

APPLI

ALICE PAUL PROFESSIONAL LEADERSHIP INSTITUTE

The Alice Paul Professional Leadership Institute (APPLI) is a two-week interactive virtual summer camp that helps teen girls identify and develop the skills that lead to academic and professional success.



ABOUT APPLI

In our two-week summer camp, participants will:

- Join women who are leaders in their fields for discussions about careers in law, medicine, engineering, and more.
- Learn how to build a compelling resume, how to find and apply for internships, personal finance strategies to start as a teenager, and the ins-and-outs of professional communication

- Gain a deeper understanding of how to find and finance the right college education.
- Practice networking in personal mentorship sessions with professional women from across the country.

APPLI teaches young women skills and strategies to hone their potential, so they can walk confidently into the future that they will be leading.

2021 SCHEDULE

July 19

Creating a Resume
Career Talk: Law

July 20

Social Media Savvy
Career Talk: Medicine

July 21

Professional Communication
Career Talk: Government
& Politics

July 22

Personal Finances for Teens
Career Talk: STEM

July 26

Landing an Internship
Career Talk: Journalism

July 27

Finding & Applying to
the Right College
Career Talk: Life Sciences

July 28

Financial Aid for College
Career Talk: Art & Design

July 29

Mental Health: Finding &
Keeping Balance
Flash Mentoring

**Register for the full camp
for \$165 or individual
sessions for \$25 per day.**

APPLI Sessions

July 19 Sessions

Creating a Resume

A resume is an essential tool for entering and succeeding in the professional sphere. It is a necessary part of applying for jobs, colleges, and scholarships, and helps you network and achieve your academic and career goals. Learn how to effectively highlight your accomplishments, skills, and work experience in this workshop with API Executive Director Allison Titman.

Career Talk: Law

From the courtroom to the desks of policy makers, the opportunities for careers in law are incredibly diverse. Join female legal professionals for a discussion about their own journeys and experiences navigating the various avenues of the legal and justice system. Our diverse panel features : LaToya Barrett, New Jersey Deputy Attorney General; Erika Stallings, Facebook Music Product General Counsel; Leah Kang, ACLU; Cathy Perifimos, CBS-Viacom Entertainment Law.

July 20 Sessions

Social Media Savvy

Social media is more than a fun way to stay connected with friends and family. It is also a very important tool in building your educational and professional connections. Gain insight into how to craft your online presence to reflect professional and educational goals. Discuss smart ways to enrich your social media streams so that you can capture the interest of universities and employers, while making sure that you avoid common mistakes that might hurt future opportunities.

Career Talk: Medicine

Did you know there is a single job sector that can take you places as different as a clinic, an operating room, a research lab, or a president's office? The world of health and medicine is much broader than just treating injury and illness! Join a practicing doctor and public health official for an exploration of all the different ways an interest in health and medicine can become a varied and vibrant career.

July 21 Sessions

Professional Communication

While it's great to be friendly with our bosses or teachers, it's not always best to communicate with them as we would our friends. This workshop will help you understand the differences between casual and professional communication. Participants will learn skills for drafting appropriate emails, expressing opinions clearly, and asking effective questions. These are the foundations of the networking skills that establish personal confidence, and professional and academic success.

Career Talk: Government and Politics

What does it mean to "be political?" Mariah Parker was elected as a County Commissioner in Athens, GA at age 26 by just 18 votes! Join her to discuss why young women should be involved in local government, even if they aren't running for office. Explore the importance of community engagement and the way politics are not about things happening in a far off statehouse, but in your own community.

July 22 Sessions

Personal Finances for Teens

Financial literacy might not be a phrase familiar to most teenagers, but understanding how money works is a critical life skill! Mamie-Winkleman Pearson has spent more than a decade helping people manage their money, and she'll be explaining the basics of good financial sense. Learn how to think about earning, saving, and spending wisely, in a way that makes sense for high school and sets you up for a successful financial future.

