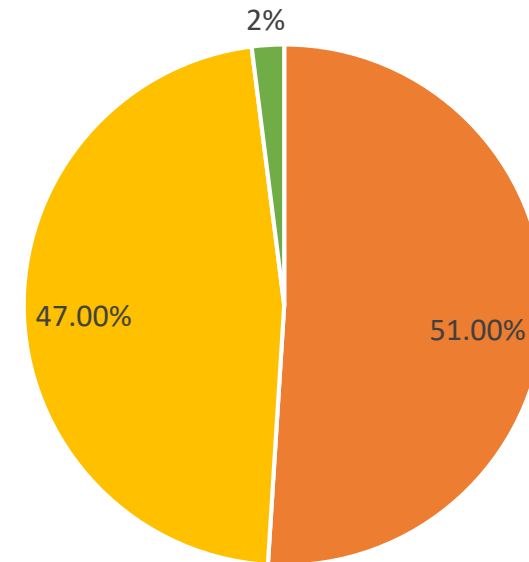
Pre – Academy

Responses



Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

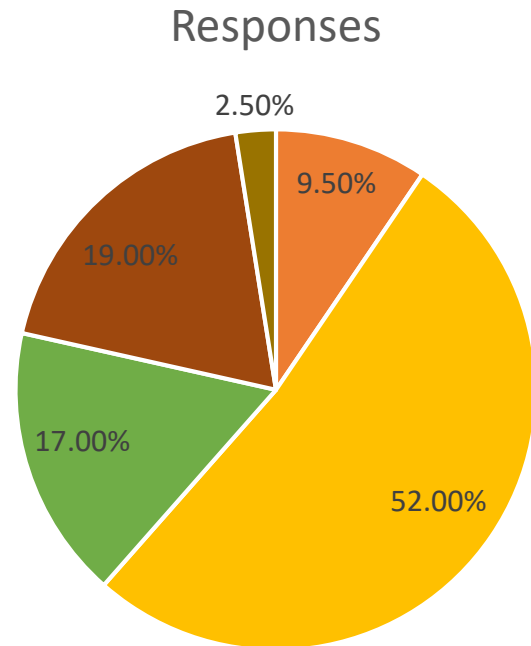
Strongly Agree Agree Neutral Disagree Strongly Disagree



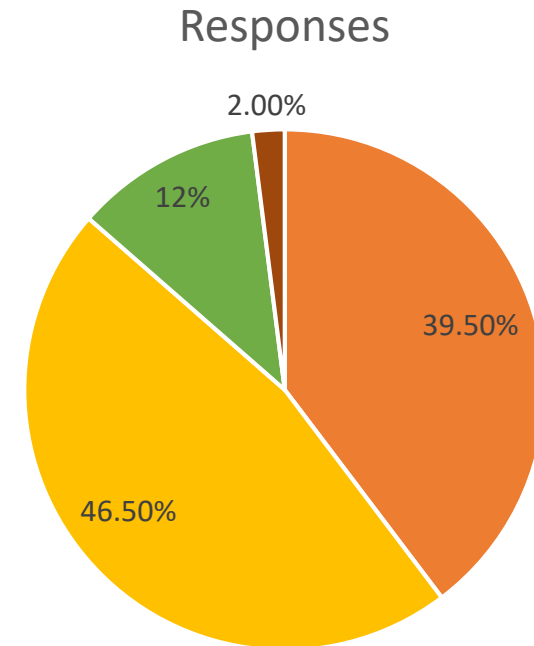
I understand the definition of vocation.

Participants' feelings about their understanding of the definition of vocation improved from 61.5% agreeing or strongly agreeing with this statement prior to the academy to 86% post-academy.

Pre – Academy



Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree





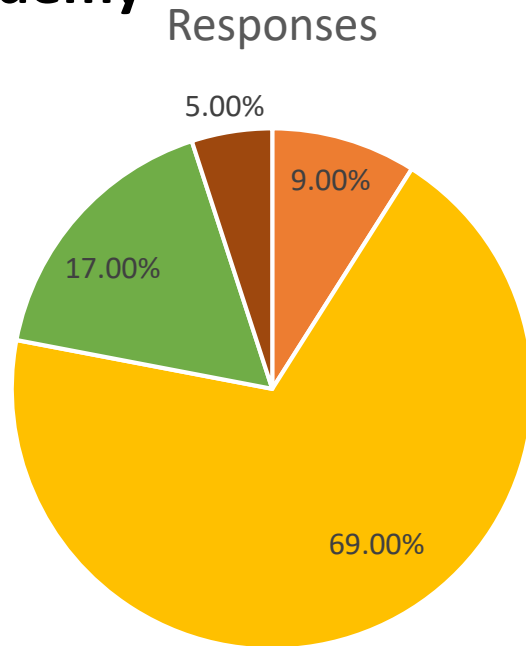
Post Survey Quotes

- *“It helped me see the other options and opportunities I was denying myself.”*
- *“Hearing from so many inspirational women has made me realize that my goals are not out of reach and there are so many people willing to support and uplift me, all I have to do is set my plans into motion.”*
- *“I feel so much more passion, and drive, and I have so many new ideas on how I can service my community and be beneficial to our society as a whole.”*

