

Gabriela Zeno Castellanos

January 25, 2024,

Capstone Annotated Bibliography

1. “The US System Didn’t Protect These Women - so Now They’re Taking a Stand for Others.” *These Women Survived Domestic Violence. Now They’re Taking a Stand to Help Others*, Amnesty International, 11 Oct. 2021, [www.amnesty.org/en/latest/news/2019/10/gun-violence-report/](http://www.amnesty.org/en/latest/news/2019/10/gun-violence-report/). Accessed 25 Jan. 2024.

This article mentions several women who have experienced domestic violence. Which is why there is more than one author for this article. Through this article, I can use some of these stories as reference to when I meet with the organization I am partnering up with. My goal is to shed some hope on these women who have once given up. After each person has summarized their story, they mention how they are not alone and encourage others to share their story to get help. Through someone's perspective, I believe I can uplift this small group and possibly have them share their stories when they feel ready.

2. Mental Health America. *Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges*. New York: Rocky Pond Books, 2023.

This book helps those that are going through mental health, and ways to practice self-care.

Through this book, I’ll be able to understand more profoundly what consist of mental health and how to control it. Everyone battles through mental health differently and reading a book about

that helps people discover other alternatives to controlling mental health which to many can be an everyday battle. Unfortunately, I could not find the author of this book but judging by the writer's work, it is shown that they have done countless research about mental health and the overall percentage of people that battle mental health or a situation that has led to mental health.

3. Gates, Melinda. *The Moment of Lift: How Empowering Women Changes the World*. New York: Flatiron Books, 2019.

This book mentions how empowering women changes the world, which is what captured my attention. Author; Melinda Gates tells stories of inspiring people she has met through her work all over the world. Gates talks about child marriage to gender inequality within the workspace. Gates uplifts and inspires through her work that mentions hope. Her main motive with her stories is to push women to challenge the status quo and to never settle for less, which is the message I want to deliver to the group of women I am working with. Sometimes in life, there's a person who is there to push you to become your best self, which is what I plan on doing. While also creating a safe space.

4. Sidorsky, Kaitlin N., and Wendy J. Schiller. "Can Government Protect Women from Domestic Violence? Not If States Do Not Follow Up." *Brookings*, 21 Mar. 2023, [www.brookings.edu/articles/can-government-protect-women-from-domestic-violence-not-if-states-do-not-follow-up/](https://www.brookings.edu/articles/can-government-protect-women-from-domestic-violence-not-if-states-do-not-follow-up/). Accessed 25 Jan. 2024.

This article is a reliable source since it has insight from Congress. Kaitlin and Wendy gave an insight into a case that occurred in 2022. Where a woman was married to a man who was going through mental health issues, her husband had purchased a firearm and the woman was concerned for her safety and the safety of her son. When she attended court the court dismissed her situation and told her to get a divorce but by the time she was going to submit her papers, her husband had killed both her and her son. Even though a law has been implemented about purchasing firearms, the government lacks certain situations, that cause a life to be risked. This article helps me understand how the law works and why so many mental health cases worsen.

5. Nazaruk, Aleksandra. "How to Make a Resume in 2024: Writing Guide + Examples."

*Zety*, 25 Jan. 2024, [zety.com/blog/how-to-make-a-resume](https://zety.com/blog/how-to-make-a-resume). Accessed 25 Jan. 2024.

This article talks about the steps you need to follow to make a resume. The source seems reliable since Zety is a website that is known and has partnered up with Amazon, Walmart, AT&T, Microsoft, and FedEx. These steps go into depth with how to create a well-detailed resume. I will be using these steps as a reference to teach and edit each woman's resume. Having a resume is essential because it opens up doors and opportunities that may have not crossed a person's mind. Having a well-detailed resume draws companies to want to hire. This also depends on the information that was provided through the resume.

