THE BALANCE ISSUE

Every day of our lives is a balancing act. How do we navigate the demands of a fast-paced life and tune in to our personal needs at the same time?
For the twelfth issue of CommTracks we welcome balance into our lives. We explored the concept through various lenses and we’ve broken it down to the most important elements according to students, faculty, and alumni/ae. These include: health and wellness for the body and soul, the calling of civic responsibility, the role of the global citizen, and the notion of work/life balance.

In a special section devoted to work-life balance, we explore what it means to work in a fast-paced society, and how company policy and culture affect one’s ability to find equilibrium. Whether we find equilibrium in an unexpected place such as in an airport coffee shop, a bench in the park, or while waiting for the T on the platform, every day of our lives is a well-honed balancing act. When so much of our work is intertwined with technology, it’s easy to see the ways in which balance, or the lack thereof, permeates all aspects of our lives.

We interviewed communications alumnae to find out the ways in which they’ve overcome obstacles and learned to embrace a more balanced lifestyle. Helen Li tells us how she navigates her life in New York City as a designer at SYPartners and Marissa Winderell alluded to the balance of life as an extrovert and an introvert at Twitter in San Francisco.

In our regular features section, a series of photographs titled Face to Face on page 20 is dedicated to the Boston’s Women’s March. The march took place on January 20th in the Boston Public Garden and The Boston Common, and is an example of how we, as citizens, have a role to play in civic engagement. We can come together to join hands in protest and to demonstrate that our voices matter in the face of political instability.

In The (Im)Perfect Formula on page 10, we examine how wellness and self-care can impact our lives in profound ways if we can take the time to develop healthy habits. On page 8, we see how travel can disrupt our daily routine and thrust us outside of comfort zones, ultimately feeding our souls and broadening our perspectives to be more global.

Somewhere along the way we’ve confused “having it all” with balance. These three little words speak directly to whether or not we can juggle the demands of our careers and our lives – an equilibrium that feels out of reach by today’s standards.

So instead of thinking of balance as yet another unattainable ideal, we hope that through this issue you can find your own definition of balance. We recognize that this looks different for everyone so we hope you’ll be able to implement balance in your own way.

If this issue looks new, it’s because we’ve re-imagined the magazine to create a more dynamic reading experience. In keeping what’s essential to CommTracks—highlighting the ways in which our students engage with the communications discipline—we’ve expanded the Simmons College Communication Department’s magazine to include more voices and special features.

WELCOME
BEYOND THE LAB WALLS: Q&A WITH OUR ALUMNAE

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Ashley McAdams

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THE IMPEFECT FORMULA
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THE BALANCE ISSUE

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Becca Brandt
When we do lose balance down south that we might take a closer look, we might be struck by its constituent parts: loss, discovery, maintenance. We lose our balance. We find our balance. We maintain our balance.

LOST

This 2016/2017 academic year in the Communications Department has been a case in point. It has been a year rife with loss. The loss of some uniquely talented and powerful public voices: Primo, Dante Braga, Leonard Cohen, Len Russell, Pete Seger. With special mention unexpectedly lost one of its own, days after Bill’s death. Len Mailloux, beloved faculty member and advisor to The Shack, Simmons College radio station, passed over November 16, 2016. Students and faculty mourned together with tea and cookies, drawing and Legos, and the telling of wonderful Len stories. His life was celebrated with more stories and music by family and friends in Providence, RI, and the radio e-board launched a 24-hour Radiothon, raising over $5,000! This money went to shipping books to create a library in the Democratic Republic of Congo, a project Len had begun with his Globalization on a Shoe String class the previous year. Students posted his office door with memories and their favorite Lenisms. Donations, in Len’s name, poured into Simmons and its memories and their favorite Len-isms.

On a more global scale, Simmons College is undergoing an academic redesign, and the Communications Department, like the rest of the college is experiencing a loss in identity, and the Communications Department, like the rest of the college is experiencing a loss in identity, while at the same time, anticipating who we will become when the dust of reorganization settles. Moving ever further outward, I know that many of our former colleagues, they will all be sorely missed. In January of this year, Lydia Hardy, assistant lab manager for the college is experiencing a loss in identity, and the Communications Department, like the rest of the college is experiencing a loss in identity, while at the same time, anticipating who we will become when the dust of reorganization settles. Moving ever further outward, I know that many of our former colleagues, they will all be sorely missed. In January of this year, Lydia Hardy, assistant lab manager for Library and Information Science. And in January of this year, Lydia Hardy, assistant lab manager for the Simmons Radio Station. Erica was a student of Len Mailloux’s and general manager of the radio station at its inception. She went on to complete a Master’s degree in Broadcast Journalism at Emerson and work at the Boston Herald as an Emmy-nominated multimedia journalist. We are thrilled to have her with us and imagine Len nodding his approval from some radio heaven above.

