

PULSE

HOPE

WOMEN'S HISTORY MONTH EDITION



PULSE

POWERFUL UNITED LADIES STRIVING TO ELEVATE OR PULSE IS A NON-PROFIT ORGANIZATION WHOSE PURPOSE IS TO CREATE A SAFE, INCLUSIVE SPACE FOR WOMEN OF COLOR ON THE BINGHAMTON UNIVERSITY CAMPUS. THAT IS WHY WE STRIVE TO EDUCATE, ELEVATE AND EMPOWER EVERY WOMAN WE ENCOUNTER. REGARDLESS OF THEIR BACKGROUND THE WOMEN OF PULSE ARE THERE NO MATTER WHAT.

PULSE WAS BORN OUT OF A VISION BY MRS. JOANNA CARDONA-LOZADA, WHO SAW THE NEED FOR MENTORSHIP AND SUPPORT FOR WOMEN OF COLOR ON BINGHAMTON'S CAMPUS. SHE WANTED A SPACE WHERE SUCCESSFUL, COLLEGE-EDUCATED WOMEN OF COLOR COULD COME TOGETHER TO DISCUSS REAL-LIFE TOPICS LIKE SELF-ESTEEM, EMPOWERMENT, AND CAREER GROWTH.





IT ALL STARTED IN SUMMER 2007 DURING THE BINGHAMTON ENRICHMENT PROGRAM, INITIALLY CALLED “WOMEN’S MEETING.” BY FALL 2007, JOANNA SHARED HER IDEA WITH JENNIFER VASQUEZ AND CARLA ESPINOZA, WHO HELPED TURN IT INTO A CAMPUS-WIDE MOVEMENT. WEEKLY TUESDAY MORNING MEETINGS BECAME A THING, COMPLETE WITH BUSINESS ATTIRE AND BREAKFAST TO FUEL BOTH MIND AND BODY.

WITH THEIR EFFORTS, THE FIRST EXECUTIVE BOARD WAS FORMED FOR THE 2008-2009 YEAR, WITH JENNIFER AS PRESIDENT, CARLA AS VICE PRESIDENT, AND MELISSA CHARLES AS SECRETARY. BRITTANY HUTSON AND STEPHANIE SURIEL HANDLED PUBLIC RELATIONS, WHILE JOANNA SERVED AS THE FACULTY ADVISOR.

THE GROUP OFFICIALLY BECAME POWERFUL UNITED LADIES STRIVING TO ELEVATE, COMPLETE WITH A CONSTITUTION AND A MISSION TO UPLIFT AND EMPOWER WOMEN OF COLOR.



Women's History Month

DOROTHY LAVINIA BROWN WAS THE FIRST AFRICAN AMERICAN FEMALE SURGEON. SHE PRACTICED IN THE SOUTHEASTERN U.S. DURING THE 1900S. IN ADDITION TO HER GROUNDBREAKING WORK AS A SURGEON, SHE WAS ALSO A PROFESSOR, A COMMUNITY LEADER, AND THE FIRST AFRICAN AMERICAN WOMAN TO SERVE IN THE TENNESSEE STATE LEGISLATURE. BROWN WAS A PASSIONATE ADVOCATE FOR PUBLIC HEALTH, EDUCATION, AND WOMEN'S RIGHTS, LEAVING A LASTING IMPACT ON BOTH MEDICINE AND SOCIETY.



DR. ELLEN OCHOA WAS THE FIRST LATINA ASTRONAUT TO EXPLORE OUTER SPACE. SHE EARNED HER PHD IN ELECTRICAL ENGINEERING AND BEGAN THE THREE-YEAR PROCESS OF BECOMING A NASA ASTRONAUT. HER FIRST TRIP TO SPACE TOOK PLACE ON THE DISCOVERY IN 1993, AND SHE HAS SINCE BEEN TO OUTER SPACE THREE MORE TIMES. SHE HAS CONDUCTED RESEARCH REGARDING THE OZONE LAYER AND IS ALSO AN INVENTOR.

DR. GLADYS WEST WAS RESPONSIBLE FOR THE MATHEMATICS THAT BROUGHT ABOUT THE INVENTION OF THE GLOBAL POSITIONING SYSTEM (GPS). HER IMPORTANT WORK AT THE U.S. NAVAL WEAPONS LABORATORY HELPED WITH OUTER SPACE DISCOVERIES RELATED TO PLANETS IN THE SOLAR SYSTEM AS WELL AS EARTH. SHE PROGRAMMED THE MATHEMATICS AND CALCULATIONS FOR THE COMPLEX COMPUTER THAT EVENTUALLY BECAME KNOWN AS A GPS.



