



# Society of Women Engineers

Fall 2019

Day, Date

How to Stop Saying Sorry and Speak With Intention

# Agenda

<b><u>Time</u></b>	<b><u>Topics</u></b>
5:30P - 5:40P	Sign In
5:40P - 5:50P	Announcements
5:50P - 6:30P	Sorry, Not Sorry

**WELCOME!**

# Announcements

Early bird Registration Ends  
October 15

\$110 Conference Pass\*  
\$60 Daily Pass\*

*\*Discounted Rates for Nat'l Members*

SWE National Member  
*Collegiate*  
\$20/year

*Collegiate to Career (C2C)*  
\$50/year



# Perks and Privileges



## *Collegiate vs National*

Access to internships and scholarships specifically for SWE members

Resume booster

Network of engineers across all majors

*All the privileges of a collegiate member*

Access to the SWE room  
JD1567

Discounted registration to conferences

Opportunity to be a leader in the College of Engineering and Computer Science

Collegiate | \$20 → 2 years left until graduation

College to Career (C2C) | \$50 → More than 2 years left in degree

## SWE Room Benefits

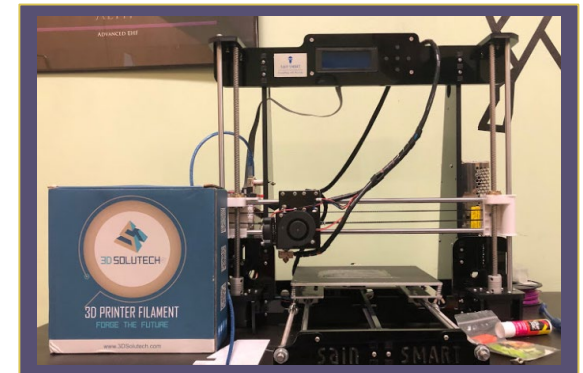
Refrigerator, microwave, & coffee maker

Study/project space for all your needs

3D printer

Lockers for board members

Free snacks and drinks



*For more information: [csunswe.org/membership](http://csunswe.org/membership)*





# Looking for Outreach volunteers!

Be a part of inspiring the next generation of scientists and engineers!

***If interested, send an email to [swe@my.csun.edu](mailto:swe@my.csun.edu) or post on Slack***



# Fall Semester Events & Activities

# Social Events

- Dinner With the Board & SHPEtinas
  - September 28th, 2019 at 5pm.
  - Burbank
- Halloween Horror Nights
  - September 6 - November 2



## RSVP for Both Events!



# Professional Development Session I

## *SWEets with SWE-LA & SWE-CSULA*



- Meet & greet with the professional SWE Los Angeles section, SWE CSUN and SWE CSU-LA
- Benefits:
  - Learn about SWE-LA members professional experiences
  - Have resume critiqued in a career fair workshop
  - Ask any work-life balance related questions

Date | Sunday, October 20, 2019

Location | Cal State LA -- Room ET B108

Time | 1P - 3P

# Professional Development Session II

College Day at Northrop Grumman - Friday, October 25th

- Link to Register and Upload Resume will be released soon
- Tours of the facility with Northrop SMEs

***NORTHROP GRUMMAN***



Upcoming Sessions

- Raytheon Info Session | Date TBA
- HRL Tour | Spring Semester (Industrial R&D)

# Fundraisers

## ONE FOR THE TEAM



Show your team spirit by joining us for a fundraiser to support **Society Of Women Engineers**. Come in to the Chipotle at **9205 Reseda Blvd.** in Northridge on **Tuesday, October 1st** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to **Society Of Women Engineers**.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

# Sorry, Not Sorry

## Speaking with Intention in the Workplace



# Ice Breaker



# Why Are You Sorry?

# Other Ways of Saying Sorry

## Verbal

- *Just* – “Just wondering... This will just take a minute... I just think....”
- *Actually* – “Actually I have question... I actually disagree...”
- *Qualifiers* – Am I making sense?... Does that make sense?... I know I’m not an expert but....”