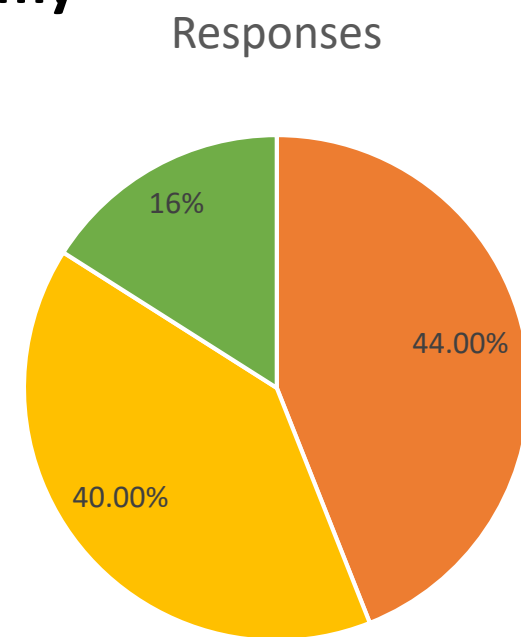
I have a sense of how the words and mantras I hold about myself are linked to my role and resiliency as a leader.

Participants' feelings about their understanding of how their self-talk is linked to their resiliency as a leader improved from 9% strongly agreeing that they understand this prior to the academy to 44% post-academy.

Pre – Academy



Post - Academy



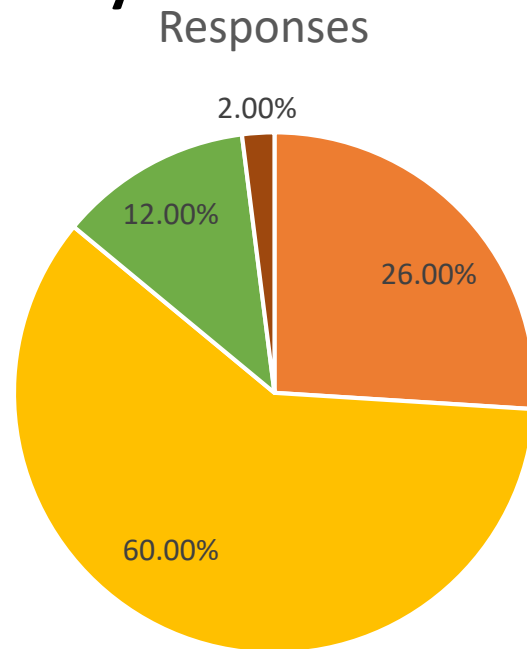
Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree

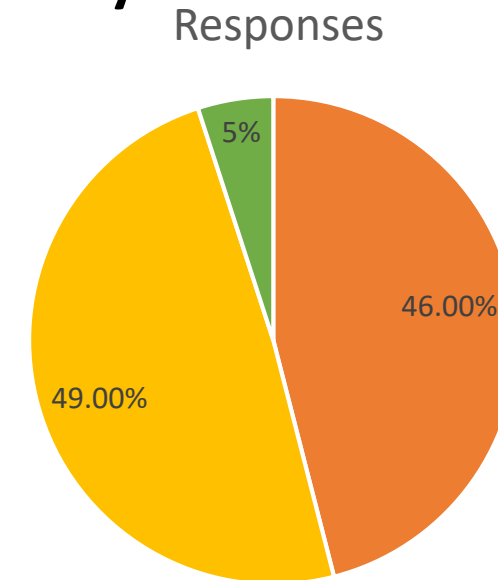
I am aware of healthy ways I can improve my connection with myself and others.

Participants' feelings about their understanding of how they can improve their connection with themselves and others improved from 86% agreeing or strongly agreeing that they understand this prior to the academy to 95% post-academy.

Pre – Academy



Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Didn't participate in this session Disagree Strongly Disagree



Post Survey Quotes



2021 Summer
LEADERSHIP ACADEMY

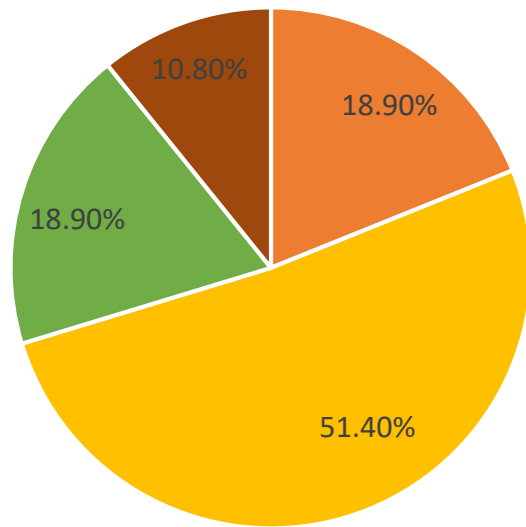
- *“I think the academy is a lovely opportunity and I am so glad I participated and got to share thoughts and hear from people just like me, as well as people from very different walks of life.”*
- *“This whole program has been perfect and right up my alley. I have loved every minute of being here and honestly, it really has made me feel closer to becoming someone who will be able to make those important decisions as to what I want to do.”*

I understand what to expect from learning experiences as a college/university student.