Women's History Month



DR. MARIE M. DALY WAS THE FIRST AFRICAN AMERICAN WOMAN TO EARN A PHD IN CHEMISTRY IN THE U.S. SHE EARNED HER DOCTORATE FROM COLUMBIA UNIVERSITY IN 1947 AND DEVOTED HER LIFE TO RESEARCH AND EDUCATION, TEACHING AND WORKING AS A BIOCHEMIST. DALY WAS ALSO A STRONG ADVOCATE FOR INCREASING MINORITY REPRESENTATION IN SCIENCE, MENTORING STUDENTS AND SUPPORTING INITIATIVES TO HELP MORE AFRICAN AMERICANS ENTER STEM FIELDS.

SUSAN LA FLESCHÉ WAS THE FIRST NATIVE AMERICAN WOMAN TO EARN A MEDICAL DEGREE. SHE ATTENDED WHAT IS NOW KNOWN AS HAMPTON UNIVERSITY BEFORE ATTENDING AND GRADUATING AS VALEDICTORIAN FROM THE WOMEN'S MEDICAL COLLEGE OF PENNSYLVANIA IN 1889. SHE BECAME A PHYSICIAN AND DEVOTED HER LIFE TO PROVIDING MEDICAL CARE TO THE OMAHA TRIBE.



IN 2015 TU YOUYOU BECAME THE FIRST WOMAN FROM THE PEOPLE'S REPUBLIC OF CHINA TO RECEIVE THE NOBEL PRIZE. SHE AND TWO OTHER SCIENTISTS SHARED THE NOBEL IN PHYSIOLOGY OR MEDICINE FOR THEIR GROUNDBREAKING WORK DISCOVERING ARTEMISININ AND DIHYDROARTEMISININ, THE DRUGS THAT TREAT MALARIA. SHE CURRENTLY WORKS AS A PHARMACEUTICAL CHEMIST.

Celestial Chic

Spring Styles Aligned with the Stars



CAPRICORN (DEC. 22 – JAN. 19)

CAPRICORNS TEND TO BE AMBITIOUS AND DISCIPLINED, WHICH IS WHY THEY ARE ALL ABOUT AN AIR OF SUBTLE SOPHISTICATION. COMPLEX BEINGS WITH A LOT OF DRIVE, THIS EARTH SIGN FAVORS A PRACTICAL WARDROBE WITH A TWIST. WHILE ALWAYS BEING ON TOP OF TRENDS, CAPRICORNS CONTINUE TO BE ATTRACTED TO LINE AND STRUCTURE IN CLOTHING.

AQUARIUS (JAN. 20 – FEB. 18)

AQUARIANS ARE VERY INDEPENDENT, FREE-SPIRITED AND ECCENTRIC. WHEN IT COMES TO STYLE, THIS AIR SIGN TAKES A WALK ON THE WILD SIDE BY EXPERIMENTING WITH BOLD PRINTS AND COLORS. AN AQUARIAN LOVES INNOVATION AND IS CONSTANTLY PAYING ATTENTION TO THE NEWEST STREETWEAR. IT IS IMPORTANT THAT THEIR STYLE IS EXCLUSIVELY THEIRS BECAUSE UNIQUENESS IS IMPORTANT.



PISCES (FEB. 19 – MARCH 20)

PISCES ARE KNOWN FOR BEING CREATIVE, EMPATHETIC AND GENEROUS. THIS WATER SIGN'S STYLE TENDS TO BE THE MOST FREE SPIRITED AND EYE CATCHING, WHILE NEVER OVER THE TOP. A WARDROBE STAPLE FOR A PISCES WOULD BE FREE-MOVING FABRICS AND FUN PATTERNS.



ARIES (MARCH 21 – APRIL 19)

ARIES ARE FORWARD-THINKERS AND FEARLESS PATH-PAVERS. EXCITED BY THE NEWNESS IN EVERYTHING, THEY TEND TO TAKE THE TRENDS OF THE DAY AND MODIFY THEM TO FIT THEIR SENSE OF SELF. THIS FIRE SIGN IS ALWAYS UP FOR A CHALLENGE AND PREFERS ALL STYLE CHOICES TO HAVE INTENTIONAL STATEMENTS.



TAURUS (APRIL 20 – MAY 20)

TAURUSES ARE KNOWN TO BE RELIANT, PERSISTENT AND STUBBORN. THIS EARTH SIGN IS EXTREMELY FASHION FORWARD AND IS ALWAYS LOOKING FOR THE OPPORTUNITY TO MAKE A STATEMENT. WHETHER IT BE ON THE RUNWAY OR THEIR 8 A.M. CLASS. TAURUSES ROCK WARDROBES THAT CONSIST OF TEXTURES, RICH COLORS AND BEAUTIFUL DETAILS.



