EXPANDING YOUR HORIZONS
CONFERENCE GOALS

- Increase young women's interest in mathematics, science and technology;
- Provide an opportunity to meet women working in nontraditional fields;
- Foster awareness of careers for women in mathematics, technology and science-related areas.

ABOUT EXPANDING YOUR HORIZONS

"Why don't more girls take Math and Science courses? Math and Science are not just for boys."

In 1975 a group of professional women wondering about the reasons for this decided that not enough girls knew about women who had careers in Math and Science. They started brainstorming and their plan became the first "Expanding Your Horizons in Science and Mathematics" conference.

The first conference was held in March 1976 at Mills College in Oakland, California. More than 200 young women attended and met women who were physicists, engineers, scientists, and physicians. Most of the girls came away from the conference with new ideas and the feeling that Math and Science were "okay".

From the beginning, Expanding Your Horizons conferences have been held in cities across the United States. More than 165,000 young women have attended, participated, and enjoyed learning about career possibilities in the Math and Science fields. In Washington State, conferences are held in more than 20 cities throughout the year.

The Expanding Your Horizons conference in Olympia is held in the fall. The local chapter of the American Association of University Women organized the event. Organized and presented by a group of interested women and men, our local conference has grown in attendance each year. Each fall more young women have an opportunity to explore what it might be like to have a career in Math and Science.

The Organizing Committee welcomes new members. If you are interested, please check the registration form.

SATURDAY
NOVEMBER 6, 2004
(Priority Deadline October 15, 2004)

THURSTON COUNTY
EXPANDING YOUR HORIZONS
MATH & SCIENCE CONFERENCE FOR 6TH, 7TH, 8TH GRADE GIRLS

DIRECTIONS TO MAIN CAMPUS

From I-5
- North or South
- Take Exit 104
- Take first exit on RIGHT – Cooper Point Rd./Crosby Blvd.
- From exit ramp turn LEFT
- At second light, turn RIGHT onto Mottman Rd.

From Highway 101 from Shelton/ Aberdeen
- Take Cooper Point Rd./Crosby Blvd. Exit
- From exit ramp, turn RIGHT
- At light turn RIGHT onto Mottman Rd.
- Main entrance is the first left off Mottman Rd. Conference signs will guide you to parking.

Main entrance is the first left off Mottman Rd. Conference signs will guide you to parking and the Student Union Building.
A-1 The Grass is Always Greener Underwater
Take a breath and look at what lives below the surface of the sea. Learn about the habitats of desert animals in Eelgrass Meadows and see eelgrass driving up close and personal.

A-2 Slugs, Snails and Snailers
Get up close and learn to know these slimy, slithering creatures of the forest.

A-3 Fish Tales
Through hands-on activities learn how to identify and study the fish that live in salmon on rivers and in the marine environment in the Pacific Northwest.

A-4 Learn about treating broken bones with casts and splints
Learn how to treat broken bones with casts and splints.

A-5 The Secret Life of Amphibians
Explore what it takes to be a herpetologist. Learn about amphibians, methods used to determine their size and number, and interesting facts about Washington’s amphibians. Depending on weather, a pond tour might be included.

A-6 Making Nursing (Really) Fun!
Explore nursing as a career and practice learning how to take a blood pressure, use a reflex hammer, test hearing, measure a patient’s temperature, and interview patients.

A-7 PVMED Class #408
Learn the techniques the vets use.

A-8 Is There a Doctor in the House?
What’s it like to be a family doctor and treat everything from babies to grandparents?

A-9 All Creatures Great and Small
Try various activities such as suturing, injections, lab-diagnostics, x-ray viewing, and give you excitement for a lifetime.

A-10 Ring Around The Rosy
Try tales from the secret world of bacteria, fungus and parasites. Hear and see fascinating medical microbiology cases encountered in a hospital laboratory. This will bring out the detective in you!

A-11 Naturaotropic Care Your Healthy Skin
The skin is the body’s largest organ and is subject to reactions from inside and outside the body. Learn natural therapies to treat common teenage skin problems such as acne, poison ivy, fungal infections, and other dermatological problems.

B-1 Who Dunni?
How are fingerprints discovered? What can we learn from them? Take your own fingerprints and compare finger print types.

B-2 Spark the Heart!
How can you revivify a dead heart? Use CPR and the latest emergency medical tools to treat a cardiac arrest. Demonstrates an automatic External Defibrillator (AED).