Participants' feelings about their understanding of what to expect as a university student improved from 70.3% agreeing or strongly agreeing that they understand this concept prior to the academy to 94.1% post-academy.

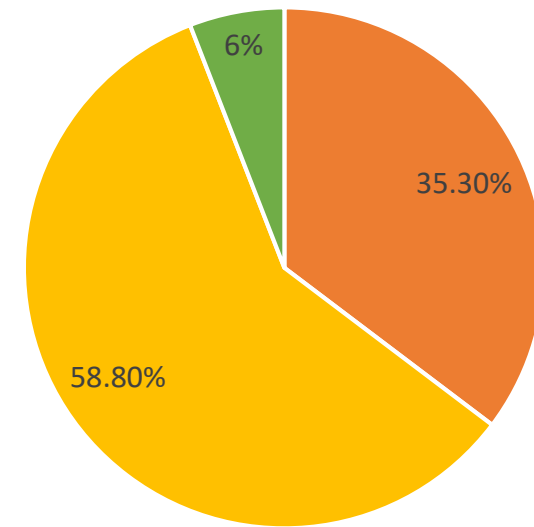
Pre – Academy

Responses



Post - Academy

Responses



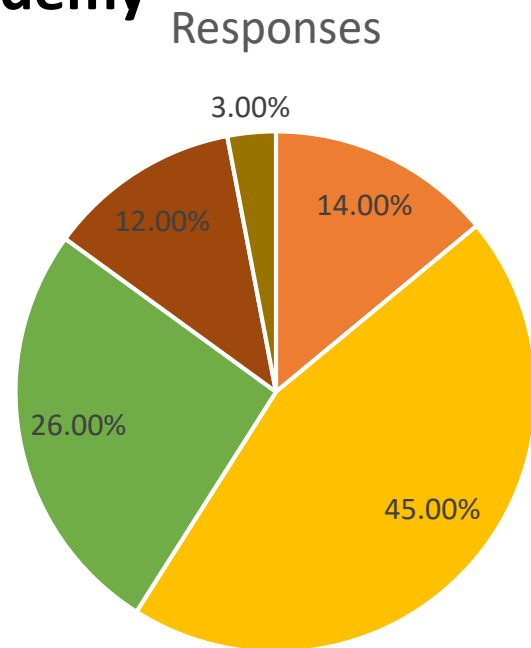
Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree

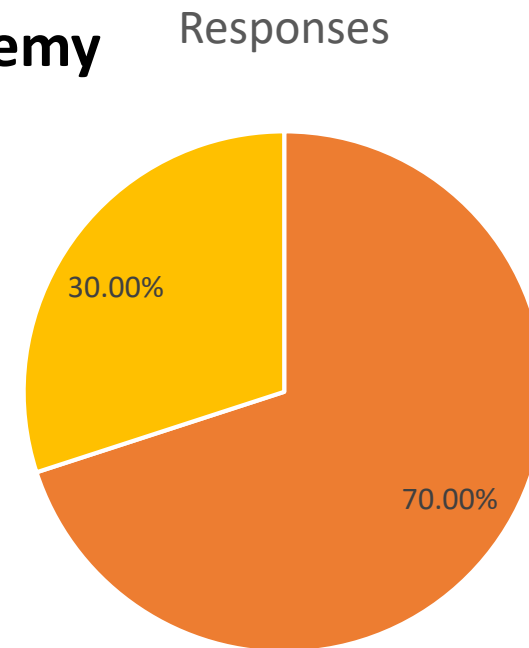
Fashion Elective: I understand how to draw inspiration from various sources to create my own original design idea.

Participants' feelings about their understanding of creating original designs improved from 59% agreeing or strongly agreeing that they understand this concept prior to the academy to 100% post-academy.

