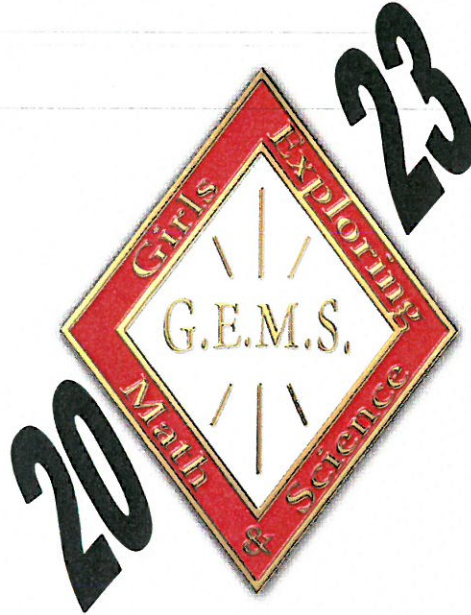


# GIRLS EXPLORING MATH & SCIENCE CONFERENCE



**A CAREER CONFERENCE FOR 5TH—8TH GRADE GIRLS  
PRESENTED BY WOMEN FOR FUTURE WOMEN**

**PLUS:**

**AN ADULT WORKSHOP**

**SATURDAY, MARCH 18 2023**

**9:00 a.m. - 12:30 p.m.**

**Olympic College Bremer Student Center**

**Registration at 8:30 a.m.**

**WORKSHOP GOALS:**

- Increase girls' interest in mathematics and science through positive hands-on experiences.
- Foster awareness of career opportunities for women in math and science related fields.
- Provide students an opportunity to meet women working in non-traditional careers in math and science related fields.

**Registration Fees:**

**\$10.00 Student ,  
\$5.00 Adult workshop  
Scholarships available**

For further information call or email  
Ms. Hess: lhess@olympic.edu or  
Ms. Brittain: (360) 271-0389,  
kitsapgems@yahoo.com

## SCHEDULE

8:30-9:00	Check in
9:00-9:15	Welcome /Orientation
9:30-11:00	Adult Workshop
9:30-10:10	Student Workshop #1
10:20-11:00	Student Workshop #2
11:10-11:50	Student Workshop #3
12:00-12:45	Lunch and Closing Activity

**BRING A SACK LUNCH AND BEVERAGE**

**MORNING SNACK WILL BE PROVIDED**

### Important Information

#### PLEASE NOTE:

- ◆ Registration begins at 8:30 a.m. **Please do NOT** arrive before that time as staff will not be prepared for you.
- ◆ All students must be picked up by **12:45** p.m. at the Bremer Student Center.
- ◆ Olympic College is wheel-chair accessible.
- ◆ **Make a copy of your form for your records.**
- ◆ Cell phone use is **NOT** allowed in any workshop

## Workshop Choices

### 1. **Sculptures That Move**

Learn how to build a cardboard sculpture with moving and rolling parts using reclaimed cardboard, ribbon wheels, and dowel rods.

### 2. **Electric Earrings**

In this activity, you will learn about electrical engineering, why we use a fuse for electrical circuits, use of an Ohm meter and how to solder in order to create fuse earrings.

### 3. **Fun With Chemistry**

Amazing experiments with common chemicals. Explore the world of the research scientist and make goopy, foamy, and colorful things.

### 4. **Finding the Right Balance**

Explore the importance of exercise including strength, flexibility & balance training utilizing current Physical Therapy techniques

### 5. **Build-it & They Will Come!**

Learn how mathematics is used in building things. Take home a project built by your own hands.

### 6. **Blast Into the Future**

How does a rocket reach outer space? Learn the basics of rocket design and test your new knowledge by flying your own rocket.

### 7. **Behind the Badge**

Ever wonder what it's like to respond to calls as a police officer or work in a jail? Come participate in activities and learn about some of the exciting things that women do in the Law Enforcement field. An eye opening experience guaranteed.

### 8. **A Pinch of This, A Pinch of That**

See how math, science, and reading make a difference in all your cooking endeavors.

### 9. **Cosmetic Chemistry**

Learn the basic chemistry behind your cosmetics and use natural ingredients to make some!

### 10. **To the Beat of My Heart**

Why would your heart race if Harry Styles walked up to you? Why do people faint? Come and see what you can learn about your heart and your pulse.

### 11. **Robots vs Machines**

Build robots and complete challenges using sophisticated machines to learn the difference between the two types of high-tech equipment!

