

Individual Project/Program/Event

Westchester Branch

Explore Your Opportunities – The Sky's the Limit

Our Explore Your Opportunities the Sky's the Limit conference moves the mission forward by advancing equity for girls through advocacy and education by introducing them to STEM subjects and careers in a relaxed, fun, atmosphere. The seventh grade girls participate in two hands-on workshops, use a Mystery Women pamphlet to match women with their bios and meet other girls and discuss the day's events at breakfast and lunch. Our goal was to take action on an education issue to remove the barriers that AAUW research has shown cause 7th grade girls to drop out of STEM courses and to enable the girls to find that women who have studied STEM courses and have STEM careers are friendly and interesting. We also seek to promote our branch as an important resource for breaking down barriers and working for equity in education for girls and women. Our actions steps and timeline for planning are attached. On March 19, 2011 we will hold our 8th conference. In March 2010 we changed our site and partnership to The College of Mount Saint Vincent. In 2011 our AAUW banner will again be hung at the entrance to the College of Mount Saint Vincent. Visibility is high as all students, parents and educators receive AAUW pamphlets in their folders. We have a membership and AAUW info table. All middle schools in Westchester are contacted about the conference. We have been successful in enrolling diverse, underserved students. Students will come from Yonkers, Peekskill, Mount Vernon and New Rochelle. The impact on the community is very positive. Schools take responsibility for registering their students, some pay the \$12.00 registration fee for them, ask teachers to volunteer to attend and arrange for school buses to facilitate participation. Educators, parents and students give up a Saturday to participate. We act as a catalyst for the girls to both think that it is possible for them to attend college and to open new areas for them to consider studying. The enjoyment and pleasure shown by the students is obvious and contagious. Many volunteers sign up for the next year on the spot. We learned that hard work and the efforts of many volunteers, working as a team, enabled us to accommodate a larger number of students and still be ready on time for this year's conference. We have 250 students already enrolled, the largest number in the history of the conference. We also collect evaluation sheets which give us high marks for success from the students. Adults appreciate our professional, detailed, approach and format. Based on evaluation of the adult, origami as math, workshop last year, we are changing the format this year. We hope to expand the number of student attendees next year. However, we will also have to evaluate the number of students at which point the conference will feel too big and will lose its warm, relaxed feeling.

Thank you for considering our branch for the Twenty-First Century Individual Award in the education category.

Selena Barron



**Explore Your Opportunities--The Sky's the Limit!
 Saturday, March 19, 2011
 -by Wilma Gitchel, Co-Director**



Our Explore Your Opportunities--The Sky's the Limit! conference will be held on Saturday March 19 at the College of Mount Saint Vincent--a day that is fast approaching. As I write this, we are gearing up for our planning meeting on February 12th. We expect that virtually everything will either be in place by then, or well on its way to completion. Lorrin Johnson and I have list upon list, we are checking them twice, our planning committee is feverishly working on last minute preparations, and we are crossing our fingers for good weather. We'll never top the wonderful warm sunny weather we had last year, but we can hope.

Registration applications have been coming in, and we expect an avalanche over the next two weeks. Many of the larger schools will be sending their limit of 20 students each, in buses. They have tended to arrive earlier than our published 8:30 a.m. start time and we have fun sorting out the crush, getting them checked in, and settled in the cafeteria where they can get breakfast and start interviewing the *mystery women*.


The workshop assistants will arrive to escort the students to the auditorium for the opening session. We are excited that our keynote speaker this year will be Lindsay Lindstrom, an Academic Developer Evangelist for Microsoft Corporation.

The workshop assistants will then escort the students to their first workshop session. After a break, during which the students will have a snack and more opportunities to meet the Mystery Women, they will transfer to their second workshop session. After a wrap-up session in the auditorium, everybody will return to the cafeteria for lunch and more *mystery women* opportunities. The day ends with an optional campus tour.


