Expanding
Your Horizons
Friday, March 25, 2016

Please Print

Student Name __________________________  FIRST  LAST

Telephone _____________________________  City

School ________________________________

Grade __________ Special Needs __________________

E-mail _________________________________

Registration closes March 11th or earlier if filled.
For more information, see your school counselor, or visit
http://lakewashington-wa.aauw.net

Workshop Preferences
You will be assigned to three workshops. Place your workshop number choices in the blank spaces below. Please explore a variety of professions. By indicating nine workshops you improve your chances of getting workshops you have chosen.

1. ______________ 4. ______________ 7. ______________
2. ______________ 5. ______________ 8. ______________
3. ______________ 6. ______________ 9. ______________

Student Fee $20 (non-refundable) covers lunch/materials.
Your school must be notified of your plan to attend this conference before mailing in your registration. No confirmation will be mailed; your counselor will be notified of your registration. Students registering independently may check registration status at gogirlseyh@gmail.com

Registration forms must be postmarked by March 11, 2016.

Make checks payable to: AAUW / HS EYH
Mail to: Expanding Your Horizons
16602 NE 18th Street
Bellevue, WA 98008

EDUCATORS AND PARENTS – PLEASE USE SEPARATE ADULT REGISTRATION FORMS
Adult program & registration forms are available at http://lakewashington-wa.aauw.net.

Questions: gogirlseyh@gmail.com
Expanding Your Horizons
Friday, March 25, 2016
7:45 a.m. – 1:00 p.m.
Conference Schedule
7:45 – 8:15  Check in – Bellevue College cafeteria
8:30  Session 1 Workshop Begins
1:00  Conference Ends

Workshops

1. You’ve Got the Power!
Providing energy while minimizing the impact that we have on the climate is a major challenge facing us in the world today. Some hands-on experience with electrical circuits gives you a chance to explore it.
Maureen Albi, Territory Account Engineer; Marsela Jakub-Wood, Bridget Cuddihy, Power System Engineers
SCHNEIDER ELECTRIC

2. Working Agile: How to Move Forward By Looking Back
Retrospectives are a critical technique for building amazing software. They improve both the development process and the outcome by surfacing what’s working and what’s not. We’ll cover the characteristics of great retrospectives and learn some common pitfalls.
Sarah Bird, CEO; Jessica Stipe, Executive Assistant
MOZ

3. Stuck in Traffic? What Do We Do?
Learn how we analyze traffic conditions and develop strategies to help solve problems for drivers, transit riders, bicyclists, and pedestrians.
Michelle Brown, Jennifer Barnes, Senior Transportation Engineers
HEFFRON TRANSPORTATION, INC.

4. Family Practice: Health Care from Cradle to Grave
Learn how interesting our work lives are and why we like our jobs so much. Listen to heart sounds; examine eyes and ears. What education is necessary for this kind of work?
Constance J. Brumm, MD; Rebecca M. McKanna, ARNP
BELLEVUE FAMILY MEDICINE

5. Come to Your Senses
Learn how your brain can interpret and respond to external signals (like pressure, temperature, and light). Hear from neuroscientists who study how the brain works.
Stephanie Bucks, PhD Scientist; Sarah Pickett, Graduate Student
UNIVERSITY OF WASHINGTON

6. Trigonometry Without Words
Using a geometrical approach to solving trigonometric identities, you will become more fluent in the geometry of circles and rectangles which are very useful and helpful going forward with Physics or Mathematical studies.
Rini Chakrabarti, Usha Raman, Instructors
BELLEVUE COLLEGE

7. User-Centered Web Strategy
We search the web millions of times a day. Data is available for interesting insights about our culture and customer interests. Dive into the data and learn the ways it can be used to make customer-centric websites.
Heather Champion, Content Taxonomist
ALL RECIPES.COM

8. Medicine Woman
Explore the exciting field of pharmacy. Experience what it is like to compound your own product and customize it to your needs or preference. This could be the start to your future career in pharmacy!
Kara Chao, Renee Johnston, Pharmacy Dept.
SWEDISH MEDICAL CENTER

9. Visualizing Diagnostic Tools for Automated Pathology Detection
Medical Images can help diagnose major pathologies in a matter of seconds. Learn about the latest tools that can change healthcare.
Sohini Roy Chowdhury, Assistant Professor, Dept. of Electrical Engineering
UNIVERSITY OF WASHINGTON, BOTHELL

10. A Great Technology Needs Great Marketing
You may have created an amazing technology product but how do you drive customers to adopt your product? Learn how to create a marketing strategy using a real problem faced by Microsoft Cloud.
Teresa Conte, Senior Product Marketing Manager
MICROSOFT