**SEE NEXT PAGE FOR MORE WORKSHOPS**



## WORKSHOP SELECTIONS CONTINUED

### 12. Learn to Save a Life

What does "cardiac arrest" mean? How can chest compressions bring someone back to life? And what does electricity have to do with any of it?

### 13. DNA: The Stuff of Life

DNA is the "stuff of life"! It contains the genetic "directions" for all living things. We have miles and miles of DNA in all of our cells combined but it's too small to actually see. In this workshop you will use common household ingredients to extract so much DNA from the many cells that line the inside of your cheeks that you'll actually be able to see it...and take it home with you.

### 14. Have a Whale of a Time

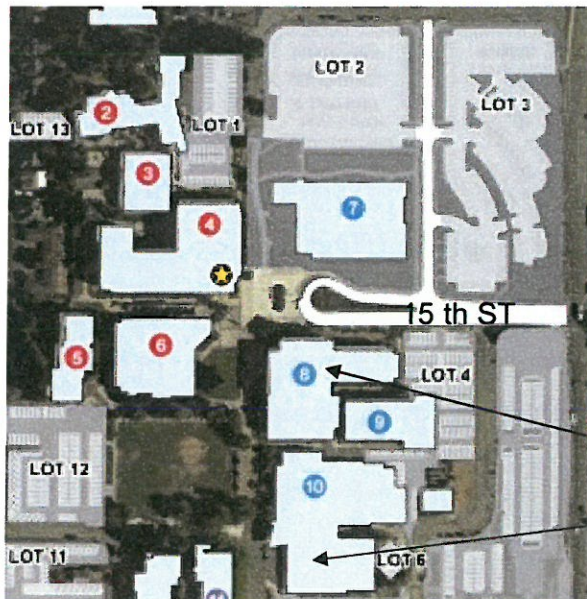
Learn with hands-on activities about how Orcas control body temperature, use echolocation strategies to survive, and explore actual sounds made by toothed whales.

### 15. Is Coral a Plant or an Animal?

By building an edible coral polyp, students will learn the anatomy of coral and be able to explain whether corals are plants or animals.

### 16. Fantastic Filtration

Purify water by building your own water filter. Experiment with different materials to build the best filter.



Warren Ave

Science and Technology

Bremer Student Center

Turn west onto 15th St from Warren Ave and proceed towards the Clock Tower

## ADULT WORKSHOP

### TOPIC: Coping with Adolescent Stress and Depression

Ciela Meyer, MA—Behavior Health Coordinator—Student Services and Support will cover the following topics in this session

- Why adolescent stress and depression are important topics
- What adolescent stress and depression looks like
- What behaviors might be cause for concern
- Risk and protective and warning signs for suicide
- What adults in a young person's support network can do.

## THANKS!

To our conference sponsors and donors:

- ♦ Lockheed Martin
- ♦ Lockheed Martin Leadership Association, Bangor Chapter
- ♦ Lockheed Martin STEM Committee
- ♦ Olympic College Department of Mathematics and Science
- ♦ Olympic College President
- ♦ PSNS and the K-12 Outreach Team
- ♦ Puget Sound Navy Museum and US Naval Undersea Museum
- ♦ Olympic Educational Service District 114

# REGISTRATION FORM

Registrations must be postmarked by Friday, March 3, 2023

Please make check payable to:

Olympic College GEMS  
FEE CODE GM

Mail check and registration to:  
O.C. Cashier's Office  
1600 Chester Avenue  
Bremerton, WA 98337-1699

*\$10.00 Student  
\$5.00 Adult Workshop*

**REGISTER EARLY  
SPACE IS LIMITED**

**PLEASE PRINT CLEARLY**

Student Name \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

My child has permission to participate in this event and her photos may be used.

\_\_\_\_\_  
Parent/Guardian SIGNATURE

\_\_\_\_\_  
PHONE NUMBER/EMERGENCY TELEPHONE

E-mail \_\_\_\_\_

List your first FIVE workshop choices in the spaces below. You will be assigned to THREE.

1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ 4th \_\_\_\_\_ 5th \_\_\_\_\_

No confirmation will be sent unless you provide a LEGIBLE e-mail address. PLEASE PRINT

## ADULT REGISTRATION WORKSHOP:

Please sign me up for the adult workshop:

Adult Name \_\_\_\_\_

**NO CELL PHONE  
USE ALLOWED IN  
WORKSHOPS**