Helen (Kathie) White – class of 1967

Interviewed by Eden Solomon, class of 2020

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Margaret MacVicar Memorial AMITA Oral History Project

Helen (Kathie) White (SB Physics ’67) was interviewed on June 9, 2017 by Eden Solomon (SB Computer Science ’20) at the MIT Student Center. She explored a career in physics but ultimately went to Rutgers Law School and received a law degree. White is a former general counsel at Sealed Air Corporation, where she was a member of the law department for 31 years. She now owns and operates a gym and is a competitive master level powerlifter.

SOLOMON: Can you tell me where you grew up?

WHITE: Well, let’s see. I grew up in the Pacific Northwest, one of three children, the oldest. My father was essentially a businessman – worked for a big company most of his career, Georgia-Pacific Corporation – and my mother was a librarian. She worked for the state of Washington when we were in Washington, and then she worked for the public schools in Portland, Oregon, when we moved to Oregon.

Tumwater, Washington [near Olympia], was where I lived in Washington, up to seventh grade. Then we moved to Portland, which seemed like the big city to me at that time.

I would say it was a typical upbringing. I was a very good student in school. I did really well. I was always kind of reading ahead. In fact, I’d read everything at the beginning of the school year, and then I had to go back and read it again with the class.

And I also did very well, specifically in math, when I got into eighth grade and high school. Took a bunch of city-wide math exams and did really well, and so on. So when I got to thinking about colleges, I actually had two areas I was interested in, which was either math or music. I played the clarinet in school, and I also took private lessons, starting in third grade all the way through high school.

SOLOMON: Was there anyone in your family who influenced your interest and your eventual academic path, teachers in classes, or anything like that?

WHITE: Nothing specifically, although my mother was quite an advocate for women having real careers. But there were no scientists or anything like that. There were also no musicians, so I kind of went my own way.

SOLOMON: So it was just your academic interest that made you decide to go into college?
WHITE: I was planning to go to college, for sure, but which college—As I said, I was interested in music and I was also interested in math. And so when I looked at colleges, I looked at colleges that had strengths in one or the other. I don't remember how I first thought of MIT, because I didn't really—I was living on the West Coast. I'd never been east of the Mississippi before I went to college, so I really didn't have any personal knowledge about MIT.

I think somebody may have suggested it to my mother as a very good school for science and math, so I started looking at it. It looked interesting, and eventually I decided to apply, even though our high school guidance counselor, my counselor, told me that women couldn't go there. But when I looked at the information from MIT, it was obvious women could go there, so I went ahead and applied.

And again, I think my mother was a big supporter. My father was not. I don't know that he was against it, but he was more of a 'supporting his sons than his daughters' kind of guy. But nonetheless, I did what I did.

And I did an interview in downtown Portland with—I've forgotten the name of the family. It was a family that owned a lot of newspapers. And it was a strange interview, because I walked in, and almost the first thing he—He was an educational counselor. First thing he said to me was, "Well, you're definitely going to get in, so all you need to worry about is money."

So I don't remember that it was a particularly challenging interview, and I think it was rather short. But anyway, I did get some money from MIT, and fortunately my family said, "Yes, we can afford to send you there." So that's where I chose.

SOLOMON: Were your childhood goals different from what you actually did in college?

WHITE: Well, in a sense they were, because I don't think I knew what I wanted to do as a child. As I said, I was good at school. I liked academic pursuits. As I said, I like music.

For a while, I was thinking it would be interesting to be an archaeologist. (By the way, I have an uncle who was an art historian, but doing a lot of semi-archaeological work.) But I didn't have a strong view for what I wanted to do. And ultimately, what I ended up doing, it never actually crossed my mind as a child or even in college.
SOLOMON: This has to do with your acceptance. What was your reaction like when you found that you were accepted?

WHITE: Oh, I was overjoyed. I was very, very excited about MIT. It looked like a wonderful school-- I was a little nervous, because it was so far from home and I'd never been anywhere. I'd never been that far away. But I think at that point I was always ready to get away from home and parents, and this definitely was very far away from home and parents!

SOLOMON: How was your freshman year at MIT? Was it very different from what you expected?

WHITE: I didn't have a clear idea of what the first year was going to be like. It was challenging, but it was for everyone. I don't think it was unduly challenging for me compared to everybody else.

