



Encouraging Women Across All Borders

"Mentors build confidence. And confidence kills imposter syndrome."
- Caroline Ghosn

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An Open Letter to Herself

An Open Letter to Herself is a subset of Her Story, an EWAAB initiative that aims to share the stories of women in academia and industry in order to inspire young women at the university level. These stories will be focusing on your own time at university, as if you were writing a letter to your first-year self. All personal accounts will be featured on our website as part of our digital library, and also on our social media pages and/or newsletters to our EWAAB network. They will be released on our website in the Fall to coincide with the start of the academic school year.

Written Account Guidelines

Pictures

Please attach a picture of yourself from your college years (preferably first year of college) and a picture of yourself now, both as .jpg files for us to pair with your written story.

Biography

Please include a brief biography of yourself, describing who you are, your career, where you went to school, your hobbies and interests, etc.

Story/Letter

This is your opportunity to share your story. Write this as if you were writing it to your first-year self so that young women entering university can read it as a letter with guidance for themselves.

Some topics to consider including in your "letter":

- Things you wish you knew at the start of college that you knew by the end
- Key experiences and decisions made in college that helped shape you both personally and professionally
- Key experiences and decisions that helped to build your confidence
- Your outcome at the end of college/graduation
- How your decisions and experiences in college got you to where you are today (or didn't for that matter)
- Advice to your former self that could be applicable to young women in college

Please format the structure of the story as if it were a letter. You may address the letter however you want (Dear my former self, Dear 18 year old me, Dear young women of the 21st century, etc.). You may also sign the letter however you want, but please include your name in the signature. If you have any questions, feel free to reach out to Cara Cyr at herstory@ewaab.org.

Thank you so much for being a part of this initiative and inspiring the next generation of women!