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Local branches of
**The American Association of
University Women**

*AAUW advances equity for women and girls through
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If you have questions about the EYH Middle School Conference
visit our website at: www.eyhbccmiddleschool.com or send
an email to: eyhbcc_middleschool@hotmail.com

If you have questions about the EYH High School Conference
at Bellevue College, scheduled for Friday, March 25th, 2016,
please send an email to: gogirlseyh@gmail.com

34TH ANNUAL



motivating young women in science + mathematics

**CONFERENCE FOR MIDDLE SCHOOL GIRLS
AT BELLEVUE COLLEGE***



Grades 6 – 8

Saturday, April 02nd, 2016
8:00 AM to Noon

Registration must be received by March 23rd, 2016

Register online at www.eyhbccmiddleschool.com or by mail.

Bellevue College is a handicapped accessible facility

*Conference Location: Bellevue College Main Campus
3000 Landerholm Circle SE, Bellevue, Washington 98007

STUDENT PROGRAM

Students will attend three workshops. Student Workshop Information begins on page 3.

7:45 – 8:40	Registration, Cafeteria, Building C
8:40 – 8:50	Orientation and Welcome
9:00 – 9:50	Student* Workshop 1
10:00 – 10:50	Student* Workshop 2
11:00 – 11:50	Student* Workshop 3

*Only registered volunteers and presenters are allowed to be with student attendees during workshop sessions.

ADULT PROGRAM

9:00 – 11:50 AM. EYH and sponsoring AAUW branches offer a vibrant and relevant adult "workshop," focused on the challenges young women face as they look toward colleges and careers.

Adult chaperones, parents, and interested adults are invited to attend this program while the student conference is in session.

RAISING SELF-CONFIDENT GIRLS

A thread of educational literature since the early 1980's focuses on a difference between learners that think their brains are fixed and learners that think their base of knowledge is always growing. Research has shown us that there are forms of verbal and non-verbal praise that encourage each of these learning styles. The growth mindset can be a very positive influence in encouraging students to tackle and master difficult material resulting a confidence gain. Join us to learn best practices for instilling confidence without sounding like a nagging parent.

- **Modeling in Science** A hands on workshop for parents! Explore your inner scientist with an anatomy workshop to help you mentor and support your daughter's interest in STEM careers.
- **Women in STEM Careers** Our speakers, senior managers Kara Costa of Microsoft and Cheryl Platz of Amazon, will share their stories and experiences of their career path in the IT field.
- **Panel discussion – Preparing for a Successful College Process.** Our panelists from local education centers, will provide guidance on navigating the path to college admission. We welcome Jamie Sterio from Lake Washington Institute of Technology, Cathy Thruelsen from Bellevue College, and an admissions representative from the University of Washington – Bothell.

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Distributing School Districts have neither reviewed nor approved the program, personnel, activities or organization announced in this flyer and undertakes no responsibility to supervise these events.

HOW TO REGISTER FOR EYH

On-Line Registration & Payment Available at our website:

www.eyhbccmiddleschool.com

OR

- 1) You may print the registration form at the end of this brochure and complete it by hand; *or download & complete the electronic "form style" Microsoft Word registration document from our website:* www.eyhbccmiddleschool.com. Complete one registration form for each student/adult.
- 2) **Fee for each student or adult attending is \$15.00.** Financial assistance, up to \$10.00, is available for each **student** attendee, enter amount requested on registration form. *Note that financial assistance is not available with electronic payment*
- 3) **On-Line Registration and Electronic payment:** If you are using the pay-pal electronic payment "on-line" option, you must complete the on-line registration form along with your payment.
- 4) **Payment by Check or Money Order:**
Make checks payable to AAUW/EYH Middle School.
Enclose signed registration form(s) with check and mail to:
EYH – Middle School; PO Box 1937; Issaquah, WA 98027
- 5) **GROUP Registration:** Please contact us by e-mail at eyhbcc_middleschool@hotmail.com as early as possible so that we can accommodate your students and registration needs. Registration must be done by mail and payments made by check. Registration forms must be signed by student's legal guardian.
- 6) Full refunds are available by written email request through 01 March 2016. Online registration refunds of electronic payments will be assessed a \$3 transaction fee.
- 7) A confirmation e-mail will be sent to the email address provided on the registration form. Information provided with registration will not be shared with outside organizations.