My freshman year was the first year McCormick Hall was open. So I was in a dorm on campus. I'm sure for the women who were in the years prior to me it was a very different experience, because they were over across the river, just for one year. But I enjoyed the classes. As I said, I found them challenging. I did OK.

I mean, I wasn't unhappy with my performance. Now, I got assigned to a special experimental physics course, and I don't know what the requirements are now. I haven't looked, but we were required to take two years of physics.

SOLOMON: Two semesters for us.

WHITE: Two, yeah. And the special course was going to run for that whole period. And the concept was going to be that instead of starting out with classical mechanics, they were going to just plunge right into modern physics and all the kind of fun, sexy stuff, and then take it from there. And it really was very interesting. However, we did not get much of a grounding in traditional classical mechanics.

There was one other woman student besides me, Gail Pruss [SB Physics 1967; Associate Professor of Research, Department of Biological Sciences, University of South Carolina]. And then it was a bunch of guys. I don't remember how many were in the special course. I'm guessing it was a few dozen people. We had a lot of fun. The course was quite interesting. We had a couple of professors assigned to us. Believe it or not, I can't remember who they were.
So I was not doing the standard physics. There were a lot of study groups, obviously not involved in those for physics. I took chemistry. We all had to take a year of chemistry, and humanities and calculus. And I probably took something else, too, but I can't remember if I had another course.

All my other courses were the standard freshman courses. There was not a lot of flexibility in terms of the first year — the course load. I didn't find any of it hugely difficult. And it was interesting. I loved being at MIT. I liked the women. It was nice to be with women who were really smart and good students, and especially at math and science, which was not the case when I had been in high school. It was an interesting group of women. So it was a good year. Was it what I thought it was going to be? I don't know.

SOLOMON: You mentioned you got to live in McCormick for the first year it was open. What did the woman before you have to do?

WHITE: There was an apartment building, I think, on Bay State Road [in Boston] for the first-year students. And I think the largest class before us was somewhere in the mid-20s, and then after that they had to find their own apartments. And so they lived all over the place. I'm sure they grouped up, but for our class, most of the students in our class — and we were about 35 [out of about 900 students] — most of our class lived in the dorms. And I stayed in the dorms for three years.

SOLOMON: So this would be all-women McCormick. None of the other dorms are open at this point.

WHITE: Yeah it was all-female. There were no coed dorms. That wasn't even a glimmer in anybody's eye. In fact, those were the years when they had parietal rules, and they had all these rules about when men could be in the dorms. I think there were, like, two hours on Sunday afternoon, and I don't know if that was the whole week. It probably was. I also don't remember if that was true our freshman year. But they let us have the guys in our rooms for two hours, but I think the doors had to be ajar. I can't remember anymore, but it was not like today.

SOLOMON: How did your experience at MIT change after freshman year as you developed a major?

WHITE: First of all, I came in thinking I was going to be a math major, because that's what I liked in school. And I liked science OK in high school, but nothing special. That physics course was really fascinating. So along the way — and I don't
remember whether it was first year or second year – I decided to major in physics. And in fact, I talked to the other woman, Gayle. She did, too.

SOLOMON: Were you the only two women in the physics--

WHITE: In that special class, yes. We were the only two women. I don't know how many of the men ended up in physics majors.

SOLOMON: And can you remember how many women were physics majors in your year?

WHITE: Well, it was more than two of us, because one of my good friends was a physics major – Elaine Chandler, Elaine Ackles then. [At the time of this interview, Ackles had recently retired as a visiting scientist at the University of California, Berkeley; she had been Deputy Director of the Helios Solar Energy Research Center at Lawrence Berkeley National Laboratory.] And I think there were probably a few more, but it was only a few. But again, we were a small class.

SOLOMON: You said 35 women?

WHITE: Thirty-five to thirty-six came in with us. I don't know how many actually graduated the class. I never saw a total, or if I did, I don't recall it.

SOLOMON: Did you ever feel like your gender ever impacted your experience at MIT?

WHITE: Oh, yes, there's no doubt about that. First of all, I mean, just being in that dorm and the kind of odd constraints they put on the women, as opposed to the men- - Well, I won't say odd; they were traditional in those days. And in fact, they were fairly flexible compared to a lot of other colleges that had women students.