## Non-Verbal

*It’s not just what you say*

- Head tilting
- Submissive poses
- Taking up less space

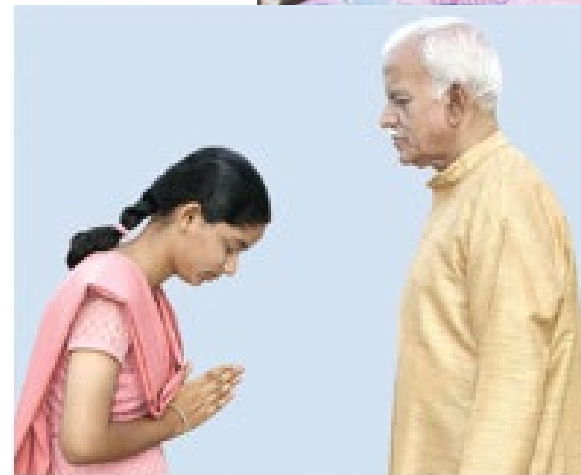
*Other non-verbal ways of saying sorry?*

# Why We Apologize So Much?

Boys were raised to take risks

VS

Girls were raised to be nice.





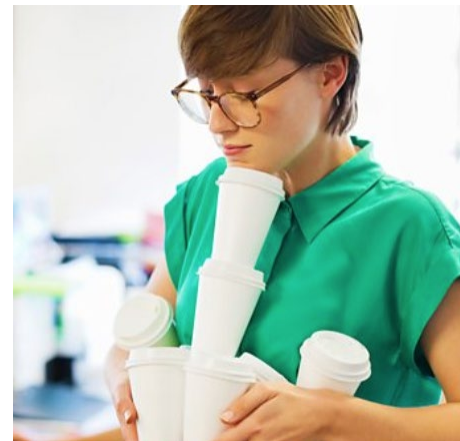
# Why We Apologize So Much?



# Long Term Effects

Women are still required to “be nice” in order to be successful.

- We don't want to inconvenience people.
- We end up doing “office/school housework.”



# Solution?

**Identify Your Triggers and Practice  
Correction Techniques**



# Trigger 1

Someone else does something wrong, so you apologize for them.

Example: A coworker sends you the wrong email attachment.

“Sorry – you sent me the wrong attachment!”

“You attached the wrong file. Could you send me the correct one?”

**Solution: Say what you mean, and ask for what you want!**



## Trigger 2

You're in an uncomfortable situation and fill the silence with an apology.

Example: A coworker is getting frustrated with a broken printer that you happen to sit next to.

"The printer hasn't been working all day, sorry!"

"A maintenance ticket was already submitted, so it should be back up soon. Otherwise, there is another printer just down the hall."

**Solution: Embrace silence! Or, offer a solution if you have one.**

## Trigger 3

You want to ask a question but feel rude for interrupting.

No example necessary!

“Sorry, just wanted to ask...”  
“Sorry if this is a dumb  
question, but...”

“For those who might not be  
familiar with that last process you  
went over, could you explain it a bit  
more?”

**Solution: Phrase your questions  
carefully – and intelligently!**

## Trigger 4

You want to acknowledge another person's feelings.

Example: A friend is telling you about their rough day at work.

"I'm so sorry that  
happened to you."

"I completely understand."

**Solution: Express your compassion  
differently.**



## Trigger 5

You cause somebody a minor inconvenience.

Examples: You are presenting a slide with text too small for your audience to read.

“Sorry, I know this is hard to read.”

Make the text bigger.

**Solutions: Turn apologies into gratitude. OR avoid the problem altogether!**



## Trigger 6

You apologize simply out of habit.

Example: Sending emails!

“Sorry for the delay,”  
“Just wanted to check...”

(nothing)

**Solution: Enlist help from friends,  
family, or technology.**

# SWE Shirts



\$15 each

Available in red and black

Sizes S-XL

# Follow SWE on Social Media



@csun\_swe



csunswe.slack.com



[www.facebook.com/swe.csun](http://www.facebook.com/swe.csun)



[www.csunswe.org](http://www.csunswe.org)

# Thank you for coming!