Registration must be received no later than March 23rd, 2016

! REGISTER EARLY FOR BEST SELECTION !

*Limited space may still be available after March 23rd. Contact us at eyhbcc_middleschool@hotmail.com for further information.

34th Annual Expanding Your Horizons in Math Science, & Technology for Middle School Girls at Bellevue College,
 Saturday, April 02nd, 2016. Complete one registration form per student, then print, sign, and mail.

Student Name:	
Adult Name (If attending adult program):	
Parent email (for registration confirmation):	
City, Zip Code:	Student School Name:
Student Month & Year of Birth: /	Grade: 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/>
If you are attending with another student and want matching workshops please indicate student name(s) below:	

Student Workshop Choices: Students will attend 3 workshops. Make your workshop choices (by workshop number from the list on page 2) from each category below: Full descriptions are available in the full conference brochure.

Category	First Workshop Choice	Second Workshop Choice	Third Workshop Choice
Workshops – Group 1			
Workshops – Group 2			
Workshops – Group 3			

Conference space is limited. Workshops are assigned by date of receipt of registration form and payment. We cannot guarantee your workshop choices. Receive your workshop assignments in the registration packet on the day of the event.

Fees:

Student Conference Fee (Tuition Assistance, up to \$10 is available)	Adult Program Fee	*Total Fees enclosed:
<input type="checkbox"/> \$15.00 Each <i>Tuition Assistance Requested - Amt \$</i>	# Adults: x \$15.00 each	\$

*Total fees = Add student & adult conference fee(s) and subtract student tuition assistance requested.

Parent attendance permission: *Attention Parents - you must provide permission for your student to participate! Forms submitted through Online registration satisfy this requirement.*

I hereby give permission for my daughter to attend the Expanding Your Horizons Conference at Bellevue College on April 02, 2016. I give permission for a conference organizer to seek emergency medical treatment for her if I cannot be contacted: <i>Parent or Legal Guardian Signature (if printed form submitted):</i>
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Contact information on day of conference:

Check if photographs MAY NOT be used for publicity:

Adult Name:	Phone Number:
Alternate Adult Name:	Phone Number:

How did you hear about the EYH conference at Bellevue College?

Please Check All That Apply: <input type="checkbox"/> Attended last year <input type="checkbox"/> Newspaper <input type="checkbox"/> Library <input type="checkbox"/> Friend <input type="checkbox"/> School/Home School Network <input type="checkbox"/> Community Center <input type="checkbox"/> Parent Organizer <input type="checkbox"/> Electronic (Facebook, etc). <input type="checkbox"/> Youth group (Scouts, Boys & Girls Club, etc) <input type="checkbox"/> *Other
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**Register By Mail: Send completed, signed form and check or money order, payable to AAUW / EYH Middle school to:
 EYH Middle School; P O Box 1937; Issaquah, WA 98027**

STUDENTS: You will attend 3 Workshops!

From each group pick your 1st, 2nd, and 3rd choices, then list your choices by number on the student registration form.

A printer friendly workshop listing and full page registration form may be downloaded from our website at www.eyhbccmiddleschool.com

STUDENT WORKSHOPS

GROUP 1	WS#	Workshop Title (Workshop Descriptions Follow)
	101	Wings For My Dreamliner
	102	FoldIt: Solving Puzzles For Science
	103	Landscape Masterpiece
	104	So You Want to Work in an Aquarium?
	105	Fight Crime!
	106	Device Divas
	107	Bridging The Gap
	108	Driving in the Fast Lane
	109	Chicago Fire Meets ER
	110	Let The Games Begin
	111	It's A Greasy, Slimy World