Pre – Academy

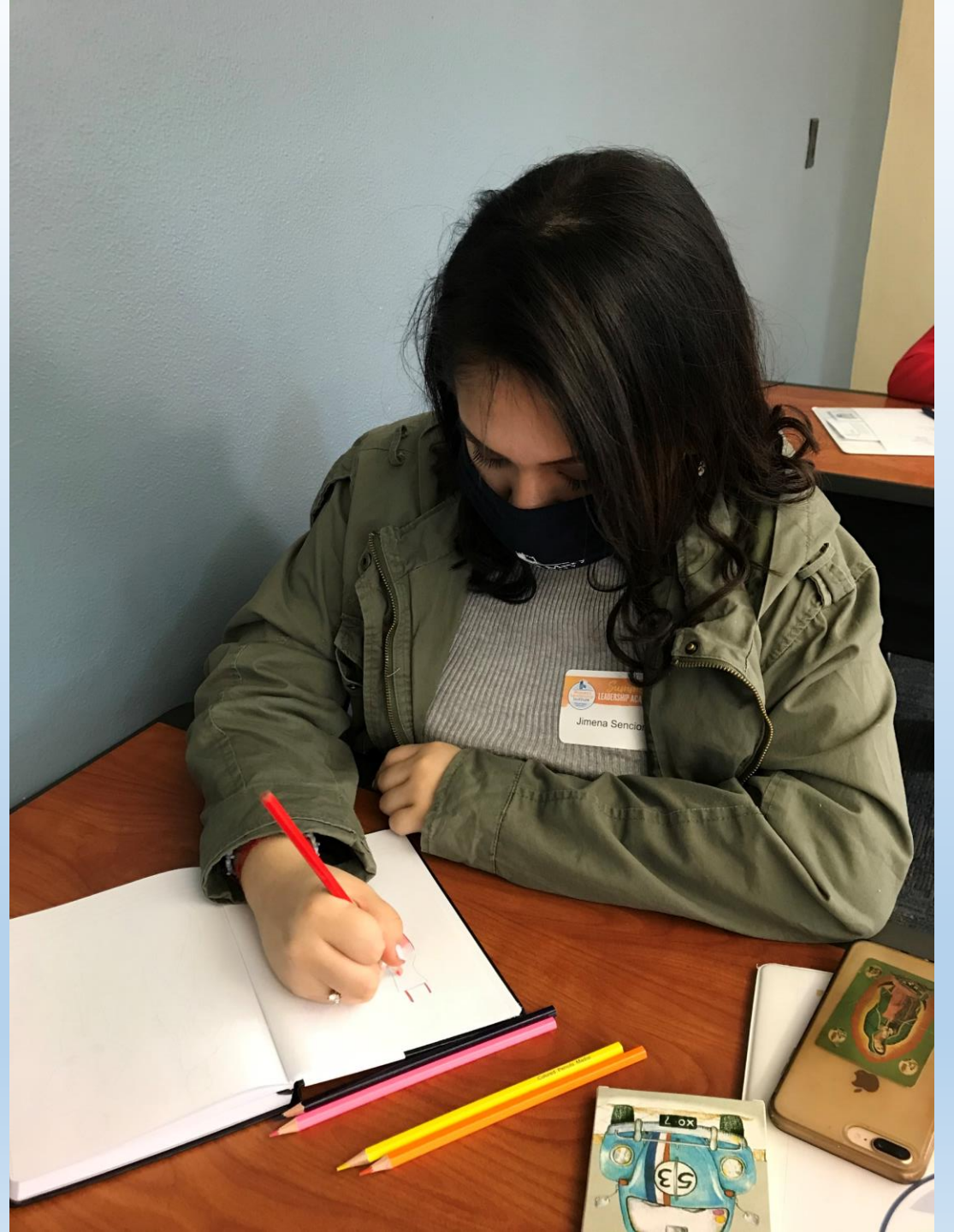


Post - Academy

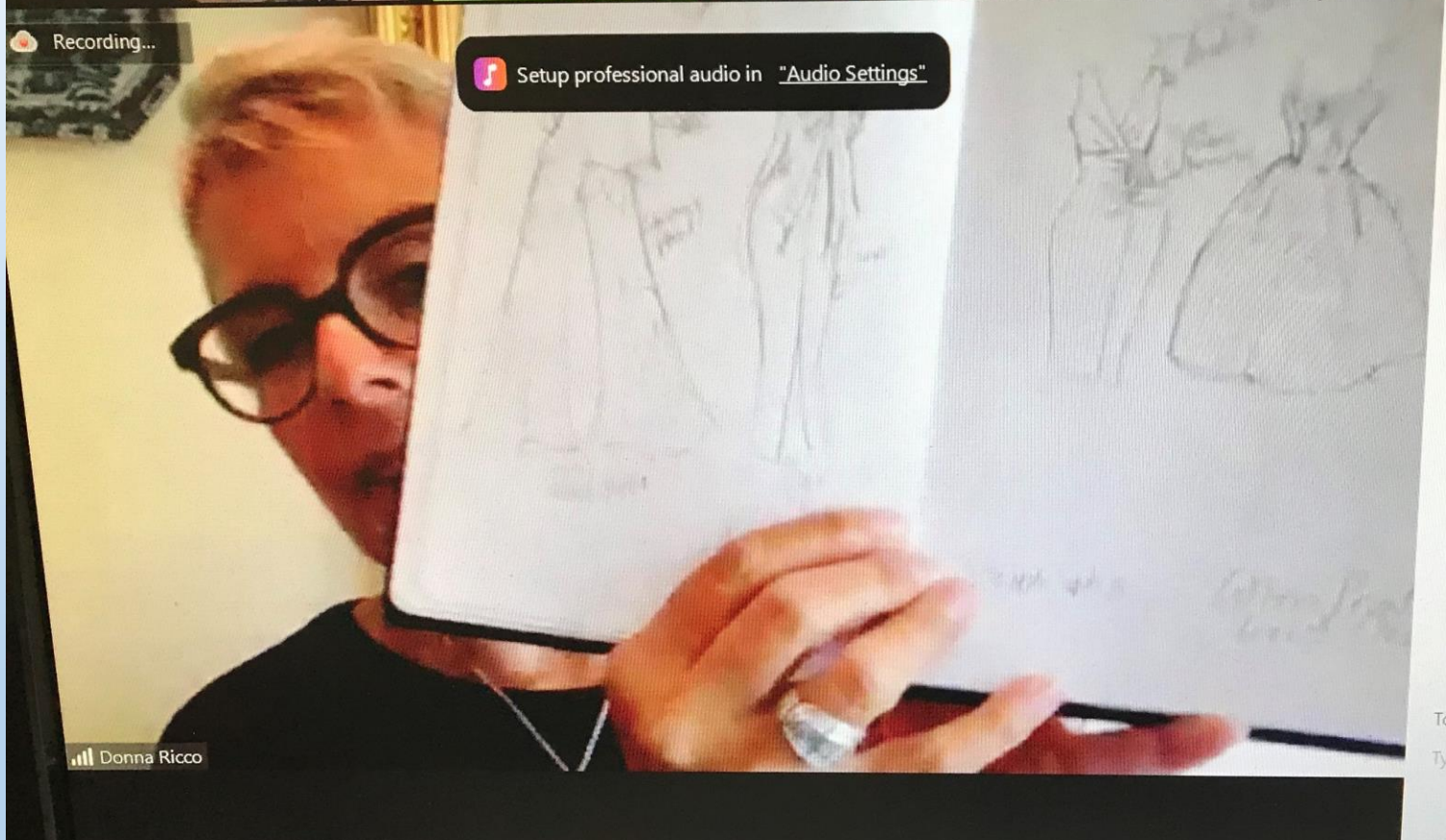


Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree



Room Meeting



Recording...

Setup professional audio in "Audio Settings"

- AK Anne Kahl
- DR Donna Ricco
- AB ANNIKA BUR
- CZ Cindy Zeas-

You can now send no ("yes", "slow down", e on the toolbar.

Invite

yes

From Cindy Zeas- Ricko

yes

Who can see

To: Everyone

Type message here...



PRESENTATION VISIBLE TO STUDENTS

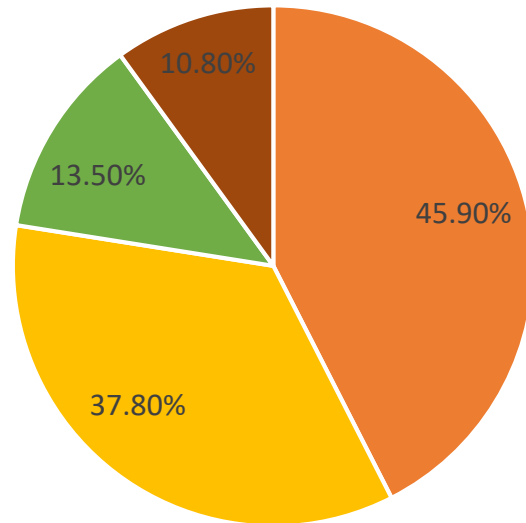