Career Talk: STEM

Join Lieutenant Colonel Maryann Karlen of the US Air Force to hear about what it was like for her to be a young woman pursuing a career in engineering—a field historically dominated by men. She will share stories about her younger self, defining moments in her education and career, and thoughts and advice for girls also interested in pursuing STEM careers.

July 26 Sessions

Landing an Internship

What exactly is an internship? How is it different from a job? And how do you find the right one to help you with your academic and professional goals? Join Alice Paul Institute Operations Director Colleen Tryner, who started as an API intern, for a comprehensive workshop that will demystify internships. Learn strategies for identifying promising opportunities, creating a successful application, and presenting yourself as a compelling candidate in an interview.

Career Talk: Journalism

Are you a writer? A people person? Always curious about the why's and how's of interesting situations? Do you like research? Investigation? Going new places and trying new things? Maybe you don't like any of that, but you love to share details about the familiar and quiet pieces of life you've always known, and always hope to know. Or maybe you really like to share your insights and experiences about specific things like food, art, or books. Or maybe you have a passion for politics but don't see yourself running for office. If any of this resonates, maybe journalism is the path for you. Learn about the ways journalism is changing as a field, and what it means to be a part of this dynamic sector.

July 27 Sessions

Finding and Applying to the Right College

Applying to college is a confusing process. There are about 5,300 institutions of higher learning in the United States, so how do you narrow down your options when the time comes to choose a few? And once you've made your list of schools, how do you make sure your application stands out among the other thousands that the college may receive? Admissions Specialist Erika Woods of Villanova University is here to demystify the process for you. This workshop will help you gain a clearer sense of the right steps to take—and avoid—as you prepare for the next phase of your education journey.

Career Talk: Life Sciences

In a year that has been dominated by conversations around medical research and vaccines, you may be wondering what exactly goes into researching or developing new treatments, or how medical innovation works. We hear a lot about “scientists” and what they have to say on different issues, but what exactly does a research scientist do? Join us to learn about what it really looks like to work in biotechnology, drug development, pharmaceutical research, and the fields of science that labor every day to keep people—and society—healthy and safe from infectious diseases.

July 28 Sessions

Financial Aid for College

There are many factors to consider when thinking about college: Where is it located? What subjects is it known for? How big are the classes? But for many young people, the most important consideration is: What does it cost? In this workshop, Dr. Shawn Thomas, a financial aid specialist from Rowan College at Burlington County, will explain some of the finer points of education financing. Girls will leave with a better understanding of the types of aid available, how to find different funding sources, and how to submit accurate and complete applications.

Career Talk: Art and Design

Do you love art and find yourself dreaming about being a professional artist someday, but keep getting told that you need to get a practical job? This panel of women from different offices in the New Jersey government are here to tell you it's possible to have both! Learn about some of the ways you can integrate artistic skill and passion with work in a number of careers that can offer personal fulfillment as well as a steady pay check.

July 29 Sessions

Mental Health: Finding and Keeping Balance

Life is stressful, and high school can be especially so. From the competing pressures of academics, extracurriculars, and social life, to the demands of family and home obligations, to the changing and complicated world around us, teenage years are full of things that can contribute to depression, anxiety, or just a sense of burnout. Licensed therapist and life coach Katie DeFrank is here to offer a safe space to talk about all these issues, as well as strategies for keeping the balance of mental health in the positive. This workshop will offer a toolkit for helping you stay balanced and calm, no matter how stressful school and life might get.

Flash Mentoring

The APPLI Mentorship Session offers girls the opportunity to have personal conversations with professional women from around the country. In this virtual networking session, teens meet mentors from a diverse array of career fields. In the past we have had representatives from areas like law enforcement, academia, financial analysis, small business ownership, HVAC repair, the court system, non-profit management, and local politics. Our mentors are here to answer questions, share insight, and offer experience about their personal path to success, and to help girls establish their own education and professional aspirations.