MAINTAINING

With all these comings and goings, losses and discoveries, there is a stable and enduring core in the Communications Department. We remain committed to excellence in teaching and to the balance of theory and practice, as exemplified by our curriculum, especially within our Internship and Studio Five experiences. We continue to tell powerful stories, and to tell them with grace, style, and wit, as evidenced by this year’s Storytelling students who performed their tales for MassMouth. Senior Shira Hartman and Mariclare Rethore performed their stories at Passim’s and at WGBH respectively.

Our 2016 issue of CommTracks won the Columbia Scholastic Press Association’s Gold Medal award for the sixth year in a row, with the highest achievables honors. Our Simmons Shark, was a finalist for the Internationale Broadcasting Symposium’s national awards for Best Talk Show and Best Radio Drama. They won the national award for Best Specialty Show in College Radio.

In the spring of 2016, we inducted 16 new members into Chi Tau, the Simmons College Chapter of Lambda Pi Eta, the National Communications Association Honor Society, and last, but certainly not least, we celebrated a year of wonderful work at our annual student exhibition, CommWorks.

“Balance,” particularly as it is applied to how we appoarch the moments of our lives, is the theme of this, the 12th edition of CommTracks, the senior magazine of the Department of Communications at Simmons College. This publication itself signifies the essence of balance. A student team of writers, editors, designers, and photographers work together: balance, if you will, their well-honed skill set to achieve a work of incisive beauty and observation and analysis, that represents the experience of the communications majors about to leave the comfort of the known college life for the unknown of the proverbial real world.

The well-worn and prescribed path, metaphorically etched into the ground in front of our students since they were in preschool, now disappears at the edge of that pathway. As they prepare to take those initial steps into the void, our communications graduates will at first be intrinsically out of balance. All of us, teachers and students, faculty and friends in Providence, RI, and the radio e-board, will take those initial steps into the void, our communications graduates will at first be intrinsically out of balance. All of us, teachers and students, faculty and friends in Providence, RI, and the radio e-board, all be sorely missed. We will, however, need adjustment. We will need to morph and shift and adapt to new demands of making a way in the world. In short, they will need new clarity to their own path.

The communications graduates of the class of 2017, having endured and survived loss, and having regained their balance and again, now with renewed energy and strength and skills and the knowledge that they are ready to take on whatever life throws their way.

Ellen Grabiner is an associate professor and the sitting Chair of the Communications Department at Simmons College in Boston, Massachusetts.
When we travel, we step outside our prescribed comfort zones and embrace the imbalances.

While living in Spain, I gained exposure to a cornucopia of ideas, beliefs, and traditions different from those I experienced in the United States. I learned to live within those new cultural parameters. Even everyday mannerisms were a new challenge, like remembering to always wear some kind of footwear in the house while in company or eating meals with both my hands on the table.

Travel requires you to be more than a cultural witness. It asks you to participate, regardless of how your own beliefs may differ. Spanish love to talk politics and would always ask me to talk about Donald J. Trump, who was running for president in 2016, and became the 45th president of the U.S. in 2017. I tried hard from their questions because I didn’t want to discourage them from feeling they were not welcome here when they think about their home country, only listening to news sources that align with our beliefs is comforting because we never have to burden ourselves with exposure to something new.

Since then, I am committed to informing myself using a variety of news sources, both liberal and conservative. I keep to my beliefs about the culture of my ancestor by getting to know their history, their people, their food, and their language. Although I only know how to say “very quiet” and “small cow” in Polish, I will carry those memories with me, always.

In Spain, I had to reconcile my public and personal self, as I did not have many friends. I spent a lot of time by myself, which was not used to, by any means. In the U.S., I was always surrounded by people and did not have much time to spend alone and contemplate. While abroad, I decided not to let my lack of company hold me back, so I planned a trip to Poland by myself.

I traveled to another country alone because I knew that if I wanted around for other people to get on board, the trip would have never happened and I would have regretted it. I visited Poland because my great-grandparents emigrated to the U.S. from Wroclaw, where they owned villages. I am so grateful for my trip because I could rely on her to always be there for me. I also found comfort in tasting the flavors of Poland. Trying new food is about welcoming another culture and learning about its taste buds.