We are looking forward to this, our eighth year, and lots of excitement. We are grateful for the warm support we receive from the members of the Westchester Branch--many shouldering serious responsibility as members of the planning committee, others providing much needed assistance on the day of the conference, and of course generous financial support. Thank you, all.


Help AAUW Celebrate a Legacy of Leadership Through Service!


Yes . . . I want to help the American Association of University Women interest girls in opportunities in science, technology, engineering and math (STEM) through the Explore Your Opportunities--The Sky's the Limit! conference. Here is my tax-deductible contribution for: \$ _____

 **Benefactor (\$500 or more)**

 **Friend (\$25)**

 **Supporter (\$100)**

 **Other \$ _____**

 **Contributor (\$50)**

Donations totaling \$25 or more, received by February 25, 2011, are included in our Conference Journal

Name: _____

Please indicate below how your name should appear in the Conference Journal

Address: _____

Phone: _____

Your contribution to the AAUW-EYO conference is tax deductible within the limits prescribed by law. Please mail completed form and check payable to AAUW-NYC with "EYO" on the memo line to: Carol McMillan, 14 Lyon St., Rye Brook NY 10573
 Making a Difference - AAUW in partnership with the College of Mount Saint Vincent.



AAUW

SAVE THE DATE

Eighth Annual

Explore Your Opportunities The Sky's The Limit!

A hands-on exploration of careers for
7th Grade Girls in NYC & Westchester
in Science, Technology, Engineering, & Mathematics

Saturday, March 19, 2011

8:30 a.m. – 2:00 p.m.

College of Mount Saint Vincent, Riverdale (Bronx), NY



Organized by the American Association of University Women, New York City,
Westchester, and Manhattan Branches and the College of Mount Saint Vincent

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www.aauw-eyoconference.org

original in color

AAUW EYO Conference March 19, 2011 Time Line

<u>Target Month</u>	<u>Target Range</u>	<u>To Do</u>	<u>Committees</u>	<u>Done</u>
As of Nov. 13, 2010				
June	minus eight to seven months	<ul style="list-style-type: none"> * Choose Conference chair(s) * Choose Committee chairs * Set planning meeting schedule * Establish report schedule (deadlines) 	<ul style="list-style-type: none"> Planning Planning Planning Planning 	<ul style="list-style-type: none"> Done Started Done Done
July/Aug	minus seven to six months	<ul style="list-style-type: none"> * Date and Site finalized * Register Conference with Math/Science netwk * Determine number of participants * Altrusa Ask Letter * First Planning Meeting * Program committee starts organizing * Job Descriptions * Enlist workshop presenters * Planning Meeting 	<ul style="list-style-type: none"> Facilities Co-Director Planning Development 	<ul style="list-style-type: none"> Done Started ? Not held Started Started Done Done Done Done Done Done
Aug. Sept.	minus six months	<ul style="list-style-type: none"> * Set deadline schedules * Determine food requirements * Planning Meeting * Evaluation forms review for revision * Evaluation forms ready for printing * Evaluation forms printed * Fundraise or solicit donations * NYC Memorial Fund Ask Letter 	<ul style="list-style-type: none"> Program Co-Director Diona Westchester B. Sarver Food CMSV 	<ul style="list-style-type: none"> Started Started Done Done Done Done Done Done
Sept. 11 Sept. October Oct. 16 Oct. 23 Oct. 25	minus five months	<ul style="list-style-type: none"> * Workshop and program organization completed * Keynote speaker selected * Planning Meeting * Create Save the Date Postcard * Create Save the Date Poster * W-Organize e-mail and/or snail maillist for Save the Date 	<ul style="list-style-type: none"> Development Development 	<ul style="list-style-type: none"> Started Done
Oct/Nov	minus five to four months			Started
Nov. 13 Nov. 13	Before Thanksgiving		<ul style="list-style-type: none"> Program Program CMSV Not doing this Brochure Linda-counselors Carol McMillan-Prins. Adult/Student Recruit 	<ul style="list-style-type: none"> Started Done No Started
	After Thanksgiving			