GEMINI (MAY 21 – JUNE 20)

GEMINI ARE KNOWN AS BORN COMMUNICATORS AND ARE NEVER BORING. THAT BEING SAID, IF AN OUTFIT IS BORING, THEY CONSIDER IT TIME TO GO SHOPPING. GEMINI TAKE PLEASURE IN WEARING PIECES THAT WILL TURN HEADS AND USING STYLE AS AN OPPORTUNITY TO BRING A SENSE OF PLAY INTO THEIR LIVES. THIS AIR SIGN IS ALSO EXTREMELY VERSATILE AND CRAVES VARIETY IN THEIR WARDROBE.



CANCER (JUNE 21 – JULY 22)

THE NURTURER OF THE ZODIAC, CANCERS ARE KNOWN FOR THEIR MATURE AND PROTECTIVE PERSONALITIES. THIS SOPHISTICATION EASILY MAKES CANCERS THE MOST OVERDRESSED IN THE ROOM. THIS WATER SIGN HAS AN EYE FOR CLEAN LINES AND A TIMELESS, CLASSIC APPEAL.

LEO (JULY 23 – AUG. 22)

LEOS ARE KNOWN FOR THEIR FIERY, HEADSTRONG PERSONALITIES. IF AN OUTFIT CATCHES ATTENTION, A LEO WILL LIKE IT! THIS FIRE SIGN IS UNAFRAID TO TRY ON ANYTHING AND LETS CREATIVITY AND ZEST FOR LIFE TRANSLATE TO A BOLD WARDROBE.



VIRGO (AUG. 23 – SEPT. 22)

KNOWN FOR BEING THE HEALERS OF THE ZODIAC, VIRGOS FEEL BEST WHEN THEY ARE DRESSED WITH CARE AND ATTENTION. WHETHER THEY ARE ALL OVER TRENDS OR GOING FOR A CLASSIC LOOK, THIS EARTH SIGN HAS A TALENT FOR MASTERING AN OVERALL COHESIVE OUTFIT. ALWAYS POLISHED, VIRGOS HAVE A "LOOK AT ME" QUALITY WHILE NEVER BEING OVERDONE.

LIBRA (SEPT. 23 – OCT. 22)

THE WILD CHILD OF THE BUNCH, A LIBRA IS NEVER AFRAID TO GO BOLD WITH OUTFITS, ESPECIALLY WHEN IT COMES TO ADDING A BIT OF EDGE. THIS AIR SIGN THRIVES OFF OF BALANCE AND ORDER, SO TO FEEL COMFORTABLE, THE CLOTHING THEY WEAR MUST BE THOUGHT OUT AND INTENTIONAL. AS A CARDINAL SIGN, LIBRAS ARE KNOWN FOR BEING TRENDSETTERS, AS THEY NOTICE DETAILS THAT OTHERS DON'T AND CREATE UNIQUE LOOKS FROM THESE INSPIRATIONS.



SCORPIO (OCT. 23 – NOV. 21)

AS THE MOST MYSTERIOUS SIGN OF THE ZODIAC, SCORPIOS INCORPORATE THIS MYSTERY INTO THEIR EVERYDAY WARDROBE. THIS WATER SIGN STRIVES TO DRESS WITH A SENSE OF POWER AND ALWAYS GRAVITATES TOWARDS MAKING A STATEMENT. SCORPIOS HAVE A TALENT FOR ACCESSORIZING BUT DETEST VARIETY AND USUALLY STICK TO A SIGNATURE OUTFIT.

SAGITTARIUS (NOV. 22 – DEC. 21):

SAGITTARIUS' ARE KNOWN FOR THEIR FUN-LOVING SPIRIT AND SENSE OF HUMOR, TWO QUALITIES THAT TRANSLATE GREATLY INTO THEIR WARDROBES. THIS SIGN'S CLOSET IS MOST LIKELY FULL OF WHIMSICAL PIECES AND CLOTHING THAT CARRY A SENSE OF OPULENCE. THEY DO NOT NEED TO DRESS FOR ATTENTION, AS THE ATTENTION COMES NATURALLY.



WOMEN WHO LEAD

TIFFANY AJIJOLA

MEET TIFFANY AJIJOLA, A BIOLOGY MAJOR AT BINGHAMTON UNIVERSITY WHOSE IMPACT EXTENDS BEYOND THE CLASSROOM. SHE SERVES AS VICE PRESIDENT OF PRETTY GIRL SWEAT AND SENIOR ADVISOR FOR THE AFRICAN STUDENT ORGANIZATION (ASO), FOSTERING EMPOWERMENT AND COMMUNITY. OUTSIDE OF ACADEMICS, TIFFANY RUNS HER OWN ONLINE BAKERY, TIFF'S TREATS, SPECIALIZING IN GOURMET CINNAMON ROLLS AND COOKIES. SHE'S ALSO A MEMBER OF THE NATIONAL SOCIETY OF LEADERSHIP AND SUCCESS (NSLS). IN THIS INTERVIEW, TIFFANY SHARES HER JOURNEY AS A WOMAN OF COLOR IN STEM, BALANCING SCIENCE, LEADERSHIP, AND ENTREPRENEURSHIP.