Nursing Elective: I understand the importance of Personal Protective Equipment in healthcare.

Participants' feelings about their understanding of the importance of PPE improved from 83.7% agreeing or strongly agreeing that they understand this concept prior to the academy to 100% post-academy.

Pre – Academy

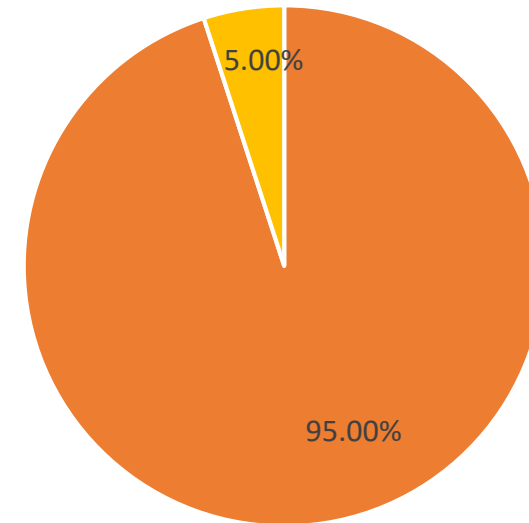
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses



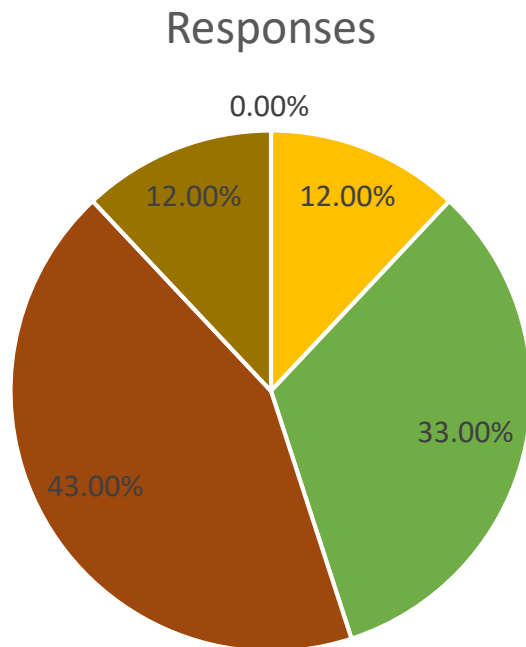
Strongly Agree Agree Neutral Disagree Strongly Disagree