11. Engineering Behind Your “Morning Java”
Millions of cups of coffee are consumed every day. Learn how science and engineering combine to create a delicious drink while brewing up your own cup!
Grace Czajkiewicz, Industrial Engineer; Mickey Downey, Controls Engineer, Anthony Colosimo, Chemical Engineer
KEURIG GREEN MOUNTAIN

12. The Vein Whisperer
Learn how a phlebotomist can make a difference in patients’ lives. Vein experts are necessary for many healthcare careers including nursing, laboratory technicians, medical assistants, IV technicians, paramedics, and many more!
Ilara DeCoursey, Teaching Faculty
BELLEVUE COLLEGE

13. Games As Work: Become a Game Developer
Learn about the Games Industry and use foundational computer science skills to create your first video game!
Katie Doran, Program Manager
AMAZON

14. CSI: Solving Crime with Fingerprints
Come develop fingerprints like a real CSI! You will apply the chemicals, develop and lift the prints. You will also get to see fingerprints “glow” with an alternate light source!
Rachel Forbes, Amanda Poast, Tammy Chaney; Latent Print Examiners; Amanda Corrigeux, Identification Technician
SEATTLE POLICE DEPT.

15. Ace Your Immune System
Examine 3-D acupuncture models and work with actual herbal samples. Learn actual clinical cases where Acupuncture and Herbal Medicine brought patients to balance and better health.
Mayme Fu, Acupuncturist and Herbalist
PEOPLE’S ACUPUNCTURE

16. The World of Microfluidics
We will explore fluid and colloids on the micro scale and discuss applications on the nano scale! We plan to create ferrofluid and “elephant toothpaste”. While based in chemistry, this workshop is multidisciplinary.
Belinda Garana, Angela Kimber, Students
UW, SOCIETY OF WOMEN ENGINEERS

17. Bridging the Gap
Working as a team, use popsicle sticks and glue to build a simple bridge. Then we’ll break the bridges! The bridge that supports the most weight wins a prize.
Stephanie Gardner, Program Integration Manager
THE BOEING COMPANY

18. Epidemics!
Discover how diseases like Ebola, flu and malaria spread in a population, and learn about what we can do to control epidemics.
Jaline Gerardin, Caitlin Bever, Research Scientists; Jillian Gauld, Postgraduate Research Scientist
INSTITUTE FOR DISEASE MODELING
19. The Future in Focus: Exploring Color in Light
Explore the colors in light with fun experiments in diffraction, polarization and color selection using liquid crystals.
Elizabeth Gerrish, Key Account Manager
ZEMAX, LLC

20. Dial Caliper and Engineering
Learn to precisely measure a cell phone, flower, or a dull point pen with a simple measuring device in this hands-on lab activity.
Kristi Grassman, Program Developer; Terry Hegel, Technical Specialist
AEROSPACE JOINT APPRENTICESHIP COMMITTEE (AJAC)

21. Writing About Data
Information derived from data serves little purpose unless it is interpreted and presented. We will look at where data intersects with journalism and visual arts.
Debi Griggs, Assistant Professor
BELLEVUE COLLEGE

22. Wanted: Guardians of Nature
Explore the ways that park rangers work with the environment! We’ll identify native plants, learn how to teach others about the natural world, and discuss different ways to protect nature.
Heather Hansen, Park Ranger
WASHINGTON STATE PARKS & RECREATION COMMISSION

23. Want to Change the World? You’ll Need DATA!
Look at a few data sets, learn a bit of Structured Query Language (SQL), and see if you see any patterns that could shape policy on the big issues facing our world.
Lisa Harris, BC Faculty
BELLEVUE COLLEGE

24. Pollution, Clouds, Climate & More!
Learn all about the physics & chemistry behind how clouds and smog form, and how the ozone hole opens! We will have several awesome chemistry demos & experiments!!
Jessica Haskins, Lexie Goldberger, Scientists
UW, DEPT. OF ATMOSPHERIC SCIENCES

25. Stitch a Chicken and Splint a Friend
Come learn and practice surgical suturing on chickens’ skins, splint your neighbor’s not-so-broken limbs and learn about the day-to-day activities of an orthopedic surgeon and PA-C.
Katie Henderson, Physician Assistant; Laurel Saliman, MD; Kathleen Moen, MD
SWEDISH MEDICAL GROUP

26. Knot Games
Did you know that mathematics includes the study of knots? Some mathematicians even study games! We will combine these two subjects and play games on diagrams of knots.
Allison Henrich, Associate Professor and Chair
SEATTLE UNIVERSITY