Since returning to the U.S., I try to eat a sit-down meal at least once a day with friends to recreate this sense of mindfulness. That’s a yummy form of stability.

Proportion is the third ingredient of balance, which focuses on equal distribution. This is most applicable to work-life balance, one’s personal and public self, and a wide array of everyday situations. In Spain, I had to reconcile my public and personal self, as I did not have many friends. I spent a lot of time by myself, which was not used to, by any means. In the U.S., I was always surrounded by people and did not have much time to spend alone and contemplate. While abroad, I decided not to let my lack of company hold me back, so I planned a trip to Poland by myself.

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One woman’s approach to health and wellness is all about finding a balanced routine.

Like every adult at this stage of life, I changed, sometimes rapidly. For the first time I stared allowing some of the emotional struggles that I had suppressed for so long come to the surface. I discovered that Irritable Bowel Syndrome was now a part of my life. Naturally, I started searching for a routine that would allow me to find peace with this diagnosis. My conclusion: there’s never a full cure, our bodies create emotional and physical responses for a reason, but if we start to understand patterns in those responses, we’re well on our way.

Now, four years later, I am a senior in college. I’m on the CommTracks editorial team, and I no longer see my interest in health and wellness as a hobby. It’s simply my life. I eat mindfully. I eat what my body asks me to eat. I eat as little processed food as I can. Every day I wake up, drink my coffee, and work out. I practice heated Baptise yoga two times a week. These are the things that are non-negotiable. They’re ingrained into my everyday routine. Personal wellness is about finding where you genuinely care to put effort.

I follow my own routine, and while I do incorporate some common practices, I don’t take on routines that do not fit with my personality. I meditate on occasion, typically throughout the first week of January. I journal, usually only when I need it both internally and externally to focus. I follow my own routine, and while I do incorporate some common practices, I don’t take on routines that do not fit with my personality. I meditate on occasion, typically throughout the first week of January. I journal, usually only when I need it both internally and externally to focus. I follow my own routine, and while I do incorporate some common practices, I don’t take on routines that do not fit with my personality. I meditate on occasion, typically throughout the first week of January. I journal, usually only when I need it both internally and externally to focus. I follow my own routine, and while I do incorporate some common practices, I don’t take on routines that do not fit with my personality. I meditate on occasion, typically throughout the first week of January. I journal, usually only when I need it both internally and externally to focus. I follow my own routine, and while I do incorporate some common practices, I don’t take on routines that do not fit with my personality. I meditate on occasion, typically throughout the first week of January. I journal, usually only when I need it both internally and externally to focus.
No matter if you are a working professional or a student, balancing the demands of work and lifestyle can be a daunting feat. In an increasingly fast-paced society, it’s very common for our calendars to be flooded with one commitment after another, with little room to take a breather. Exploring the concept of occupying one’s time is one that ultimately relates to each individual’s own happiness.

For many of us, there is a need to keep busy. When faced with the question “How are you?”, instead of saying “Fine” or “Great,” “Busy” becomes a default response in regards to how we’re doing. The concept of being busy is so ingrained in the American culture that it reflects a perceived idea of high status.

Why is this, you might ask. Well, it can be explained by the Handicap Principle in biology where animals tend to bluff each other and show off their strength to signify their status. This behavior is often costly. To apply it to human behaviors, working long hours can indicate a high status to someone who does not work as much. So being busy naturally becomes a good thing when comparing yourself to others.

WEIGHING IMBALANCE

For a lot of people, the duties of a 9-to-5 job do not end after leaving work. Rather, there exists a blurred boundary between work and life, in part due to the development of technology. Answering emails and tending to work-related activities outside of the office are all-too-common for the typical working professional. Sure, some workplaces expect no work to be done on the weekends, but not all employers are this lenient. Company policy and culture in turn play a huge role in someone finding a middle ground between being swamped with work and taking time off. On the other hand, technology has improved working conditions for many. Some employees are allowed to work remotely in the comfort of their own homes to avoid commuting in terrible weather or to allow families to care for small children. The extent to which someone can successfully create an equilibrium in their life depends on a variety of things that play into dividing the time being spent at work versus outside of work. On the surface, no matter how busy you may be, a work-life balance seems to be achievable.