AAUW EYO Conference March 19, 2011 Time Line

Dec. 1	Dec. thru Feb.				No
Ongoing		* Send Save the Date Postcard via snail mail ???		Not doing this	
Dec. 11		* Fundraising to Westchester Branch Members		Development	
Dec. 10		* Review rough copy of conference brochure		Planning	
Dec. 12		* Planning Meeting		CMSV	
Dec.13-27 N.B.		* Final Conference Brochure deadline		Program/Brochure	
Dec. 19		* Final Conference Brochure to Proofreaders		Brochure/Publicity/	
Dec. 27		* Barbara Sarver on vacation		Proofreaders	
Jan. 5		* Proofreading completed		Brochure	
Jan. 5		* Conference Brochure to printer		Brochure	
		* Conference Brochure from printer		Webmistress	
		* Conference Brochure on website		Food	
		* Negotiate Food Contracts		Registration	
Jan 2	minus three to two months	* Plan & organize registration procedure			
		* Mystery Women recruitment begins		Program	
Jan 3		* Begin publicity in schools		Adult/Student Recruit	
Jan 3		* Volunteer recruitment begins		Volunteer	
		* Westchester sending mailing out		Student Recruit	
Jan. 14		* Planning Meeting		CMSV	
Jan. 8		* Contribution acknowledgements sent for prior tax year		Development	
Jan. 31		* Distribute conference brochures		Publicity, Adult	
Jan/Feb	minus two to one month			Recruit, Student	
Jan/Feb		* Recruit photographers (2)		Steering	
Feb		* Contents of packets finalized		Materials	
Feb. 12	minus two to one month	* Site plan--physical visit		Volunteer, Food,	
		1. volunteers; 2. workshops		Facilities, Program	
		* Mystery Women recruitment complete		Program	
Feb. 12		* Deadline for Volunteer list for Journal		Volunteer Coordinators	
Feb 25		* Deadline for all copy--Mystery Women Booklet			
Feb 25		* Deadline for all copy--Program Journal		College	
Feb 25		* Final Planning Meeting		Brochure	
Feb. 12		* Journal & MWB to proofreaders		Registration	
Feb. 26		* Evaluation forms printed and delivered to co-director		Proofreaders	
Feb. 26		* Close Registration--Feb 26			
Feb. 26		* Proofreaders turn in all corrections (Roli, Linda, Wilma)			
Feb. 27					

AAUW EYO Conference March 19, 2011 Time Line

Feb. 28	* Journal & MWB to printer	Brochure
Mar. 3	* Orientation Meeting (Thursday 6:00 p.m.)	CMSV Cafeteria
Mar. 5	* Orientation Meeting (Saturday 10:00 a.m.)	CMSV Cafeteria
March 6	* Confirm presenters	Program
	* Confirm all presenters A/V and set ups	Program
	* Confirm Workshop Leaders	Program
	* Confirm Mystery Women	Program
	* Packet items to Packet Committee for stuffing	Materials
	* 2 - 6 p.m.	
March 11	* Confirm all Day of Crews	Program/Volunteer
March 12	* Final status from each Committee Chair	All Chairs--Steering
March 17	* 2 - 6 p.m.	
March 19	* First arriving volunteers check in with facility security (7:00 a.m.)	Facilities
	* Set-up volunteers and registration volunteers arrive at least one hour before registration (7:30 a.m.)	Registration/Program
	* Throughout day, receive and assist volunteers to arrive at assigned locations five to ten minutes before scheduled delivery or activity	Day-of volunteers All volunteers!
	* Clean up and room sweep crews begin work at time last activity ends	
	* Inform security when packed and ready to go	Facilities
March 26	* Select Photos for thank you card	
April 2	* Thank you card from printer	Steering
March 31	* Contribution acknowledgements sent for this tax year	Development
April 9	* Wrap-up Meeting	CMSV
4/30/2010	* Scientists' Brunch	CMSV
June 30	* Close books	Treasurer
June 30	* Contribution acknowledgements for any late arrivals	Development

