

COLUMBIA COLLEGE
OF SOUTH CAROLINA

Public Relations

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Contact: Sally Jenkins, 786-3649

"Empowering Girls" Workshop to be Held at Columbia College

COLUMBIA, SC. . .Columbia College of South Carolina and Heathwood Hall Middle School of Columbia will co-sponsor a workshop for all public and private school parents, teachers, and girls in grades 6-8 on Saturday, March 1, 9 a.m.-2 p.m., on the Columbia College campus. Entitled "Empowering Girls: What Parents, Daughters and Teachers Need to Know," the workshop will explore the reasons girls and boys begin to exhibit differences in behavior and performance at the middle school level and what can be done by parents, teachers, and the girls themselves to ensure "gender equity" in the home and the classroom.

Sessions will be led by women professionals from the community, with one track for parents and teachers and another for girls. Session topics include "Communicating with Your Daughter," "Positive Classroom Environments for Girls," "Athletics, Nutrition and Adolescent Girls," and "What It's Like Being You, Inside and Out." The event will also include small group discussions on "Setting Goals and Pursuing Dreams."

Candy Waites, director of external programs for the College's Leadership Institute and coordinator of the workshop, feels that "empowering young girls to set high goals and feel comfortable with their achievements can make a real difference in their lives." Alan Gibby, head of Heathwood Hall Intermediate Middle School, agrees, adding, "The middle school years are truly formational ones, and the messages received by girls during these years are all-important to their overall development."

Columbia College, founded in 1854, is a private, four-year, liberal arts college for women, ranked by *U.S. News and World Report* for the past three consecutive years as one of the top ten regional liberal arts colleges in the South.