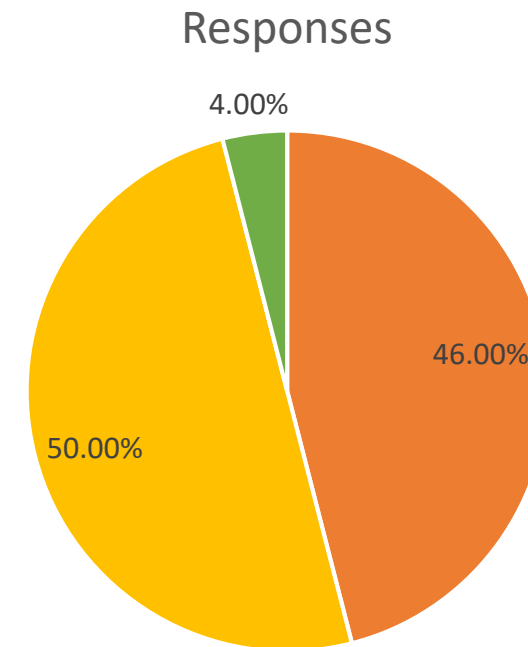
Food Science Elective: I understand the basic chemistry of what makes a foam.

Participants' feelings about their understanding the chemistry of what makes a foam improved from 12% agreeing or strongly agreeing that they understand this concept prior to the academy to 96% post-academy.

Pre – Academy



Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly disagree

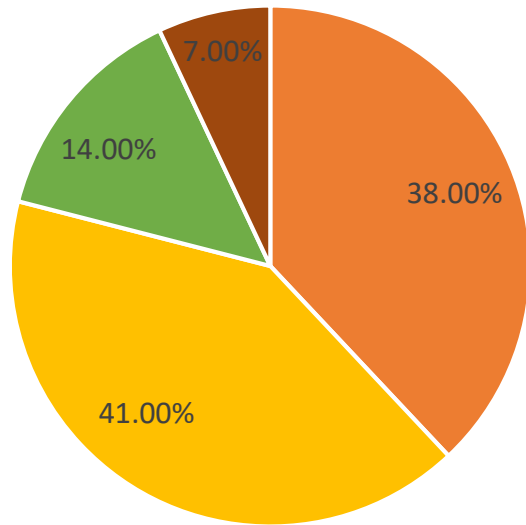


Education Elective: I understand the important thinking skills teachers support in their students.

Participants' feelings about their understanding of the skills teachers support in their students improved from 79% agreeing or strongly agreeing that they understand this concept prior to the academy to 97% post-academy.

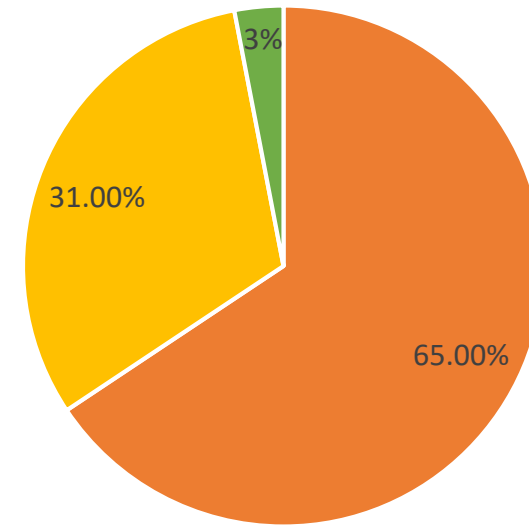
Pre – Academy

Responses



Post - Academy

Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree

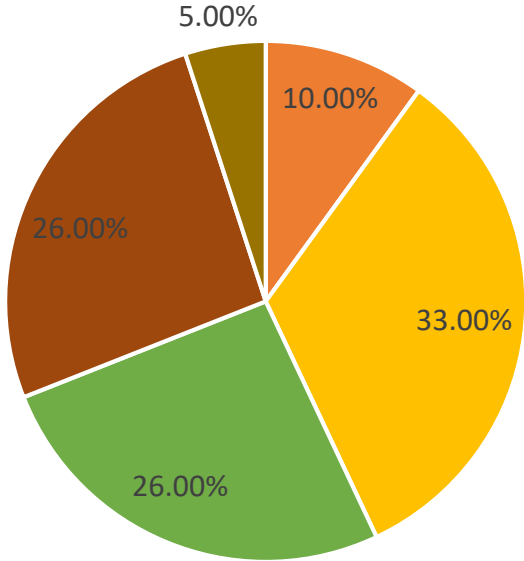


Interior Design & Architecture Elective: I am familiar with the concepts of Interior Design & Architecture.

Participants' feelings about their familiarity with the concepts of Interior Design & Architecture improved from 59% agreeing or strongly agreeing that they understand these concepts prior to the academy to 92% post-academy.