WORKSHOP LEADER FOLDERS

- Sticker with name & Workshop
- Name Badge & Insert
- Campus map sticker
- Journal
- MW Booklet
- Pen
- Plain paper for notes
- Volunteer Evaluation form
- NYC Branch Brochure
- Westchester Branch Brochure
- Invitation to Scientists' Brunch
- Conference flow
- Attendance Sheet
- Workshop evaluation forms
- Cell phone list

WORKSHOP ASSISTANT FOLDERS

- Sticker with name & Workshop
- Name Badge & Insert
- Campus map sticker
- Journal
- MW Booklet
- Pen
- Plain paper for notes
- Volunteer Evaluation form
- NYC Branch Brochure
- Westchester Branch Brochure
- Invitation to Scientists' Brunch
- WA Assignment sheet
- Conference flow

VOLUNTEERS' FOLDERS

- Sticker with name & Workshop
- Name Badge & Insert
- Campus map sticker
- Journal
- MW Booklet
- Pen
- Plain paper for notes
- Volunteer Evaluation form
- NYC Branch Brochure
- Westchester Branch Brochure
- Volunteer Assignment
- Conference flow
- Workshop name & room number list
- Cell phone list

EYO FOLDER CONTENTS—March 19, 2011

STUDENT FOLDERS

- Sticker with name & workshop assignments
- Campus map sticker
- Journal
- MW Booklet
- Name badge & insert
- Pen
- Plain paper for notes
- Student Evaluation form
- NYC Branch Brochure
- Westchester Branch Brochure
- Certificate
- Conference flow (Mary Kay)

ADULT FOLDERS

- Sticker with name & workshop assignments
- Campus map sticker
- Journal
- MW Booklet
- Name badge & insert
- Pen
- Plain paper for notes
- Adult Evaluation form
- NYC Branch Brochure
- Westchester Branch Brochure
- Conference flow

MYSTERY WOMEN FOLDERS

- Campus map sticker
- Journal
- MW Booklet
- Pen
- Plain paper for notes
- Volunteer Evaluation form
- NYC Branch Brochure
- Westchester Branch Brochure
- Invitation to Scientists' Brunch
- Conference flow

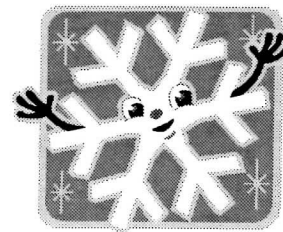
WORKSHOP DESCRIPTIONS

We do our best to accommodate your workshop choices. If your choices are full, we will place you in other workshops. We think they are all terrific and you may discover some great careers you had not considered before.

1. Blizzard in a Bottle!

Create a "snowflake crystal" scene in a jar using Chemistry.

Denise Beautreau, B.S., M.S., Laboratory Supervisor and Adjunct Lecturer, Mercy College, Dobbs, Ferry, NY



2. Cool Web Design

Learn the basics of HTML and Javascript by making your own "Web Page"

Mary Curtin, BBA, M.S., DPS, Adjunct Assistant Professor Pace University and St. John's University, Senior Passport Specialist, U.S. Department of State

3. Carbon Makes the World Go 'Round!

Understand climate change and carbon cycling by following carbon atoms traveling through space and time.

Lily Leon, B.A., M.A., Campus Laboratory Technician, LaGuardia Community College

4. Brain Games

See a brain and learn some of the mind boggling things a brain can do from making memories to controlling emotions.

Jenny Libien, M.D., Ph.D., Assistant Professor, Department of Pathology, SUNY Downstate Medical Center, Brooklyn, NY

5. "How Different is Your DNA?"

Compare your DNA to the DNA of a strawberry, an onion, and a chimp! Learn to extract DNA and observe it under a microscope.

Siva Ramakrishnan, B.A., M.A., The American Museum of Natural History

6. Hands-On Cosmetic Chemistry

Step into the laboratory and design your own cosmetic potion.