1. CAN YOU TELL US A LITTLE ABOUT YOURSELF AND YOUR JOURNEY INTO STEM?
I'VE ALWAYS BEEN PASSIONATE ABOUT SCIENCE AND MEDICINE, WHICH LED ME TO PURSUE BIOLOGY. MY GOAL IS TO BECOME AN OB/GYN BECAUSE I WANT TO ADVOCATE FOR WOMEN'S HEALTH, PARTICULARLY FOR BLACK WOMEN WHO OFTEN FACE DISPARITIES IN MEDICAL CARE. I'M CURRENTLY PREPARING FOR THE MCAT AND PLANNING TO APPLY TO MEDICAL SCHOOL THIS CYCLE. THE JOURNEY HASN'T BEEN EASY—BALANCING ACADEMICS, LEADERSHIP ROLES, AND MY BUSINESS CAN BE OVERWHELMING AT TIMES. THAT'S WHY I'VE LEARNED TO MAKE TIME FOR THINGS THAT BRING ME JOY AND HELP ME RECHARGE, LIKE GOING TO THE GYM, GETTING FOOD WITH FRIENDS, OR SIMPLY TAKING A MOMENT FOR MYSELF. PRIORITIZING BALANCE HAS BECOME JUST AS IMPORTANT AS STAYING FOCUSED ON MY GOALS.

2. WHAT ARE SOME CHALLENGES OR HARDSHIPS YOU HAVE FACED AS A WOMAN OF COLOR IN CREATIVE, ACADEMIC, AND/OR PROFESSIONAL SPACES?
ONE OF THE BIGGEST CHALLENGES HAS BEEN BALANCING MULTIPLE ROLES WHILE NAVIGATING SPACES WHERE WOMEN OF COLOR ARE UNDERREPRESENTED. IN STEM, I'VE SOMETIMES FELT THE PRESSURE TO WORK TWICE AS HARD TO PROVE MYSELF. IN MY BAKERY BUSINESS, I'VE HAD TO PUSH PAST DOUBTS AND IMPOSTER SYNDROME TO GROW TIFF'S TREATS. DESPITE THESE CHALLENGES, I'VE FOUND STRENGTH IN MY COMMUNITY AND IN THE RESILIENCE OF OTHER WOMEN OF COLOR PURSUING THEIR DREAMS.

3. HOW DOES YOUR WORK IMPACT THE BINGHAMTON COMMUNITY OR BEYOND?
THROUGH MY LEADERSHIP ROLES IN ASO AND PRETTY GIRL SWEAT, I STRIVE TO CREATE SPACES WHERE STUDENTS—ESPECIALLY WOMEN OF COLOR—FEEL SEEN AND SUPPORTED. WHETHER IT'S THROUGH MENTORSHIP, EVENT PLANNING, OR COMMUNITY ENGAGEMENT, I WANT TO UPLIFT AND EMPOWER OTHERS. MY BAKERY, TIFF'S TREATS, ALSO BRINGS PEOPLE TOGETHER THROUGH FOOD, ALLOWING ME TO SHARE MY LOVE FOR BAKING WHILE BUILDING CONNECTIONS WITH OTHERS.

4. ARE THERE ANY PROJECTS OR GOALS YOU'RE CURRENTLY WORKING ON THAT EXCITE YOU?
RIGHT NOW, MY MAIN FOCUS IS ON PREPARING FOR THE MCAT AND APPLYING TO MEDICAL SCHOOL. DURING MY GAP YEAR, I PLAN TO DIVE DEEPER INTO RESEARCH AND EXPLORE AREAS RELATED TO WOMEN'S HEALTH. I'M ALSO INCREDIBLY EXCITED TO LAUNCH MY TIFF'S TREATS WEBSITE, WHICH WILL MAKE IT EASIER FOR CUSTOMERS TO ORDER MY BAKED GOODS. SEEING MY BUSINESS GROW WHILE PURSUING MY DREAM OF BECOMING A DOCTOR IS SOMETHING I'M REALLY PROUD OF.

5. ANYTHING ELSE YOU'D LIKE TO ADD?
I WANT TO REMIND OTHER WOMEN OF COLOR IN STEM THAT OUR VOICES AND CONTRIBUTIONS MATTER. THE ROAD MAY NOT ALWAYS BE EASY, BUT WE BELONG IN THESE SPACES JUST AS MUCH AS ANYONE ELSE. STAY PERSISTENT, FIND YOUR SUPPORT SYSTEM, AND NEVER BE AFRAID TO TAKE UP SPACE!