The women were all called coeds, and they had a kind of a weird reputation at MIT. First, they had a reputation for being characters and strange, but certainly had a reputation for being maybe not as socially adept as the women from the women's schools around or other coed schools around. In the classroom, I was often the only woman. And some of the professors – and it was only a few, actually, it was only a few – but by the way they ran the class and things they said, it appeared to me that they didn't like having women in their classes. Most of the professors were great. So this was not a common problem, but it did happen a few times – and I heard similar things from the other women. The fact that we were all together in one dorm – that helped a lot. So you're always there with the community of other women, and that was great.
The year I was a freshman, there were a lot of upper-class women in the dorm, because they wanted to fill it up. And the rule had been that the women above freshman class didn't have to stay in the dorm. But I don't know whether they changed that or they just opened it up, probably, to older women. And even, I think, a few grad students were in the dorm. But as I got older or went through the years, it filled up and they started bouncing out the pre-'67 women.

SOLOMON: Did you face any other challenges, like with your academic advisors or anything else?

WHITE: I will say, I never found the academic advisors particularly helpful. I cannot even tell you who my advisor was. And when I went to school, when I went to college, I was a pretty shy kid, and I wasn't as forthright in taking advantage of opportunities as I think, in retrospect, I should have been.

I mean, that's just the way I was, and there were a lot of other women probably in a similar boat. MIT – you kind of have to go grab the opportunities. Don't wait for them to come to you. So I suspect if I'd been a different personality, I might have gotten more out of it. But in looking back, I don't have any huge regrets that I missed some wonderful opportunities.

SOLOMON: We've kind of touched on this a little bit, but were there any classes or professors or experiences that are particularly memorable, for better or worse?

WHITE: Well, I remember that physics class. I don't remember most of the other freshman classes, to be perfectly frank. I remember the exams more than the classes. And they had them in a big room with huge numbers of people to take an exam.

SOLOMON: Yeah, they still do that.

WHITE: They still do that? Yeah. It's kind of daunting at first. Let me think about the classes.

I remember more upper-level classes. I had to take physics labs, and I remember my lab partners. And there was one young guy – a grad student who was a lab instructor – who was really, really helpful and nice.

I always felt like all thumbs in the labs with the equipment. I had to take an electrical engineering course, too. And it's like, "Oh, I don't know what I'm doing here!" We had to make a vacuum tube and blow the glass. And it's like, "I don't know how to do any of this." And I remember this TA telling me, "Don't worry
about it. The guys don't know any better than you. They just don't admit it. Ha, ha, ha." I remember a lot of challenges, but also a lot of nice people and a lot of interesting experiences.

SOLOMON: So how would you consider your overall experience at MIT?

WHITE: I'm positive about it – not in every respect, but I am really glad I went here. I enjoyed it a lot when I was here, even though it was hard. Now, I got married between junior and senior year, and it's interesting: my husband [Benjamin White, SB Mathematics 1967] was the same year as I am. I met him the first day I was at MIT. I was signing up for the orchestra and he was not, but he was hanging out with somebody who was. Then we dated a few other people along the way, but we ended up getting married, as I said, after three years.

And after we got married, his grades and his school performance just got better, and mine got worse. I think I just had too many distractions. We were living across the river in Allston, so I was commuting back and forth instead of being in the dorm. And I had it instilled in me to be more of a traditional wife, so I don't think that getting married helped my MIT career. Probably could have been different for other people, but not for me. For him, it was good. But overall, yes, I'm very glad I went here. I thought I got an interesting four-year experience, learned a lot, although much of it I haven't used much since then.

SOLOMON: I know you initially wanted to go to grad school for physics. Can you tell me a little bit more about that?

WHITE: Well, I did go to grad school for one year, and my husband wanted to go to grad school, too. So we applied to various grad schools, and the only one we both got into with some financial aid, so we could afford to go – because my parents were no longer supporting me at that point – was University of Arizona. So we packed up and headed out to University of Arizona right after we graduated. And I did one year of physics grad school there. He did a year of math. Now, that was at the height of the Vietnam War, and there had been a deferment for graduate students, which disappeared the first year of grad school. So my husband got called in for a physical.