Barbara Crockett, B.S., M.S., Manager of Corporate Skin Team, Lisa Qu, B.S., M.S., Manager of Corporate Skin Team, Ruby Del Aguila, B.S., Estee Lauder Companies, Inc.

7. Your Brain Has a Mind of Its Own!

Explore ways that "your brain plays tricks on your mind" by trying out some classic experiments in auditory and visual learning and visual illusions. Prepare to learn how to make a normal brain get a little drained.

Amanda W. Doll, Ed.M., BCBA, Educational Therapist, Westchester and Rockland Counties



8. Probability Play!

Explore the strategy and mathematics of popular games.

Kristin Savage, B.A., Vice President, Ziff Brothers Investments

9. It's a Sugar...It's a Base...It's DNA!

DNA is the essential building blocks of life. This complex molecule is the basis of heredity and directs the synthesis of proteins. Discover the structure of DNA and learn how to isolate DNA from your own cells painlessly.

Agnes Wong, B.S. and Jeanette Sutherland, B.S., M.S. PhD candidates, New York Medical College

10. Tomorrow's Nurse

Play "Organ-ize", a fun game that will test your knowledge of what's inside of you and where it all goes. Can you solve the life-size puzzle that you create? In between, we'll talk about the many opportunities a career in nursing can offer.

Regina Tancredi, RN, BSN, Clinical Educator/Manager, Visiting Nurse Association of Hudson Valley

11. “Spice It Up!”

Explore the world of herbs and spices and learn about the role plants have played in ancient and modern societies. *Angelica Patterson, B.S., Biological Research Assistant/Program Manager, Biological & Environmental Sciences, Barnard College*

12. Food for Thought

Determine the presence of protein in food items. Learn the biochemistry of proteins and their importance within the diet.

Julia Chillemi, M.A., Teacher, New Rochelle High School, New Rochelle, NY

13. Got Music?

Keep track of your iPhone’s music by building a simple database.

Aimée Tañón, B.S., President, Tañón Consulting LLC, Adjunct Professor, Fashion Institute of Technology, NY

14. Plants for People

Discover the fascinating ways that plants help us every day.

Jessica Arcate Schuler, B.S., Manager of the Forest, The New York Botanical Garden

15. Hollywood Math: How to apply your math & science skills to the world of movies!

This workshop will give students ideas of how to apply their math and science skills to the film industry, whether it is from writing math fiction, math consulting on scripts, or camera operation

Katie Madonna Lee, BFA, Freelance Writer, Director, and Editor



WORKSHOPS FOR ADULTS

1. Origami + Fun With Math = (Good Times)²

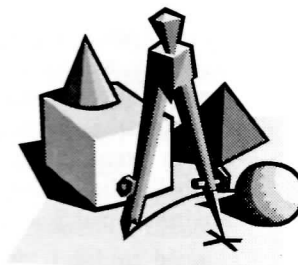
Use geometry and colorful paper to fold wonderful origami creations to take home. Learn about the importance of origami in math research.

Karen R. Wellington, M.A., Math Coach, Fordham School of the Arts, District 10, NYC Dept. of Education

2. How Will We Pay For College?

Hear and discuss how to begin to look at the cost of higher education. Ask questions and share ideas.

Monica Simotas, BA, MSW, MBA, Director of Financial Aid, College of Mount Saint Vincent



TO THE IMPORTANT ADULTS IN GIRLS’ LIVES

“I was never good at math or science”

Have you ever used this phrase? If so, take a moment to think about the message you’re sending to a girl who looks up to you. Studies show that young girls enjoy math, science, and technology just as much as boys do. Yet, by eighth grade, twice as many boys as girls show interest in careers in these fields. As a result, only 22% of engineers and scientists are women – even though women make up nearly half the workforce. If this pattern continues, many of today’s girls will miss out on the jobs of the future. Visit www.girlsgotech.org for the “Girls Go Tech” booklet, an excellent resource for helping girls.