RECONSTRUCTING STEM: BREAKING BARRIERS IN ARCHITECTURE

WHEN YOU THINK OF STEM, YOUR MIND PROBABLY JUMPS TO LAB COATS, MATH EQUATIONS, OR COMPUTER SCREENS, NOT BLUEPRINTS AND FLOOR PLANS. BUT ARCHITECTURE IS VERY MUCH A PART OF STEM: BLENDING SCIENCE, TECHNOLOGY, ENGINEERING, AND CREATIVITY. IT'S ABOUT MORE THAN MAKING BUILDINGS LOOK PRETTY, IT'S ABOUT DESIGNING SAFE, SUSTAINABLE, AND FUNCTIONAL SPACES. YET, DESPITE ITS IMPORTANCE, ARCHITECTURE REMAINS ONE OF THE LEAST DIVERSE PROFESSIONS IN THE UNITED STATES.

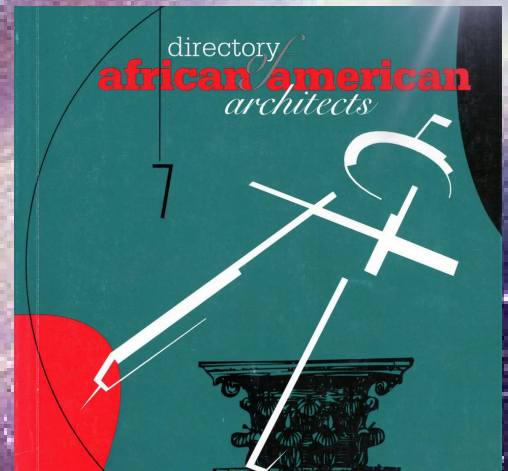
ENTER KIMBERLY DOWDELL, A TRAILBLAZER BREAKING BARRIERS AS THE FIRST BLACK WOMAN PRESIDENT OF THE AMERICAN INSTITUTE OF ARCHITECTS (AIA) IN THE ORGANIZATION'S 166-YEAR HISTORY. HER LEADERSHIP IS MORE THAN A SYMBOLIC VICTORY, IT'S A BLUEPRINT FOR A FUTURE WHERE ARCHITECTURE IS AS DIVERSE AS THE PEOPLE IT SERVES. DOWDELL, WHO IS ALSO THE DIRECTOR OF STRATEGIC RELATIONSHIPS AT THE GLOBAL DESIGN FIRM HOK, HAS LONG BEEN A CHAMPION OF EQUITY IN ARCHITECTURE. SHE CO-FOUNDED THE SEED NETWORK (SOCIAL ECONOMIC ENVIRONMENTAL DESIGN), A NONPROFIT PROMOTING COMMUNITY-CENTÉRED DESIGN, AND HAS DEDICATED HER CAREER TO MAKING ARCHITECTURE MORE ACCESSIBLE AND INCLUSIVE.

DESPITE ARCHITECTURE'S SIGNIFICANCE, THE INDUSTRY REMAINS OVERWHELMINGLY WHITE AND MALE. WHEN DOWDELL EARNED HER LICENSE IN 2013, SHE BECAME ONLY THE 295TH LIVING BLACK WOMAN ARCHITECT IN THE COUNTRY. OUT OF TENS OF THOUSANDS OF ARCHITECTS, FEWER THAN 300 BLACK WOMEN HELD LICENSES. THE BARRIERS TO ENTRY ARE STEEP; BECOMING A LICENSED ARCHITECT OFTEN TAKES 10 YEARS OR MORE, REQUIRING A PROFESSIONAL DEGREE, THOUSANDS OF HOURS OF INTERNSHIPS, AND MULTIPLE LICENSING EXAMS. THAT'S A DECADE OF TUITION, LOW-PAID OR UNPAID INTERNSHIPS, AND HEFTY EXAM FEES—ALL WITHIN AN INDUSTRY THAT HAS HISTORICALLY GATE KEPT MARGINALIZED GROUPS.

THE SCARCITY OF BLACK ARCHITECTS IS ALSO SELF-PERPETUATING. YOUNG BLACK STUDENTS RARELY SEE ARCHITECTS IN THEIR COMMUNITIES, MAKING IT DIFFICULT TO IMAGINE THEMSELVES IN THE FIELD. AND WHEN THEY DO ENCOUNTER ARCHITECTURE, IT'S OFTEN THROUGH A LENS OF DISPLACEMENT AND GENTRIFICATION; GLEAMING NEW LUXURY APARTMENTS REPLACING MOM-AND-POP SHOPS OR REDEVELOPMENT PROJECTS THAT PUSH OUT LONG-STANDING RESIDENTS. FOR MANY BLACK FAMILIES, ARCHITECTURE REPRESENTS THE LOSS OF COMMUNITY RATHER THAN THE CREATION OF IT.