WORDS: SHEN GAO
PHOTOGRAPHS: KYLIE DAME, JASMINE PEREZ

A BALANCING ACT

Somewhere along the line we’ve confused “having it all” with balance. These three words drive the demands of our careers and daily lives.
Being your authentic self plays a big role in finding happiness in the workplace. For employees who identify as part of the LGBTQ+ community, a stressful work environment often leads to fear of losing their jobs because of who they are or who they love. It is not an accident that when there's constant worry about keeping an identity concealed, the workplace will take a toll on their health. Research conducted by the William Institute, a public policy research institute, fully supports this idea. On the opposite end, workers who are openly out to coworkers are more likely to remain in their current positions than those who are not. Luckily, many companies have taken the initiative in protecting LGBTQ+ workplace equality—91 percent of Fortune 500 companies prohibit discrimination based on sexual orientation, and 63 percent prohibit discrimination based on gender identity.

Another component of one's happiness is connected to health and even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with healthcare and even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. Even with incredible medical advancements today, sickness is simply unavoidable—even for the (Wo)Man of Steel. 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The faculty and staff of the Communications Department prepare students for careers in communications. They deliver the curriculum to their students through a diverse range of experiences and accomplishments, and they care deeply about their students. Valued faculty members are pictured here. The practical application of communication theory is always on their minds and in their lessons. Critical thinking, writing skills, visual intelligence, technical skills, and oral communication skills are among the many talents professors impart on their students in the Comm Department.

**TOP TO BOTTOM:**

**RACHEL GANS-BORISKIN**  
Lecturer

**IVY KUHRMAN**  
Dean’s Fellow

**JUDITH ARONSON**  
Associate Professor

**ELLEN GRABINER**  
Department Chair  
Associate Professor of Practice

**JO O’CONNOR**  
Senior Lecturer

**ERICA MOURA**  
Lecturer

**ANDREW PORTER**  
Associate Professor of Practice

**LUKE ROMANAK**  
Administrative Assistant

**BRIANA MARTINO**  
Senior Lecturer

**KRISTEN SCOTT**  
Senior Lecturer

**BOB WHITE**  
Professor

**JAMES CORCORAN**  
Associate Professor

PHOTOGRAPHS  
CHLOE MECK
MEET THE SENIORS

Meet the graduating seniors who make up the Communications Department Class of 2017.

LEFT TOP TO BOTTOM:
SHAE JOHNSON
PR/MarComm

CHLOE MECK
PR/MarComm

SHEN GAO
Web Design & Development

ASHLEY MCDADAMS
PR/MarComm

JORDAN JACKSON
Public Relations

DANNIE ANNECSTON
PR/MarComm

CHLOE FULARA
Media Arts

TASHA FRIEDMAN
Media Arts

NOT PICTURED:
ALLISON BONDI
Media Arts

SHIRA HARTMAN
PR/MarComm

RACHEL OTERO
PR/MarComm

SYDNEY PARDI
Web Design & Development

RIGHT TOP TO BOTTOM:
REBECCA RUESCH
PR/MarComm

LISA NAULT
Media Arts

LAURA CAMPBELL
PR/MarComm

LILY COLE-CHU
Media Arts

RACHEL SYLVIA
PR/MarComm

MARICLARE BETHORE
Graphic Design

KATI RIPALDI
Graphic Design

ELLEN GARNETT
PR/MarComm

JULIE NICKERSON
PR/MarComm

MEL BAPTISTA
PR/MarComm

KELLY PELLEGRINI
Media Arts

TONI BROOKS
Journalism

NOT PICTURED:
ALLISON BONDI
Media Arts

SHIRA HARTMAN
PR/MarComm

RACHEL OTERO
PR/MarComm

SYDNEY PARDI
Web Design & Development
petition and assembly have a long and weathered history in this country, particularly in Boston. The right for us to join hands in peaceful assembly is at the heart of the First Amendment. We have the power to initiate real change by coming together as a community and making ourselves heard. The government answers to us, the people, and we use our right to petition when the going gets tough. In many ways, peaceful protest invites us to participate and voice our opinions in a controlled and largely safe place. And whether we find ourselves joining in on the action or simply watching from the sidelines, it is hard not to be moved by the power of our community at large.

The Women’s March in Boston served as yet another demonstration of this fundamental right. The images on the following pages highlight the ways in which we express ourselves, focusing on the people and on the movement in and of itself. Whether or not we sit on the right side or the left side of the aisle, addressing political imbalance empowers us.
PREVIOUS SPREAD
An estimated crowd size of 150,000
gathered at the Boston Common

ABOVE & RIGHT
A woman seen smiling with a brightly
colored head scarf
A small child rests her head on the
shoulder of a woman
Weathered hands reach for the sky in the middle of a clap.
A FINE LINE

When faced with uncertainty, how do we make the right choices after graduation and beyond?