27. The Heart of Nursing
Do you know that nurses work in IT on Cruise Ships and as CEOs? We’ll look at nursing careers. We’ll see the inner working of a real cow heart and lung, and how organ dysfunction can affect our patients.
Melissa L. Hutchinson, MN, RN, CCNS, CCRN; Natina Dudley, RN, MSN; Collyn West, RN; Tarrah Calender, MN, RN
VA PUGET SOUND HEALTH CARE SYSTEM

28. Design Studio
Like art and science? Open up your imagination to product development! Learn creative problem solving techniques and how they apply to today’s design industry.
Sena Janky, Principal Interaction Designer; Kristin Wells, Industrial Designer/ Consultant
PHYSIO CONTROL; CAMP INVENTION

29. The Key to Your Heart
Come dissect sheep hearts and learn how this simple organ pumps blood to the furthest reaches of your body without skipping a beat.
Naomi Jones, Biology Instructor
BELLEVUE COLLEGE

30. Can You Save A Duck?
Oil spills can impact a duck’s habitat. Test out a few methods to clean up an oil spill and find out what works best to save a duck.
Sylvia Kawabata, Manager (former); Sharon Nickels, Contract Project Officer (former)
US ENVIRONMENTAL PROTECTION AGENCY – Region 10

31. Driving in the Fast Lane
Learn about Newton’s Laws of Motion as you construct your very own Rocket Car! Explore how symmetry, friction, and other variables play a role in the speed of your car.
Lynette Lopez, Zoe Seda, Manufacturing Engineers
THE BOEING COMPANY, SOCIETY OF WOMEN ENGINEERS

32. Managing Money in the Stock Market
Learn about an exciting career managing money in the stock market. We will discuss the day-to-day duties of an advisor and look at various websites pertaining to the stock market.
Shannon T. Loughery, Investment Advisor Representative
SELF-EMPLOYED

33. Ocean Observing Systems
Learn how scientists use an instrumented undersea cable array off the Oregon Coast to study hydrothermal vents and a subsea volcano. Use a CTD to take measurements of seawater.
Dana Manalang, Systems Engineer; Trina Litchendorf, Oceanographer
UNIVERSITY OF WASHINGTON

34. Let the Games Begin!
Do you like playing electronic games? Would you like to create your own? Explore electrical circuits while you construct your own game and challenge your family and friends.
Kristen Marquez, Manufacturing Engineer; Stephanie Lorber, Production Engineer
THE BOEING COMPANY, SOCIETY OF WOMEN ENGINEERS

35. You’re an Ichthy-What?
Ichthyologist = a person who studies fishes. Learn about the UW’s 11 million preserved fish specimens and hear what it’s like to do field work. Try to identify some of our local fish species.
Katherine Maslenikov, Ichthyology Collections Manager
UW SCHOOL OF AQUATIC AND FISHERY SCIENCES

36. Street Smarts – Credit Cards, Scams and Business Ethics
This terrible trio can really mess you up, sometimes for the rest of your life! Learn how to avoid common pitfalls and outsmart THEM before they outsmart YOU.
Martha McCready, CPA
SELF-EMPLOYED

37. Code Now!
Want to go from being a user of technology to being its creator? Get a running start toward coding—writing computer software—and find out how you can use software development skills to make the world a better place.
Christie McMenomy PhD, IT Infrastructure Architect
THE BOEING COMPANY
Pat Tressel, Software Engineer
SAHANA SOFTWARE FOUNDATION

38. Building Your Business
Use social media and technology to build your business and establish yourself as a woman leader in technology.
Diane Najm, CEO/Founder, PHOTOPAD FOR BUSINESS
Bob Crimmins, Co-Founder, WISE WALKER/TECH STARS
41. A Vast Ocean of Opportunity
What do photos of life aboard ships, samples of ocean biology and immersion suits have in common? Come see what life at sea is really like for marine biologists and learn how they can help keep the oceans healthy and sustainable.
Melanie Rickett, Sarah Neumeyer, Fisheries Biologists
NOAA

39. The Poetics of Construction Design and Remodeling
Learn what is involved in a residential renovation project from start to finish – assessing client’s needs, selecting materials, design applications and more.
Natalie Pritchett, Project Manager; Ginny Chan, Design Associate
NEIL KELLY

40. Fish Get Sick Too!
Fish get sick from diseases just like people. Fisheries biologists study these diseases to keep our salmon populations healthy. Use microbiology and molecular biology to diagnose a mysterious salmon disease.
Maureen Purcell, Research Microbiologist; USGS-WESTERN FISHERIES