BUT IT'S NOT ALL BLEAK. DOWDELL'S HISTORIC PRESIDENCY OFFERS HOPE. WITH OVER 96,000 MEMBERS, THE AIA IS ONE OF THE MOST INFLUENTIAL ARCHITECTURE ORGANIZATIONS IN THE WORLD. HER LEADERSHIP SIGNALS A SHIFT, NOT JUST FOR BLACK WOMEN, BUT FOR EQUITY IN DESIGN. DOWDELL'S ADVOCACY PROVES THAT ARCHITECTURE ISN'T JUST ABOUT CONSTRUCTING BUILDINGS, IT'S ABOUT SHAPING COMMUNITIES WITH INTENTION AND EMPATHY.

DOWDELL'S PRESIDENCY IS A POWERFUL REMINDER THAT ARCHITECTURE, LIKE ANY STEM FIELD, SHOULD REFLECT THE DIVERSITY OF THE PEOPLE IT SERVES. WHEN YOUNG BLACK GIRLS AND WOMEN SEE DOWDELL LEADING ONE OF THE MOST POWERFUL ARCHITECTURE ORGANIZATIONS, THEY MIGHT START IMAGINING THEMSELVES IN THE FIELD, TOO. REPRESENTATION ISN'T JUST ABOUT FILLING A SEAT, IT'S ABOUT INSPIRING THE NEXT GENERATION.





PULSE INTERNSHIP 25'

THE PULSE INTERNSHIP TOOK PLACE DURING THE SPRING 2025 SEMESTER AT BINGHAMTON UNIVERSITY AND IT WAS AN UNFORGETTABLE EXPERIENCE OF CONNECTION, EMPOWERMENT, AND COMMUNITY. WITH OVER 20 INTERNS INVOLVED, THE PROGRAM GAVE STUDENTS A CHANCE TO DIVE DEEPER INTO PULSE, BUILD FRIENDSHIPS, AND BE PART OF SOMETHING MEANINGFUL. THROUGHOUT THE SEMESTER, INTERNS MET EVERY THURSDAY AND WERE INVITED TO ALMOST ALL PULSE EVENTS, INCLUDING GENERAL BODY MEETINGS, E-BOARD SESSIONS, SISTER CIRCLE, DIVAS, AND VOLUNTEER OPPORTUNITIES. THE INTERNSHIP WASN'T JUST ABOUT GAINING EXPERIENCE, IT WAS ABOUT EXPANDING THE PULSE SPACE AND STRENGTHENING THE BONDS OF SISTERHOOD.



FOR MANY INTERNS, JOINING PULSE WAS A REAFFIRMING AND GROUNDING EXPERIENCE. TULA SHARED THAT PULSE HELPED HER RECONNECT WITH OTHER WOMEN OF COLOR, WHICH SHE REALLY NEEDED. SHE FELT SAFE BEING AUTHENTIC TO HERSELF AND HER CULTURE. ZASMINE LOVED HOW THE CURRENT E-BOARD MADE PULSE FEEL LIKE A TRUE SISTERHOOD, WELCOMING, UPLIFTING, AND SUPPORTIVE, EVEN ON TOUGH DAYS. ALYSSA COOK ALSO APPRECIATED HOW THE SPACE FELT GENUINE AND COMFORTING, WHERE TITLES DIDN'T MATTER.

THE SEMESTER WAS FILLED WITH PLENTY OF STANDOUT MOMENTS. SCARLET LOVED THE MIXER AND THE FASHION SHOWS, WHICH GAVE HER THE CHANCE TO BRANCH OUT AND GET CREATIVE. MANY ALSO PICKED THE MIXER AS THEIR FAVORITE MEMORY, APPRECIATING THE FUN AND CONNECTION IT BROUGHT. TULA ENJOYED THE DIVAS MEETING, CALLING IT HECTIC BUT FUN. SHE ALSO THOUGHT THE ED CO MEETINGS WERE A VIBE AND LOVED SEEING A DIFFERENT SIDE OF MWENDE. ALYSSA CHERISHED THE MACARTHUR SCHOOL DANCE, A COMMUNITY SERVICE EVENT WHERE SHE FELT DEEPLY CONNECTED THROUGH GIVING BACK.

THE SPRING 2025 PULSE INTERNSHIP WAS MORE THAN JUST A RESUME BOOSTER, IT WAS A CHANCE TO FIND COMMUNITY, BUILD FRIENDSHIPS, AND FEEL EMPOWERED! THROUGH WEEKLY MEETINGS, MENTORSHIP, AND MEMORABLE EVENTS, INTERNS FORMED REAL CONNECTIONS AND GAINED A DEEPER SENSE OF BELONGING.