As my college career comes to an end and I find myself facing a door with the entire world on the other side, I often wonder how I got to this point in my life without crashing. Between rigorous classes and going out of my way to find dream internships, finding balance in my everyday life was quite difficult at times. Various circumstances have led me to where I am today: working four jobs, taking a full course schedule, trying to stand out at my internship, all while trying to have fun during my last semester of college and relish the memories with my friends. I realize that there are some circumstances I control and others I do not. For a while, I struggled with this concept. I have always wanted to make sure nothing in my life ever strayed from my plan. Currently, I am increasingly working to guarantee my employment after college, but can I make this promise to myself that I will? Not really.

The unknown has always been intimidating for me, but as I get closer to graduation, I find myself feeling slightly more comfortable with it. Part of balance is understanding that you cannot predict every experience, every situation, or every plan no matter how hard you sometimes try. There is a fine line between making your own life decisions based on what you want to do and trying to oversee everything that goes on in fear of something not being perfect. I mostly do not have control over my employment after college or when I work, but what I do have a choice in is accepting the possibility of things not working out. When applying to jobs every day and being proactive about my approach, I have the final decision. However, I don’t have control over whether a hiring manager chooses to consider me as a candidate. Finding this comfort zone with things that are uncertain is definitely not easy and getting to that point will be different for everyone. It could be working your hardest on something you are passionate about, but still allowing time for yourself to take a breather every once in a while. I am having one of the best years of my life, despite all the stress hanging over my head. I think that balance is essential to maintain not only your sanity, but also your happiness.

JANE WESMAN, MARISSA WINDOW

Q&A WITH OUR ALUMNAA

INTERVIEW HELEN LI, EVAN SULLIVAN

JANE WESMAN, MARISSA WINDOW

BEYOND THE LAB WALLS: Q&A WITH OUR ALUMNAA

Networking is part of our arsenal as communicators to connect students with life beyond Simmons. Alumni are such a vital part of this network in the Simmons Community. A loss to the College, such as losing alumna Gwen Ifill, hits close to home for many of our students and faculty. We appreciate her dedication to the field of journalism and we would like to acknowledge the legacy she has left behind for Simmons as a truly remarkable alumna.

For this feature, the CommTracks team interviewed 4 alumni to understand not only their time at Simmons, but why they’re incorporated balance into their careers. From technology and strategy to PR and design, they’ve covered the spectrum of communication roles and were willing to share their insight with the Simmons Community.

HELEN LI

You are a recent Simmons grad and currently working at your first job out of college. Can you tell us about your role?

I’m currently a designer at Sylvan Partners. It’s a fairly loose term because the work I do isn’t strictly just traditional graphic design. I create guest-host experiences, work sessions, games, apps, presentation decks, brand identities, mock-ups—essentially any form of visual communication to spark a dialogue in the work I do. What makes it particularly unique and exciting is the opportunity to dive with strategists and not be handed copy and expected to create. Instead, I’m a thought partner expected to push the work to be both rich in content and visually accessible.

Firms like STP tend to be incredibly fast-paced. How do you find time for yourself during a hectic work week?

I try to spend an hour every morning before work by myself to journal or read a book. It’s grounding and sets the tone for the rest of the day. I’m also a huge advocate of self-indulgence—a weekly bath and a manicure goes a long way.

As Someone who has recently gone through the process, what advice would you give to this year’s graduating seniors?

Find a mentor. I don’t know what I don’t know sometimes and it’s an intimidating place to start. It’s such an amazing thing to have the opportunity to find someone who is able to use your talents more than you can use them to yourself and provide professional guidance. Seek feedback constantly about your work. Constructive criticism isn’t always the most pleasant thing to experience, but it’s important for growth and truly makes a difference. Feedback is an art form—some are meant to be taken with a grain of salt, but if you can find a mentor who can give insightful critiques with executable direction, it’s gold.

Consider the impact you want to have in the world. What drives you to do the work that you do?

I have always wanted to work at the intersection of social justice and design which led me to research design consultancies that do this kind of work. STP happens to have a rapidly developing social impact sector that I identify with at a very intrinsic level. The realizations that come with graduation can be intimidating. What have you learned in the last 12 months as you kick off your career?