At that point, he kind of balanced: Should he just volunteer and see if he could get an assignment that he would like, or should we just leave school? And after a lot of thought, we ended up leaving. I didn't get a degree. I had most of the credits for a master's. He ended up getting a master's, but we left MIT--

SOLOMON: University of Arizona?
WHITE: Excuse me, the University of Arizona. And he got a teaching job. And in those days, high school teachers got a deferment.

So he got a teaching job in Rhode Island, and so we packed up the next summer and headed back to Rhode Island. And I got a job with Raytheon Submarine Signal Division there, but then I got pregnant. And another thing that's very different from today, that in those days you are not allowed to work the full nine months. They bounced you from a job.

In fact, they felt it was very generous, because not too long before I started that job, which was '68-- Once they became aware you were pregnant, which is usually about four months, you had to leave your job. But they had gotten much more generous. Now you could leave at-- I think it was seven months you could work.

So I worked for the seven months, and then I went home and sat around, twiddling my thumbs for two more months before my son was born. The world has changed a lot in these 50 years – for the better!

SOLOMON: And that was all the work you did after University of Arizona?

WHITE: Well, I've done lots of things since then, but that was the work I did then. We were there for two years, and my husband did high school teaching. He taught math at the local high school for one year. That was Newport, Rhode Island, and then he got a job at Raytheon.

When our son was born, he got a deferment because, again, parents could be deferred. So we spent that year trying to figure out what next. My husband wanted to go back to grad school and get his Ph.D. in math. I had decided by then that I did not want to stay in physics, so I was unsure what to do with myself.

So I was home with a little baby, anyway. I spent some time just thinking about "What now?" And by the way, I should back up a little. When I went to the University of Arizona, what I discovered is that the experimental physics course that I had gone through was not great preparation for a physics career. I didn't have good basis in classical physics, because they really didn't do it with us. And it's interesting, because when I talked to Gail, she had been a physics major also. I talked to her last night. She had exactly the same experience, and for exactly the same reason she changed out of physics after a year of grad school. So we were the guinea pigs.
SOLOMON: Perhaps MIT realized that was not a good idea. We're back to classical physics, first thing!

WHITE: Yes, I think they did. It's too bad. But anyway, my husband was accepted to the Courant Institute [of Mathematical Sciences] at New York University. He wanted to be an applied mathematician, not a pure mathematician, and they have an excellent program at NYU. So we moved to New York City. We actually moved to Staten Island when my son was about six months old. My husband was going to graduate school at night at NYU, and he got a computer programming job with this little company called Time Sharing Resources during the day. And that's how we supported ourselves, because he didn't get any financial aid that year. And after one year-- Well, I decided during that first year to apply to law school. And the reason I picked that was because I thought there were a lot of things you can do with a law degree. And so I wouldn't feel like with a physics degree, there are only a limited number of things you could do.

So I went ahead, took the law exams, the LSATs, and eventually applied. I think I entered Rutgers Law School in Newark because it was very cheap and they gave me a good financial aid package. Again, we'd been self-supporting since actually our last year of college, so we were always tight on money.

I not only got financial aid; my husband got financial aid. He got a research assistantship and instructorship, and we both took on some computer programming work for another little company called Market Data Retrieval. It was very part-time, but it paid really well. So we were both programming at night, and we did that for the next couple of years.

And law school was very different from undergrad or physics, but it was interesting. It's not like being a lawyer, but it was OK. And the other thing about Rutgers is there were a fairly large number of women, relative to most law schools in those days. It was probably a quarter women, anyway, so there were a lot more women around.

SOLOMON: You said MIT didn't really prepare you for the University of Arizona's physics program. For Rutgers Law School, was there any way MIT did a better job or worse job?

WHITE: Well, I think I did OK at law school. And I think that's more just training in logical thinking and study skills. There's a lot of reading. I mean, it's a huge amount of reading in law school. But there was a lot of work at MIT, too, but it's a different kind of work.
SOLOMON: But perhaps you picked up the discipline along the way?

WHITE: I'm sure I did, and my law school went fine. It went well. It was interesting. It's a strange experience, because in law school, at the end of the first semester a lot of students dropped out. I think a lot of them found it was either not what they thought it was going to be, or it was just too hard or they didn't have the study skills. Anybody who made it after the first semester I think probably made it the rest of the way through.

SOLOMON: Where did you work after you graduated from law school?