ANNA: IT HAS BEEN INCREDIBLY REWARDING WORKING WITH THE INTERNS THIS SEMESTER. THROUGH THEIR CREATIVE ASSIGNMENTS, I HAVE LEARNED SO MUCH AND FEEL INSPIRED TO IMPLEMENT THEIR IDEAS INTO THE PULSE SPACE. WATCHING THEM BOND AND BREAK FROM THEIR SHELLS WARMS MY HEART, AS IT REPRESENTS THE SISTERHOOD PULSE STRIVES TO PROVIDE. I AM HONORED THAT THIS GROUP WILL BE THE FUTURE OF OUR ORGANIZATION.



PHENOMINAL WOMAN

MAYA ANGELOU

PRETTY WOMEN WONDER WHERE MY SECRET LIES.
I'M NOT CUTE OR BUILT TO SUIT A FASHION MODEL'S SIZE
BUT WHEN I START TO TELL THEM,
THEY THINK I'M TELLING LIES.

I SAY,
IT'S IN THE REACH OF MY ARMS,
THE SPAN OF MY HIPS,
THE STRIDE OF MY STEP,
THE CURL OF MY LIPS.

I'M A WOMAN
PHENOMENALLY.
PHENOMENAL WOMAN,
THAT'S ME.

I WALK INTO A ROOM
JUST AS COOL AS YOU PLEASE,
AND TO A MAN,
THE FELLOWS STAND OR
FALL DOWN ON THEIR KNEES.
THEN THEY SWARM AROUND ME,
A HIVE OF HONEY BEES.

I SAY,
IT'S THE FIRE IN MY EYES,
AND THE FLASH OF MY TEETH,
THE SWING IN MY WAIST,
AND THE JOY IN MY FEET.

I'M A WOMAN
PHENOMENALLY.

PHENOMENAL WOMAN,
THAT'S ME.

MEN THEMSELVES HAVE WONDERED
WHAT THEY SEE IN ME.
THEY TRY SO MUCH
BUT THEY CAN'T TOUCH
MY INNER MYSTERY.
WHEN I TRY TO SHOW THEM,
THEY SAY THEY STILL CAN'T SEE.

I SAY,
IT'S IN THE ARCH OF MY BACK,
THE SUN OF MY SMILE,
THE RIDE OF MY BREASTS,
THE GRACE OF MY STYLE.

I'M A WOMAN
PHENOMENALLY.
PHENOMENAL WOMAN,
THAT'S ME.

NOW YOU UNDERSTAND
JUST WHY MY HEAD'S NOT BOWED.
I DON'T SHOUT OR JUMP ABOUT
OR HAVE TO TALK REAL LOUD.
WHEN YOU SEE ME PASSING,
IT OUGHT TO MAKE YOU PROUD.

I SAY,
IT'S IN THE CLICK OF MY HEELS,
THE BEND OF MY HAIR,
THE PALM OF MY HAND,
THE NEED FOR MY CARE.

'CAUSE I'M A WOMAN
PHENOMENALLY.

PHENOMENAL WOMAN,
THAT'S ME.



PULSE PRESS



Daniella

ZATHURA: A SPACE ADVENTURE IS A MOVIE THAT TAKES PLACE IN THE SAME FICTIONAL UNIVERSE AS JUMANJI BUT TAKES INSPIRATION FROM A SPACE-THEMED. THIS MOVIE IS VERY NOSTALGIC FOR ME AND REMINDS ME OF MOVIE NIGHTS WITH MY COUSINS. IT'S A FUN MOVIE TO WATCH CASUALLY WITH FRIENDS AND FAMILY.

Jordanne

“ALL THE STARS” BY SZA AND KENDRICK LAMAR IS SUCH A GREAT SONG! IT REMINDS ME OF LOVE, AMBITION, AND SELF-WORTH THROUGH A BEAUTIFUL CELESTIAL THEME. THIS SONG WAS A GREAT INSPIRATION FOR ME WHEN COMING UP WITH AN IDEA FOR PULSE’S 11TH BANQUET. THE FIRST TIME I HEARD IT WAS AT THE MOVIE THEATER WITH MY FAMILY TO SEE THE FIRST “BLACK PANTHER” MOVIE.

Arianna

COSTAR BY AMAARAE IS ONE OF MY FAVORITE SONGS TO WALK TO CLASS TO. SHE IS A GHANAIAN ARTIST WITH A ONE-OF-A-KIND SOUND THAT BLENDS AFRO-FUSION, R&B, AND ALT-POP. HER MUSIC IS RAW, PLAYFUL, AND UNFILTERED. WITH HER ETHEREAL VOCALS AND DARING STYLE, SHE’S REDEFINING WHAT IT MEANS TO BE AN AFRICAN ARTIST ON THE GLOBAL STAGE.



