



Metropolitan Community College  
**40 YEARS OF EXCELLENCE**

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### **MCC's Young, Gifted Black Girls Conference to inspire, empower**

OMAHA, Neb.— Metropolitan Community College will host a free conference to inspire, engage and empower about 100 young Black women in the 10th, 11th and 12th grades on Friday, March 28, 8 a.m.–3 p.m. at MCC's Fort Omaha Campus, Building 22.

The third annual Young, Gifted Black Girls Conference will feature sessions on topics such as lessons on tenacity and resiliency, tips about fashion and self-confidence, perspectives from current college students about their experiences, financial literacy and money management, and sexual health education and awareness. Students will also have the opportunity to network with professionals from the Omaha community.

"Extremely high poverty rates, domestic violence, the spread of sexually transmitted diseases and low education attainment levels are just a few of the issues facing young Black women today," said Cynthia K. Gooch, Ph.D., associate vice president for equity and diversity at MCC. "With Omaha recently dubbed as one of the most dangerous places to live as an African-American, we need solutions. This conference attempts to equip attendees with strategies to break into positivity through access to college, leadership and more."

Attendees will also hear from keynote speakers Nikita Harris, Ph.D., assistant professor at Columbus State University; and Fredrecka S. McGlown, graduate assistant of programming and social media at the University of Missouri–St. Louis.

Registration deadline is March 14. For more information, call 402-457-2661 or email [tarvin@mccneb.edu](mailto:tarvin@mccneb.edu).

**About Fredrecka S. McGlown:** McGlown follows the motto: "If we appear to stand tall, it's because we stand on the shoulders of those who came before us." McGlown strives to trail blaze a path that young adults can follow by uplifting, empowering and impacting the lives of

those she encounters. With a passion to motivate and encourage others, McGlown began traveling the country at an early age, encouraging students to reach new heights despite the obstacles they may encounter. As graduate assistant of programming and social media at the University of Missouri–St. Louis, McGlown coordinates and implements many large-scale programs, manages the university’s brand on social media, and advises several student organizations on an academic, personal and professional level.

In December 2012, McGlown received a B.A. in Communication and a B.S. in Media Studies from the University of Missouri–St. Louis. She is currently pursuing an M.A. in Communication and aspires to earn a doctoral degree in mass communication and media studies with an emphasis in media effects while focusing on the portrayal of African-American women in the media.

**About Nikita Harris:** Harris, Ph.D., is an assistant professor at Columbus State University in Columbus, Ga. She has taught students at George Washington University, Trinity University, Columbia Union College, Prince George’s Community College, Howard University and Kaplan online. Harris has also held roles with the Federal Training Academy in Washington, D.C., the Georgia Department of Education and NASA’s Goddard Space Flight Center in Greenbelt, Md.

Harris takes on an aggressive role in mentoring young men and women and frequently speaks in the community about college preparation and access. She strives to educate and empower first-generation, college-bound students and their caregivers about the college preparation process. A lifelong learner, Harris earned her Ph.D. in Organizational Communication Research and Theory from Howard University and holds an M.A. in Communication Studies from Auburn University and a B.A. in Speech Communication from Clark Atlanta University.

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Metropolitan Community College, accredited by the Higher Learning Commission of the North Central Association, is a comprehensive, public community college that offers affordable and quality education to all residents of Dodge, Douglas, Sarpy and Washington counties. Founded in 1974, MCC has the largest enrollment out of six community colleges in Nebraska and is the second largest postsecondary institution in the state. MCC serves more than 40,000 students annually.