

HER IMPACT INITIATIVE

Resource Guides for Women & Allies

Informing and empowering to activate.

Inspired by conversations with women leaders and advocates.

AAUW 101 — How to Get Involved

The American Association of University Women has been advancing gender equity since 1881. Here's how to find your entry point.

What Is AAUW?

AAUW (American Association of University Women) is one of the oldest and largest national organizations dedicated to gender equity in education and the workplace. Founded in 1881 — when most universities didn't allow women to enroll at all — AAUW has spent over 140 years funding women's education, advocating for policy change, and building community.

What AAUW Does

- **Fellowships & Grants:** One of the largest funders of graduate women's education in the US, including international fellowships
- **Advocacy:** Lobbies on Title IX, pay equity, reproductive rights, ERA ratification, and more
- **Salary Negotiation Training:** Free and low-cost workshops to help women advocate for fair pay
- **Research:** Publishes reports on gender gaps in education, pay, and representation
- **Community:** A network of members, branches, and state organizations across the country

The Three-Level Structure

- National — countrywide policy, advocacy, and funding (aauw.org)
- State — each state has its own board focusing on local legislation and priorities
- Branch — local community chapters that organize events, discussions, and action

Start here: Visit aauw.org and search for your local branch. Joining a branch connects you to both national advocacy and local community.

The Two-Minute Activist

Not ready for full membership? AAUW's Two-Minute Activist program is the lowest-lift way to make your voice heard. They email you about a current issue and provide a pre-written message — all you do is click to send it to your elected representatives. It literally takes under two minutes.

- Sign up at aauw.org/act/two-minute-activist
- Emails go to your senators, representatives, or local officials
- Topics rotate based on current legislation: pay equity, Title IX, ERA, and more

The Voter Issue Guide

Every election cycle, AAUW publishes a guide to help voters evaluate candidates through a gender equity lens. The 2026 guide is already available.

- Find it at aauw.org/resources/policy/
- Covers reproductive rights, pay equity, childcare policy, Title IX, and more
- Useful for local, state, and federal races

Fellowships & Funding

- **AAUW International Fellowship:** For women from outside the US studying at American universities
- **American Fellowship:** Supports women pursuing doctoral or postdoctoral research in the US
- **Career Development Grant:** For women returning to school or training after a career break
- **Community Action Grant:** Funds local projects that promote education and equity

"Even though I didn't get the scholarship, I found out about AAUW. And now I'm the president."

Other Organizations Worth Knowing

- League of Women Voters (lwf.org) — nonpartisan voter education and advocacy
- National Women's Law Center (nwlc.org) — legal advocacy on gender equity
- Planned Parenthood (plannedparenthood.org) — reproductive health and rights
- She Should Run (sheshouldrun.org) — supporting women running for office