GROUP 2	WS#	Workshop Title (Workshop Descriptions Follow)
	201	Game Plan for Good Nutrition
	202	Let's Get Physical!
	203	What's In Her Bag?
	204	Hey, What's Going On In There?
	205	Old & New Chemistry - Historical Demo, Liquid Crystals & Flaming Snowballs
	206	More Than Just Puppies & Kittens
	207	Nurses Can DO Anything!
	208	Dead Bodies DO Tell Tales
	209	Brace Yourself For Greatness!
	210	One Fish, Two Fish, Red Fish, Blue Fish
	211	Game Plan for Good Nutrition
212	The Mystery In The ER	

GROUP 3	WS#	Workshop Title (Workshop Descriptions Follow)
	301	Invent This! How Great New ideas Are Developed & Patented
	302	Travelling The Internet
	303	Keeping Our Urban Forest Healthy and Sustainable
	304	Best In Show
	305	Creative Coders
	306	My Space
	307	Be an Energy Detective!
	308	Up In the Air!
	309	Playing Games In The Digital World
	310	Designing Websites
311	Hot Zones – Predicting Epidemics	

GROUP 1

101 Wings For My Dreamliner

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. Peg Curtin and Cari Downie, Aeronautical Engineers, The Boeing Company

102 FoldIt: Solving Puzzles For Science

Do you like puzzles? Scientists use puzzle-solving in the gaming world to solve real-world problems! We'll show you how to play FoldIt, and talk about the science behind protein folding. Una Nattermann & Graduate Students & Senior Fellows, UW Biochemistry Department.

103 Landscape Masterpiece

#Dreaming, #LoveFlowers, #ArtAndScience = City or country. Landscapes or veggies. Desk work or outside time. Learn more about Landscape Design by putting 'plants' to paper and see if your career dreams can come true. Kirsten Lints, CPH, Gardens ALIVE Design.

104 So You Want to Work in an Aquarium?

Familiarize yourself with some of the Seattle Aquarium's critters through biofacts such as skulls and pelts as we spotlight a day in the life of our biologists. We'll even show you some of their secrets through a hands-on activity! And if scooping seal poop isn't your thing, you will learn about other ways you can help an aquarium fulfill its mission. Seattle Aquarium Community Engagement Team Members

105 Fight Crime!

How do police officers keep order in the community and what tools are used to ensure your safety? An inside look at the equipment police use to fight crime. Marin Wolff and Alina McAnnally, Police Officers, City of Bellevue.

106 Device Divas

Peer inside your everyday electronic devices and learn how they work. Discover how today's designs are getting smaller and smaller through innovative power and heat solutions. Betty L. Smith, Electrical Engineer, The Boeing Company

107 Bridging The Gap

Working as a team, try basic bridge building techniques. Use popsicle sticks and hot glue to create and test your own bridge. Which bridge can hold the most weight? There will be a prize for the strongest bridge. Stephanie Gardner, Airline Account Manager, The Boeing Company

108 Driving in the Fast Lane

Explore Newton's Laws of Motion as you construct your very own Rocket Car! Find out how symmetry, friction, and other variables play a role in the speed of your car. Learn how mechanical engineers apply these principles in real life! Zoe Seda, Manufacturing Engineer, Society of Women Engineers.

109 Chicago Fire Meets ER

Go behind the scenes for the real view of "When the Bell Rings", "Fast and Furious", "Back Draft", "Flat Line" and "Contagion". Be on the Frontline and Keep your Finger on the Pulse! Peek into the career of a firefighter/paramedic. Camari Olson, Firefighter/EMT, Bellevue Fire Department

110 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. Learn how electrical engineering applies to many items we use everyday. Lynette Lopez and Kelly Connelly, Electrical Engineers, The Boeing Company

111 It's A Greasy, Slimy World

Paints and plastics and airplane composites are variations of polymers-liquid, flexible or stiff. Will an oil leak from autos or airplanes melt plastic? Can oil eat paint? Can oil be environmentally friendly? Chemists and chemical engineers test to answer such questions. Find answers to these questions and make slime as an example of simple polymers! Presented by Susan Williams and members of the Boeing Research & Materials Technology Division, The Boeing Company.