Pre – Academy

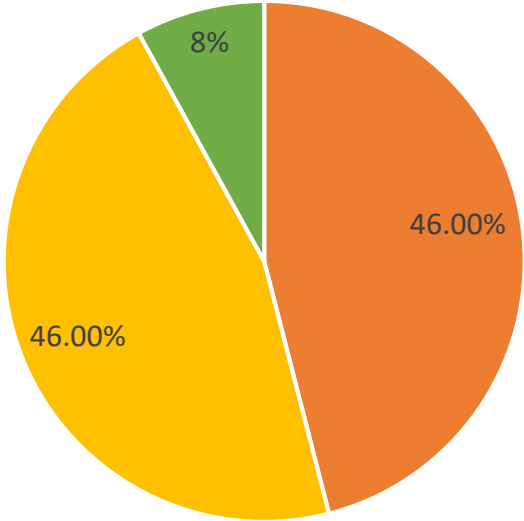
Responses



Strongly Agree Agree Neutral Disagree Strongly Disagree

Post - Academy

Responses



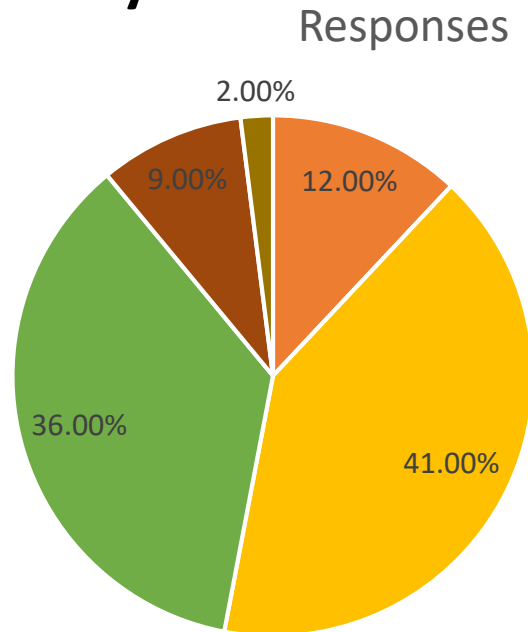
Strongly Agree Agree Neutral Disagree Strongly Disagree



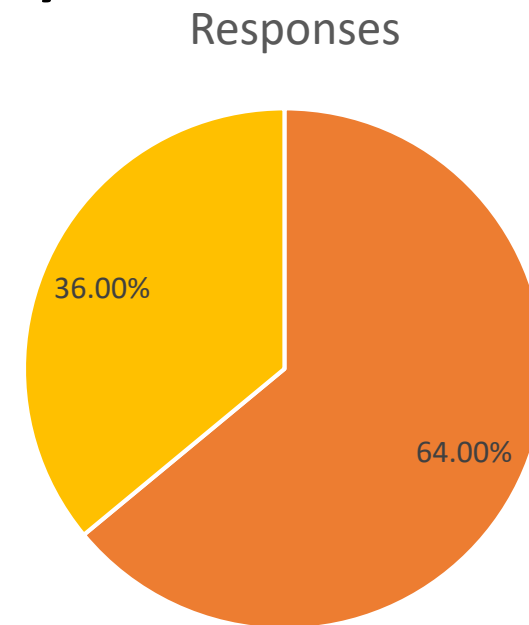
Self-Defense Elective: I know how to react if confronted by a stranger.

Participants' feelings about their knowledge of how to react if confronted by a stranger improved from 43% agreeing or strongly agreeing that they understand this concept prior to the academy to 100% post-academy.

Pre – Academy



Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

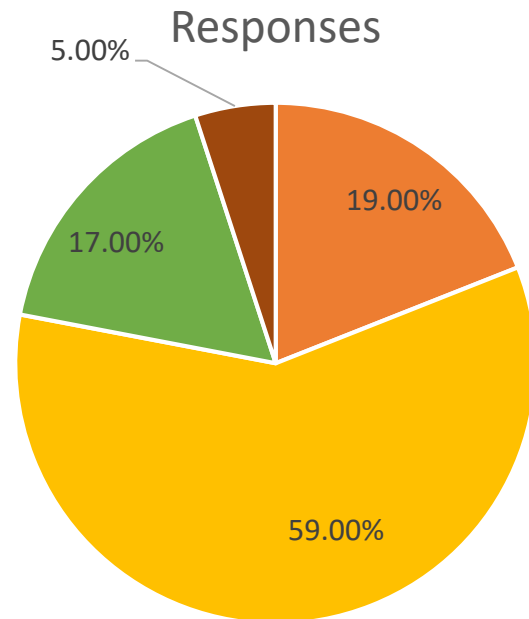
Strongly Agree Agree Neutral Disagree Strongly Disagree