WHITE: Well, first of all, while I was in law school-- The only job I had before law school, of any significance, was working for Raytheon for a while, until I had to leave. While I was in law school, of course, I did computer programming, and then during the summer between my second and third year of law school – and it's a three-year program – I got a summer associate position at a New York City law firm. Not one of the super biggies, but a fairly well-known one called Stroock & Stroock & Lavan. And I was a typical summer associate there. I kind of tagged along to meetings, and probably went to court once or twice, sitting in on meetings and learning a little bit of the ropes, as well as getting some research assignments, and so on. And it was an interesting experience.

The other thing is, I got pregnant again that summer, and my younger son was born my last semester of law school. Right before spring break, I ended up with two kids. And I had already one child when I started law school, so I was dealing with preschool for a while and babysitters.

SOLOMON: Can you tell me any more about the work-life issues you had?

WHITE: Well, it's varied with the years. But certainly, with the family and with children – and again, I've already mentioned that as an undergrad, even that last year that I was married, I felt like it wasn't helpful to be married, for me – but being a parent, it's a 24-hour responsibility.

But my husband and I were very careful to split it up as evenly as we could in terms of childcare. It was challenging. The main challenge was dealing with a little baby. I mean, I took basically probably a year or two off when my older son was born before I went to law school.

When my younger one was born, I was in the last semester, but I was only a couple of months off graduating. And I had a very light load that last semester, deliberately, because I knew I was going to become a mother again. So after I
graduated, I did not start working until 11 months after my second child had been born, and then I started working three days a week.

We moved to California immediately after I graduated law school. My husband got an offer from Caltech, an instructorship. So we moved to California; we lived near the campus. And most of that first year out there, I wasn't working. I started thinking about going back to work, and I got a call from the law firm I had worked for. They had just opened a Los Angeles office, and they were interested in knowing if I wanted to come in and work for them. So I talked to them. They were willing to do a part-time schedule for me. I started working for them, whenever it was, 11 months after my son was born – so it was probably around January, February of '76.

I stayed there about a year and a half, and I think I worked part-time that whole time. I think it was three days a week, but this many years back. I don't know for sure. And it was challenging. But Ben was an instructor, so he had some flexibility in his schedule, too. And we just kind of juggled, which all parents do if both work.

SOLOMON: Do you have any advice for women who are thinking of going to MIT or in the middle of their MIT experience?

WHITE: Oh, goodness. Well, it's a somewhat different world out there, but it probably isn't any easier for women; maybe different issues. First of all, you cannot do everything, but you can do a pretty good job at a lot of stuff. So it is possible to have a very good career and also raise kids.

One of the positives for me was, as my children grew older-- By the way, I stayed at that firm for about a year and a half, and then I went to an in-house position with Dart Industries Inc. And I stayed in in-house positions ever after that, but those were all full-time jobs. And they were quite full-time. I mean, they were more than 40 hours a week, frequently.

My husband was very helpful. We gradually evolved a sharing program for taking care of kids. We also realized once we had two incomes, two full-time incomes, that we could afford to get people to help us.

So we hired people to help with the kids when we were at work. We hired people to clean the house. We tried to only do things that we had to do, and then we had a kind of a deal where we'd alternate nights, come home on time, and make sure there was dinner, get the kids to bed, read to the kids – all the
stuff. That makes a big difference – to have a partner who will pitch in and share the load. I know people do it alone, but I don't know how they do it.

SOLOMON: So you did the full-time position from then on, until you retired?

WHITE: Until I retired, there was a little break when we moved back east. We stayed in California for six years. And at that point, I had just actually taken a fairly new job with another company in Beverly Hills, American Medical International, Inc., again an in-house position, which I liked.

And my husband was at Jet Propulsion Lab. He was at Caltech three years, then JPL for three years. And he got an offer, kind of out of the blue, from Exxon Corporate Research in New Jersey, and it was a really good offer. So we kind of agonized over it and finally decided that it was worth taking it, even though I had to leave a job that I hadn't been in that long that was a good job.

So we picked up and moved back to New Jersey, and then it took me probably eight or nine months to find a job. It was a challenging time. There were not a lot of positions open. But eventually I did find an in-house job with Sealed Air, and I stayed there from '82 until I retired in 2013, so it was 31 years.

It worked out well for me. But that was another issue we always had-- And in fact, I told him if we moved back to New Jersey, that I wasn't willing to move again, which probably was not so great for his career. But he was OK with it.