WORKSHOP DESCRIPTIONS

GROUP 2

201 Game Plan for Good Nutrition

Prepare food while focusing on easy basic nutrition and quick breakfasts and snacks for busy, active lives. Deborah Katz, Dietitian, UW Medicine Neighborhood Clinic

202 Let's Get Physical!

Physical therapy is more than just teaching patients new exercises. You will find out how physical therapists work hand-in-hand with medical doctors to treat patients with all kinds of injuries. We'll conduct a postural analysis and learn how the results can affect the treatment plan. Dr. Katie Burdeaux, DPT

203 What's In Her Bag?

Women have unique health care needs. Anemia, osteoporosis, migraines, and auto-immune disorders such as multiple sclerosis affect more women than men. Symptoms of heart disease can also be different. Find out how screening tests are used to diagnose these and other conditions. Use the medical instruments in the Nurse Practitioner's "Bag" to check your friend's heart, lungs and reflexes. Andrea Stevens, WHNP, Center for Women's Health at Evergreen

204 Hey, What's Going On In There?

Learn the answer as you place a filling in a molar, extract a tooth and clean tartar from teeth. Find out why removing plaque is so important to getting a healthy smile. Use the tools of the dentist and the dental hygienist so you will know exactly what is going on in your mouth. Donna J. Quinby, DMD, Andrea Fonner, DDS, and Eastside Pediatric Dental Group Team Members.

205 Old & New Chemistry - Historical Demo, Liquid Crystals & Flaming Snowballs

Learn how to use a chemical process to create liquid crystals like those used for laptop and cellular phone screens. Watch a reaction that ignited a man's interest in chemistry and create a flaming snowball just for fun. Carole Berg, Chemistry Instructor, Bellevue College

206 More Than Just Puppies & Kittens

Learn what a day is like to be in the scrubs of a small animal veterinarian. Versatility is a must when it comes to providing the best care for our pets. From wellness exams, to surgeries, to end of life care, we do it all...and then some. If you are interested in working with people and animals, then this workshop is for you. Dr. Bonnie Goldthwaite and team members, Companion Animal Hospital.

207 Nurses Can DO Anything!

Nursing is fun and exciting. This workshop will demonstrate why nursing is a cool profession. You will get a chance to practice being a nurse by looking for creepy, crawly germs, and practicing giving a shot. Lisa Stubenrauch, RN, Gianna Johnson, LPN, Jenn Daley RN, Issaquah Nursing and Rehabilitation Center

208 Dead Bodies DO Tell Tales

Was it really a Vampire? Or did the victim simply die of fright? Explore the real world of "Bones" and "CSI". Find out how medical examiners use clues and forensic evidence to solve the mystery of "cause of death." Lola Ulvog and Amy Kelly-McLaughlin, Investigators, Snohomish County Medical Examiner's Office.

209 Brace Yourself For Greatness!

Learn about what it takes to become an expert wire bender (orthodontist). See different types of braces and orthodontic appliances (some are even using computers, vibrational technology, and robots!). Learn fun orthodontic facts to impress your fellow metal mouth friends. Use alginate to make an impression or mold of your finger or thumb just like your orthodontist does with your pearly whites. Brienne Roloff-Chiang, Orthodontist

210 ER Physician to the Furry

What is it like to do an emergency exam on a small animal, start IV fluids, give oxygen therapy and CPR? Gown up for surgery. Is a career in small animal ER medicine for you? Emily Truong, DVM, Jana Braun, DVM, and All Critters Animal Hospital Team Members

211 One Fish, Two Fish, Red Fish, Blue Fish

Fisheries Observers work on fishing boats alongside fishermen to monitor the harvest of fish to ensure their sustainability for future generations. Learn how scientists estimate the amount of fish caught at sea and how fishermen use that information to fish in the best spots. Practice catching "fish" and see if you can make a profit while avoiding protected species. Cassandra Donovan, Kayleigh Somers PhD, Vanessa Tuttle, NOAA

212 The Mystery in the ER

It takes a keen eye, critical thinking, and some very sophisticated tools to figure out what ails the patient who comes to the ER. Take a look at some cool diagnostic instruments used by medical practitioners. Watch your heart beat on screen. Practice your bandaging skills on the patient's injured limb. Do you have what it takes to be an ER nurse? Cindy Mizell, RN; Lindsey Hanculak, RN; and Kari Oftedah, RN. Evergreen Healthcare.