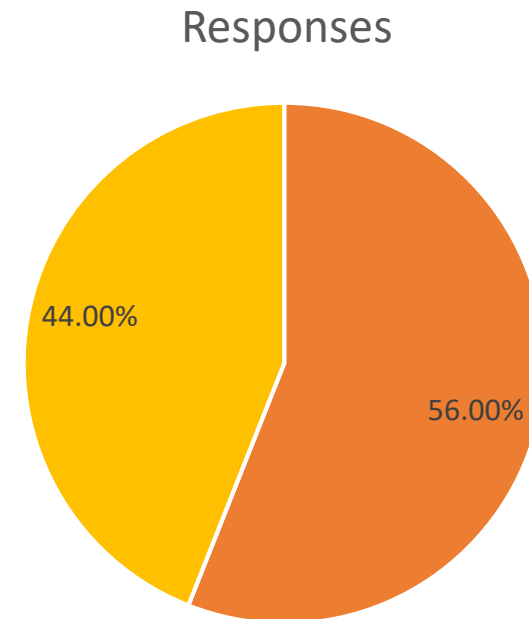
Yoga Elective: I understand the importance of being present in exercise and in life.

Participants' feelings about their understanding of the importance of being present in exercise and in life improved from 78% agreeing or strongly agreeing that they understand this concept prior to the academy to 100% post-academy.

Pre – Academy



Post - Academy



Strongly Agree Agree Neutral Disagree Strongly Disagree

Strongly Agree Agree Neutral Disagree Strongly Disagree



Small Groups

Each Summer Leadership Academy participant had the opportunity to meet with their small groups twice daily. Small groups were lead by a Peer Mentor and an Adult Co-Facilitator. Peer Mentors are young women who have participated in a previous Summer Leadership Academy. Adult Co-Facilitators are Mount Mary students, employees, or community members who support the Peer Mentor in leading the small groups. This year, the Academy had the largest group of “support staff” yet with 9 Peer Mentors and 9 Adult Co-Facilitators.



Small Groups

"I really did enjoy being able to come together with the other girls to talk about the different sessions and our experiences. I found it very helpful to be able to reflect with them and to talk about what we were learning and what was found helpful throughout. I grew very close with the group of girls I was working with and we all had a great connection."

- 2021 Summer Leadership Academy participant



Post Survey Quotes

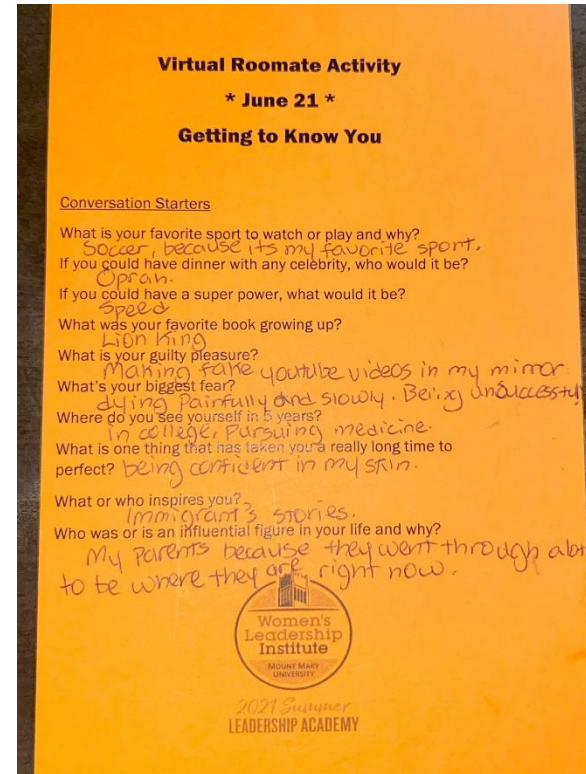


- *“Everyone was very welcoming and kind and I really appreciated how accepting everyone was!”*
- *“I honestly loved my small group time. I really found value in the time we got to just talk, reflect and get to know each other. I wish we had more time and we had at least the week together.”*
 - *“I really enjoyed my small group experience, it was amazing!”*

Virtual Roommates

Each Academy participant was paired with a student or students from other schools as virtual roommates.

They had time each day to connect including talking points and activities.



Virtual Roommates

*“I loved my group and the discussions we had. My roommate was amazing!” –
2021 Summer Leadership Academy participant*





Post Survey Quotes

- *“I’m extremely confident. Due to the Summer Academy’s help, I will be able to navigate my life after high school a lot better.”*
- *“I feel more empowered and energized and ready to network! I already did a lot of things and reached out to people because I was inspired by being a powerful female leader, which makes me proud of myself. The people in this program are super supportive too, which means the world!”*

Closing Ceremony

Participants who completed the program received Summer Leadership Academy program Certificates.





Post Survey Quotes

- *“I think that I feel more confident as a leader and have a newfound appreciation for the girls in my life!”*
- *“I now feel confident in my ability to choose a college and the right career for me.”*
- *“I really enjoyed connecting with all these women and talking about the experiences they’ve had. It was also nice to have a peer mentor, since there my age, but can provide guidance.”*



Thank you to our generous sponsors!

Their financial support allows Mount Mary University to keep the registration fees affordable and provides scholarships for those with financial need.



School Sisters of Notre Dame
Central Pacific Province

Virginia Cornyn '62

Nancy Cheski '65

Omar & Abby Andrietsch