I’m still very early on in my career and feel like I have so much more to learn, but I think one thing that I’m finding throughout my entire college experience into my professional life is that it’s critical to advocate for yourself. I believe that internalized sexism has been a significant factor in contributing to my fear of being perceived as incompetent, not asking for the opportunities I’d like to have, and not having the audacity to air my opinion as I casually watch a man say the same thing. Simmons has a culture that allows for safe conversations and critical dialogues—the professional world includes a careful balancing act of interpersonal relationship management, making space for yourself, and realizing taking the only thing that drives success.

Helen LI is a designer at Sylvan Partners, a creative management consulting firm based in Manhattan. She graduated from Simmons College in 2019.
As someone with a lot of experience under her belt, what have you learned over the course of your career in communications?

There is tremendous power in relationships. Connecting the dots between different groups and taking advantage of acquaintances, memberships, friendships and professional connections is a big part of PR and more.

Kaydee Donohoo is the Director of Public Relations at Strongpoint Marketing, a boutique PR and Marketing strategy agency based in Tucson, Arizona. She graduated from Simmons College in 2008.

MARISSA WINDOW

You made it to San Francisco where you now work in the tech industry. How have you been able to manage your career at Twitter with the demands of your daily life?

For me, I feel balanced when I get to tap into both my introvert and extrovert sides. Overall I’ve learned that I can get things done and have a good work-life balance, and that balance is a challenge and I don’t know if I have it figured out. I often wonder if there’s enough time in the day. Do you think that you have found the right balance in your life?

PR is that there never seem to be enough hours in the day. Do you feel the same? I think it’s important to understand that this isn’t sustainable and I needed to learn how to set boundaries. It may seem a bit drastic, but I block out of time on my calendar for myself and things I love. I block out daily exercise or yoga classes to make sure I’m out of the office before 6pm. I make sure I get at least a few friends/family hangouts on my calendar every week. I like to always friend/family hangouts on my calendar every week. I like to always have a trip planned on the horizon. It’s so easy to get busy and push back things that may feel less urgent—i.e., getting off the time for them will make sure you don’t skip them.

With that being said, as communicators, we often rely on our devices in order to do our jobs. Since joining Twitter, how have you seen the industry change?

Technology makes it so people can connect and communicate in a way we’ve never been able to before. Now if I have a question about my flight, I can Tweet directly @VirginAmerica and get a response back in a few minutes rather than waiting on hold with customer service. That instant access to information is constantly changing the ways brands communicate with customers.

As someone who began her career at a startup during the dot-com bubble, what advice would you give seniors who are still trying to land their first post-college job?

As a student, you need to look at the big picture as well. Don’t isolate yourself and study all of the time. Remember to see your friends. Having a support system is important to your well-being. And so is a physical activity. Make time for the gym or for sports—or simply taking a walk. And most importantly, when you’re looking for balance in life, don’t “hang out” for being productive.” Try to find balance, if you can, but don’t beat yourself up if you can’t fit everything in. That’s just another form of an unbalanced life.

How do you think technology impacts balance outside of the office and in our day-to-day lives?

Technology has both a negative and a positive impact, as we can use when people (and that’s most of us) become addicted to social media stimulation. My advice is to turn off your social media as much as you can during the day. Constantly looking at Snapchat, Facebook, email, texts, or whatever you prefer is not good for you. When you get on an elevator and everyone is looking at their phones, don’t do the same. Just enjoy the ride. Enjoy walking down the street. Don’t always feel that you need to be on the phone. On the other hand, technology does show us how to accomplish many things more quickly. If you use technology wisely, it can help you lead a balanced life.

What is the most important thing you’ve learned over the course of your career?

We create our own happiness. We all have a lens through which we see the world and our environment. If you have a positive outlook, you will have a positive life. Also, I’ve learned that smiling is important. Smiling feels good—and a great smile attracts people to you. Whatever you do is good, whether you’re walking into a class, a job interview, or giving a speech, if you smile people will engage with you. It seems like a simple thing, almost mundane, but it’s a key to succeeding with people—and thus in life.
Our students' leadership journey starts in an environment where they define what leadership means to them and what it will take to get there. They draw support from other students who aspire to do great things in their lives and from faculty who support their journey. They evolve into leaders for themselves, their community and the world.

We take leadership seriously. We ignore arguments about whether leaders are born or made.

At Simmons, leaders make themselves.

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Congratulations to the Class of 2017!

Congratulations to all graduating Communications majors and minors from the Simmons Honors Program

Congratulations to the Class of 2017!

Go Student Life team!!