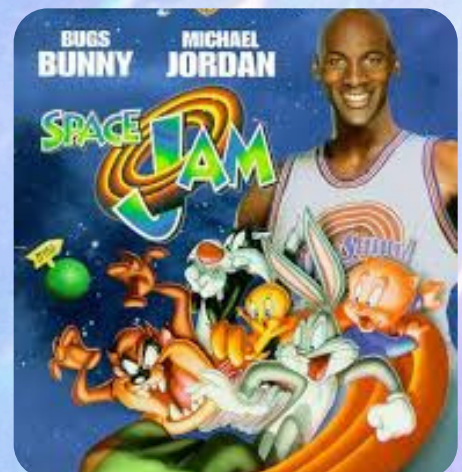
Mwende

HIDDEN FIGURES IS ONE OF MY FAVORITE FILMS THAT TELLS THE STORY OF THREE BLACK WOMEN KATHERINE JOHNSON, DOROTHY VAUGHAN, AND MARY JACKSON WHO WERE CRUCIAL TO NASA’S EARLY SPACE MISSIONS. THE FILM DEPICTS THE RACISM AND SEXISM FACED BUT HOW THEIR BRILLIANCE IN MATHEMATICS AND ENGINEERING HELPED SEND INDIVIDUALS INTO ORBIT. THE MOVIE DOES AN AMAZING JOB OF HIGHLIGHTING THE CONTRIBUTIONS OF BLACK WOMEN IN STEM, INSPIRING FUTURE GENERATIONS TO PURSUE SCIENCE AND BREAK THOSE BARRIERS.



Julia

I REMEMBER ONE OF THE FIRST TIMES MY DAD SHOWED ME THE ORIGINAL 1996 SPACE JAM WITH MICHAEL JORDAN AND IT IMMEDIATELY BECAME ONE OF MY FAVORITES. THERE’S SUCH A SEAMLESS BLEND BETWEEN ANIMATION AND LIVE ACTION FOOTAGE AS WELL AS TIMELESS HUMOR FROM ALL OF THE CLASSIC LOONEY TUNES CHARACTERS. MY FAVORITE SCENE IS WHEN BUGS BUNNY CONVINCES EVERYONE ON HIS TEAM THAT THEY’RE DRINKING MAGIC WATER. I DEFINITELY RECOMMEND IT! (DON’T EVEN TALK TO ME ABOUT THE REMAKE...)



A Letter from the Editor

HELLO PULSE SISTERHOOD,

THANK YOU SO MUCH FOR READING THIS ISSUE OF HOPE!!!

THIS ONE IS BITTERSWEET BECAUSE IT'S MY LAST ISSUE AS PUBLICATION COORDINATOR, AND I JUST WANT TO TAKE A MOMENT TO SHARE HOW MUCH PULSE AND THIS SISTERHOOD HAVE MEANT TO ME. THIS SPACE GAVE ME THE FREEDOM TO BE CREATIVE, INSIGHTFUL, AND BOLD. WHETHER IT WAS HIGHLIGHTING POWERFUL WOMEN, COVERING IMPORTANT TOPICS, OR JUST FINDING FUN WAYS TO BRING PULSE'S VOICE TO LIFE, I'VE LOVED EVERY SECOND OF IT.



WHEN I FIRST TOOK ON THIS ROLE, I WAS HONESTLY TERRIFIED. AS AN ENVIRONMENTAL SCIENCE STUDENT, STEPPING INTO A CREATIVE POSITION FELT WAY OUT OF MY COMFORT ZONE. BUT PULSE WELCOMED ME WITH OPEN ARMS AND SHOWED ME THAT I COULD DO MORE, DREAM BIGGER, AND TRUST MYSELF. THIS EXPERIENCE DIDN'T JUST TEACH ME ABOUT PUBLISHING; IT HELPED ME LEARN MORE ABOUT WHO I AM AND WHERE I WANT TO GO.

TO THE NEXT PUBLICATION COORDINATOR: YOU'VE GOT THIS. POUR YOUR HEART INTO IT, TAKE RISKS, AND LEAN ON THIS SISTERHOOD, THEY'LL ALWAYS HAVE YOUR BACK. TO MY FELLOW PULSE SISTERS, THANK YOU FOR MAKING THIS SPACE FEEL LIKE HOME. YOUR SUPPORT, KINDNESS, AND GENUINE LOVE HAVE MADE THIS EXPERIENCE UNFORGETTABLE.

AND TO YOU, THE READERS, YOU'RE THE REASON THIS PUBLICATION EXISTS. YOUR SUPPORT, FEEDBACK, AND LOVE HAVE MADE EVERY ISSUE WORTH CREATING. THANK YOU FOR BEING PART OF THIS JOURNEY.

WITH SO MUCH LOVE AND GRATITUDE,

ARIANNA GARCIA RASUK

PUBLICATION COORDINATOR 24-25', PULSE





DEAL WITH YOURSELF AS AN INDIVIDUAL
WORTHY OF RESPECT, AND MAKE
EVERYONE ELSE DEAL WITH YOU THE
SAME WAY.

- NIKKI GIOVANNI