And then he ended up retiring in 2006. I didn't retire until 2013, but he wanted to sail. He had had a sailboat for many years, but he sailed it down to the Caribbean after he retired. He started spending winters on his boat in the Caribbean. And I was still working. But it worked out fine. He still does that. I don't even remember what the question was!

SOLOMON: And then after that?

WHITE: Well, I retired. By the way, I had a very successful legal career as a corporate lawyer, including 15 years as a general counsel heading a legal group of about 20 lawyers and many paralegals and other support personnel. I enjoyed it a lot. It turned out maybe getting out of physics was a very smart idea, because I don't think I was really suited to it.

I will say one other thing, that it was a challenging time, and it may even still be a challenging time, to be a woman in science – and even to be a man in science, to some extent. Because so much, particularly academic science, of getting
ahead is kind of who you know, who will put in a good word for you. If you're the kind of person I was, rather shy and standoffish, I don't think I could have made a go of it, even if I had not been in that special physics class.

Law, and probably there's some other professions also-- What's great is you come in with the credentials, and that opens doors pretty readily. And then if you just do a good job with whatever your position is-- I think that was true. Believe it or not, everybody grumbles about women in the workplace, but in corporations, the opportunities for women were much better, at least in my view, than in [in the] academic [world]. I mean, women do make a go of it, but it's hard if you don't have somebody pulling for you or pushing for you.

I think my husband has much the same view of it. He went into Exxon Corporate Research. Then it became ExxonMobil. He liked it a lot, although the corporate politics really sometimes got to him. But repeatedly he's told me he was happy he didn't stay in academia, from what he saw just in Caltech, and also [from] a lot of his colleagues who had academic careers, people that he worked with on papers and stuff.

SOLOMON: And then your post-retirement?

WHITE: Oh, post-retirement has been kind of quirky. When I was still working, I was always trying to stay fit. When I was in my late 40s, I started going to the gym and doing classes, because I put on a fair amount of weight. And all the cardio I did didn't seem to help with the weight. And then I started lifting weights on my own at my local gym and went on a diet, and I lost a lot of weight and felt a lot better. Eventually, I started competing in powerlifting!

SOLOMON: Quite different from law!

WHITE: Absolutely different, yes. That was my hobby the last few years I was working. And while I was working towards those last few years and I knew I was going to be retiring soon, I'm thinking, "What am I going to do? I don't want to stay home and do nothing." I wasn't interested in a legal nonprofit or doing volunteer legal work. I figured I'd done enough law, although I did seriously think about it, or going on company boards or something. But I finally started thinking about opening a gym and running my own little business.

The gym I was a member of at that time was obviously failing. And my husband was also kind of a gym rat, although not serious about competing or anything. So he and I talked to the owners of the gym and thought about buying the gym from them, but it turned out they really didn't own anything to sell to us.
All of their equipment was leased, the space was leased, and they owed a ton of money. And they had back taxes they had to pay, so forget it. We were not going to buy this business. So we just waited, and they failed. They closed down. The landlord pursued them for the back rent. We went and talked to the landlord and said, "We would like to rent that space." We talked to the equipment leasing company and said, "We don't want your equipment. It's not good equipment. Come take it out." And we took over the space, bought new stuff. And I've been running that gym ever since. It's four years now. And I still compete. I compete at a master's level, which is the older age groups, but it's fun. It's tons of fun.

SOLOMON: Is there anything else about MIT or other aspects of your life you'd like to mention?

WHITE: Probably, but I'm not sure I can think of them right this minute. I think MIT is an excellent school, and I personally think everybody, men and women, should have a good understanding of science and a smattering of engineering knowledge. I think it's part of what everybody should know to be a knowledgeable citizen of our country and our world. And for that reason, if no other, I think it's a great place for men and women to come to school. I'm a big supporter of MIT.

SOLOMON: Thank you so much.

WHITE: Thank you! What's your major?

SOLOMON: I'm going to be studying computer science and possibly also electrical engineering. But for now, computer science.

WHITE: OK. Yeah, my brother went to Carnegie Tech. And he was an EE major, but he has worked in the IT area for years. He worked for a big company out in California. He's also retired for a number of years – he's a couple years younger than I am. But good luck to you.

SOLOMON: Thank you!