6. Perera, Karl. "How Haircuts Increase Confidence and Self-Esteem." *More Self Esteem*, [more-selfesteem.com/how-haircuts-increase-confidence-and-self-esteem/#:~:text=Improving%20your%20appearance%20can%20help,behave%20and%20feel%20about%20yourself](https://more-selfesteem.com/how-haircuts-increase-confidence-and-self-esteem/#:~:text=Improving%20your%20appearance%20can%20help,behave%20and%20feel%20about%20yourself). Accessed 25 Jan. 2024.

This article talks about how haircuts increase confidence and self-esteem. Although this article provides great information, I did have a hard time finding the author and the date it was published. Unsure if those two pieces of information make this article unreliable. The article provides information, bar charts, and final thoughts on how Haircuts and overall hair makeovers can increase confidence and self-esteem. With this information, I'll be able to know and understand how a simple makeover can change a person's life. This is what I plan on doing with the group of girls, as well as telling them why a makeover is important and how can one benefit from it.

7. "Pep Talk Real Women, Real Life, Real Advice to Change Your Life." *YouTube*, 21 Aug. 2023, [www.youtube.com/watch?v=R7AGuypOSEM](https://www.youtube.com/watch?v=R7AGuypOSEM). Accessed 25 Jan. 2024.

This pep-talk that is published on YouTube, is a pep-talk that talks about empowering women. There are times when social influences can make or break a person, but when that happens you have to affirm who you are as a person. Our goals, Perspectives, Relationships, Bodies, Choices, etc change all the time. This pep talk is giving me ideas and insight as to what I could say, during

the assigned pep-talk days with the group of women. Overall I will say this is a pretty reliable source since this video is coming from a life coach. Even though there have been many other sources that had similar information that had not been reliable, this source I guarantee is reliable judging by how the life coach goes into much depth about changes and being comfortable with change.

8. Hayes, Ladan Nikravan. "How to Make Every Space a Safe Space - Talkspace." *Talk Space*, [www.talkspace.com/blog/creating-safe-spaces/](http://www.talkspace.com/blog/creating-safe-spaces/). Accessed 24 Sept. 2019.

This article talks about how to create a safe space, which is very important to know and consider. The main motive of my capstone is to create a safe space for the women I will be working with that way they can express themselves or even say anything that comes to mind at the moment. The main thing to keep in mind when creating a safe space is to incorporate trust. Without trust, there isn't mutual understanding. Which is what needs to be done and incorporated. Also giving others space to talk is very important because what others need to say is valuable, no matter how short the comment may be. As long as each person is allowed to speak, it shows self-improvement.

9. "Helping Someone with Self-Esteem." *Counseling and Psychological Services*, caps.umich.edu/content/helping-someone-self-esteem#:~:text=Give%20them%20positive%20feedback.,positively%20reinforce%20their%20own%20behavior. Accessed 25 Jan. 2024.

The University of Michigan wrote a small blog about helping someone with self-esteem. Self-esteem is very important because through self-esteem a person gets a sufficient amount of confidence to participate and communicate with others. Nowadays, many people go through having low self-esteem because of previous encounters or experiences. With this blog, there are ways listed to help a friend who may have low self esteem. One way to help is by involving them with other people. This will help them understand that they could make positive contributions to events. As well as encourage them. This could consist of their triumphs and their mistakes. About brushing off making a mistake and then worrying about the mistake being already done. I will incorporate it through countless sessions of pep talks.

10. "Journaling for Emotional Wellness." *University of Rochester Medical Center*, www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1#:~:text=It's%20simply%20writing%20down%20your,and%20improve%20your%20mental%20health. Accessed 25 Jan. 2024.

This article is about the importance and benefits of journaling. Many people believe that journaling is a waste of time or not important, but journaling is one of the most helpful ways to cope with mental health. When people go through mental health, it becomes them and their thoughts. This could lead a person to develop depression. Which is why journaling is encouraged. When journaling, you aren't meant to write a specific moment. Journaling could be about anything that comes to mind. Journaling is a therapy mechanism, which is why I plan on encouraging the group of women, that journaling is not as bad as it sounds. This source overall seems reliable, especially coming from the University of Rochester Medical Center.