42. Polymers Everywhere!
Polymers are the tires on cars and hair on your head! Their characteristics depend on the repeated smaller building blocks that they’re made of. Join us to make your OWN slimy polymers and compare their properties!
Emily Ruskowitz, Monica Esopi, Graduate Students
UW DEPT. OF CHEMICAL ENGINEERING

43. Catching Babies
Discover the modern science & ancient art of midwifery. “Birth” a ping pong ball baby, learn what it takes to become a midwife, and handle the tools of the trade.
Valerie Sasson, LM, CPM, Midwife; Liz Chalmers
CO-Owners PUGET SOUND MIDWIVES & BIRTH CENTER

44. Design a Product
Learn the process designers use to make the products you use every day. We’ll choose a topic and design a product together!
Martine Stillman, Lead Mechanical Engineer
SYNAPSE PRODUCT DEVELOPMENT

45. Women and Apprenticeship Opportunities
Learn about the opportunities for women who are interested in the construction trades. Practice team work and problem solving.
Morgan Stonefield, Program Manager
ANEW

46. Landscape Architecture: Shaping Your Environment
Landscape architecture closes the gap between nature and the built environment. Working in a team, with information and a design program, you will analyze the space, then design a multi-use park based on the information gathered.
Laura Thompson, Landscape Architect
SPVV LANDSCAPE ARCHITECTS
Julia Culp, Landscape Designer
MICHAEL TERRELL LANDSCAPE ARCHITECTURE

47. Women in Charge: Be a Leader in the Engineering World
What do Civil Engineers do? Meet three women who will discuss leadership, career options in Civil Engineering, and what it’s like to be a woman working in the Public Works arena.
Tricia Thomson, Bridge and Pavement Program Mgr; Hillary Stibbard, Principal Office Engineer; Glynda Steiner, Senior Mgr of Asset Management PMO & Standards
CITIES OF REDMOND, BELLEVUE, SEATTLE

48. Earth Experiments in a Virtual World
Run your very own global climate simulation in Python, and learn how Earth Scientists use physics, mathematics, and computational science to understand climates of the past and predict climates of the future.
Judy Twedt, Hansi Singh, Stephanie Rushley, Ashly Spevacek, Scientists
UW DEPT. OF ATMOSPHERIC SCIENCES

49. Physical Therapy: Do You Feel Crooked?
Physical Therapy optimizes human movement. Learn how to recognize poor movement patterns and improve those patterns through hands-on techniques.
Kelly Vogl, Andrea Schafer, Physical Therapists
RET PHYSICAL THERAPY

50. Lotions = Labels and Labs
What makes your favorite lotion so special? Come investigate ingredients and the claims on labels. Learn lotion chemistry and make a lotion with the fragrance of your choice.
Reitha Weeks, PhD, Scientist; Program Coordinator
SHORELINE COMMUNITY COLLEGE

51. Experience Water Resources Engineering with an Interactive Rain Garden
What does it take to clean rain water that runs over the streets into a stormwater pipe and discharges to a salmon-bearing stream? Learn about the careers related to water resources engineering.
Rebekah Weston, Senior Civil Engineer; Alma Rettinger, Water Resources Engineer; Madison Dreiger, Marketing Assistant
OSBORN CONSULTING INC.

52. Wings!
How do airplanes stay up in the air? Build and launch your own gliders. Explore the aerodynamics of airplane design and some of the things aeronautical engineers do.
Tracey Westry, Rochelle Oslick, Airplane Performance Engineers
THE BOEING COMPANY

53. Egg Drop Swoop!!
Good engineering design, sound mathematics, and creative thinking are needed to design a vehicle to transport precious cargo safely to earth. Can your design protect an egg when dropped?
Cathy A. Wolfgram, Industrial Engineering/Lean Manager; Erin Petersen, Mathematician
THE BOEING COMPANY

54. Radiology: Diagnosis through Pictures
A Radiologist is an M.D. who analyzes X-ray, MRI, ultrasound, CT and other pictures to see what’s wrong with the patient. See several images and diagnose some of the cases.
Claudia Zacharias, M.D.

ATTENDANCE: You will receive proof of attendance at the conference. Your school will be notified if you are registered but do not attend the conference.

We wish to thank Bellevue College; AAUW (American Association of University Women) Lake Washington Branch; Seattle Women in Technology and our other sponsors for their support.

Questions? E-mail: gogirlseyh@gmail.com
Need another brochure?
Go to http://lakewashington-wa.aauw.net

Are you interested in the Middle School Expanding Your Horizons for 6th, 7th and 8th grade girls to be held at Bellevue College Saturday, April 2, 2016? If so, e-mail eyhbcc_middleschool@hotmail.com