WORKSHOP DESCRIPTIONS

GROUP 3

301 Invent This! How Great New Ideas Are Developed & Patented

Invent a better scooter and help the scooter company grow their business through new features that the company can apply for a patent. You'll help design an improved scooter and describe what makes it new and unique. Will it qualify for a patent? You'll learn how to evaluate a patent application and you can decide! Beth Schubert, PhD, JD, Patent Attorney, Intellectual Ventures

302 Travelling The Internet

How does the Internet work? Experience the Internet in a fun new way. We will simulate Internet "travel" by forming groups where each student will be a router/ computer/ server and pass information to other students in different "networks". Harini Balasubramanian, Amazon, Inc

303 Keeping Our Urban Forest Healthy and Sustainable

Learn how to identify trees, diagnose tree problems, and understand why some trees can fail. We'll look at blueprints for a real construction project and consider how to protect the trees on the site. Deb Powers, Urban Forester, City of Kirkland

304 Best In Show

What are those judges looking at? How do dogs inherit their desirable physical traits like body shape, head shape, short legs – good for Dachshunds, bad for Greyhounds, fur length, and tail shape? Create and "decode" a DNA recipe and discover how scientists discover the "recipe" for human traits to find treatments for genetic diseases. Gabrielle Benuska, Bioengineering Undergraduate Research Leader, UW Class of 2018

305 Creative Coders

Learn about programming and Computer Science and use foundational computer science skills to create your first animation or mini-game using Scratch. Katie Doran, Program Manager, Microsoft.

306 My Space

What are your favorite things? Discover how these can inspire your inner designer as you create a hang out space for you and your friends! Nancy Heberthal, Silver Lining Interior Design.

307 Be an Energy Detective!

Homes and buildings use 40% of our country's energy, and a lot of that is wasted. Experience how energy consultants work to track down leaks and find ways to reduce energy use. We'll perform tests and compare improvement options, and you'll be able to use what you learn to reduce energy waste in your home too! Pam Worner, Top Dog of Green Dog Enterprises, Inc.

308 Up In the Air!

Have you ever wondered what it would be like to fly an airplane? What are all those switches and levels in the cockpit for? Experience the world of flight through the pilot's eyes. Sinead Shah and Cindy Feuerstein, Pilots, United Airlines

309 Playing Games In The Digital World

Do you like playing video games? Do you think you could create one? Find out how designers, artists, producers and programmers work together to build video games. You'll start with a game and then modify it to your specifications, changing gravity or designing new challenges to delight the player! Jen Sward, Associate Dean of Faculty, DigiPen Institute of Technology

310 Designing Websites

Use programming and scripting languages to create beautiful websites that do all kinds of cool things, from playing music to posting pictures. This workshop will showcase some very easy programming languages that you can learn right away, while helping you to understand the complexity of websites you use everyday. Monique Costalas, Software Engineer, Ivycorp

311 Hot Zones – Predicting Epidemics

The Centers for Disease Control (CDC) sends out dire warnings every year about budding epidemics, like Ebola or Influenza. Just recently a travel alert was issued about the Zika virus in Puerto Rico. This "bug," transmitted by mosquitoes, was first reported in May in Brazil. Epidemiologists discover the contagion, but it is mathematicians who predict the spread of the epidemic and devise strategies to contain it using computer simulations. In this workshop you will use some tools to predict and control the spread of Hot Zones. Laura Matrajt, Mathematician, Fred Hutchinson Cancer Research Center.