B-3 Girls Found in Cyberspace
Use a digital camera for your register web page to jpeg it. Discover the new dimensions of digital cameras and take home your work on a disc.

B-4 Shop Smart to Make Less Waste
Where does your garbage come from? The store? That night - you can buy garbage at the store? But what would you want to? Find out how to shop smart and make less waste in this simulated shopping trip. You will also learn where all that garbage goes, too.

B-5 Building Blocks
What does it take to get a building built? Learn about all the pieces and players that go into building a building. Develop your own solutions to a real building design project.

B-6 Splash when you crash
Calling all bicyclists. Join us in building the best performing bicycle helmet or brain bucket for an egg. Of course, we’ll be testing and scrambling eggs-brains - join the fun.

B-7 Chocolate Asphalt
How is a road made? What properties are important? Learn about road building and blacktop paving by simulating the process with chocolate pavement. Warning: nuts will be used and eaten during the course of this workshop.

B-8 How Does A Computer Add Two Numbers?
You use personal computers and other computer-based equipment in your everyday lives. We will allow you to develop basic understanding of how computers work.

B-9 Whatever Floats Your Boat
Enter the race to build a model boat. Make a sea-worthy craft from simple materials to carry a marooned passenger across our racing pool.

B-10 Osteoporosis, Not just Your Grandma’s Disease Anymore
Learn how to evaluate x-rays, view samples of healthy bones and not so healthy bones and learn how to keep bones healthy.

B-11 A Career in Dental Public Health
Learn how you can use your education in health sciences to prepare people through Public Service - a varied and fascinating alternative to private practice.

C-1 Space Weather
How does weather in space affect Earth and other planets? The Sun has magnetic weather that changes its stormy and quiet periods from Earth’s point of view. The space weather can affect the Earth and our climate, causing radio storms, northern lights, and even droughts or cold spells. Come learn about space weather and play with magnetic fields.

C-2 Toxic Chemicals in My Town?
Learn to identify and to know about chemicals in your community. Try a computer program that shows what’s in your zip code and then take it home.

C-3 There’s groundwater in my glass!
We drink groundwater. Come use pumps, water, soil, sand, and gravel to build a groundwater model. Experiment to see what contaminates the water and what helps keep it clean. You’ll get to take home your own model.

C-4 Find Out What Causes Earthquakes and Volcanoes in Washington
Find out what causes earthquakes & volcanoes by learning about plate tectonics.

C-5 Blast off to Mars!
WANTED: Women with a heart for adventure, a yearning for exploration and a mind for discovery! You will blast off and discover how female astronauts eat, sleep and live in space. Come learn about what it means to be a woman in space as we return to the moon and journey to Mars.

C-6 Ever Wish You Really Understood Why Airplanes Fly?
Put on your own model airplane with working flight controls and you will be able to see and explain how an airplane moves through the air. Take your airplane home with you. Sponsored by the women mechanics & pilots of Alaska Airlines.

C-7 The Best Kind of Airhead!
Find out what causes air pollution and what environmental inspectors do to protect our air.

C-8 Mastering Your Muscles
We will discuss various physical therapy settings and share evaluation and exercise techniques.

C-9 Water World
Water is identified as the number one global issue. What is the future of our water? Whose water is it anyway? And why is the Department of Defense concerned about water, too? What does it mean to me? Come play the water wheel and find out.

C-10 The Truth about Carrots: From Carrots to Cookies
What are carbohydrates and where do you find them? Are they good for you or bad for you? Be real the worst, the best, and the yummiest. Taste test some simple and complex carbohydrates as you learn with this nutrition treat.

C-11 Dead Men Really Do Tell Tales!
A combination of sciences, help determine who the person is and how, when, and where he died.

Register Information
How to sign up for hands-on workshops
Choose workshops that offer new and different challenges. Check box if scholarship is requested. Check box if special assistance is requested.

Schedule
November 1, 2003, 8:00am-12:50 pm
8:00-8:20 Registration
8:20-8:35 Conference Kickoff
8:40-9:50 Workshop I
9:50-11:05 Workshop II
10:10-10:45 Break
10:50-11:40 Workshop III
11:50-12:50 Main Stage Event (Vots J & others)

Home | School | Parent Workshop Sign Up

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