

Registration and Information

- Please complete the registration form and mail with a check or money order to:
Expanding Your Horizons
c/o Jean Coontz
815 S. Feldkamp Ave.
Springfield, IL 62704
- For more details, call Jean at (217) 787-8078.

- Pre-registration is required.
- Registration is limited to 325. Workshop preferences are honored in the order they are received.
- Confirmation will be mailed to you with directions and a map.
- Need-based fee waivers are available through Jean Coontz.
- Special needs: Please let Jean Coontz know by February 27 if any special accommodations are required.
- Please notify Jean Coontz if you do not want your child to be photographed at this event.
- Conference information and a registration form are available at www.aauw-il.org/springfield.

Student Registration Form

Name _____
 Address _____
 City _____ ZIP _____
 Phone _____
 School _____ Grade _____

Student Fee:

\$15 early-bird [postmarked on or before March 6] \$20 [postmarked after March 6]

Parent/Guardian Permission: This must be completed and signed.
 I give permission for my daughter to attend the EYH Conference on March 20, 2010, and give permission for an adult conference organizer to seek emergency medical treatment for her if I cannot be reached.

Signature _____
 Emergency contact during conference: Name: _____ Phone: _____

Adult Registration Form - For adults who plan to attend EYH

Name _____
 Address _____
 City _____ ZIP _____
 Phone (H): _____ (C): _____ (W): _____

Adult Fee:

\$15 early-bird [postmarked on or before March 6] \$20 [postmarked after March 6]

Student Workshop

Choices: You will attend **three** hands-on workshops. Please list your top six choices in order of your preference. Every effort will be made to meet your requests on a first-come, first-served basis. List your workshop number.

	Workshop #
1 st choice: #	_____
2 nd choice: #	_____
3 rd choice: #	_____
4 th choice: #	_____
5 th choice: #	_____
6 th choice: #	_____

To request the same workshops as a friend, write her name below.

Send forms together in the same envelope. Placement is not guaranteed!

Name: _____

**An exciting "hands-on" conference
 FOR GIRLS ONLY in 6th, 7th and 8th grades!**

ADULT WORKSHOPS

Adult participants will attend separate adult-focused workshops during the morning.

Unraveling the Mystery of the ACT and SAT

Many parents have vague memories of taking a college entrance test. However, today's students are under greater pressure than ever to excel on standardized exams in order to gain college admission and scholarship opportunities. This session will provide a brief overview of the ACT and the SAT, including format differences and similarities, what the scores mean, and ways to help students prepare for them. *Marica Cullen, Division Administrator for Curriculum & Instruction, Illinois State Board of Education*

Bridging the Gaps During Middle School and High School

This session will focus on the academic, social, and emotional issues your daughter may face as she reaches new milestones in her life. Suggestions and tips will be given to help parents make their daughter's transition during middle school and high school less stressful and more successful. *Lori Schwartz, LCSW, Director, The Children's Center*

"Green" Your Daughter's Career for More "Green" in Her Wallet

Your daughter will have many careers to choose from — how can you help her select the best fit? In this session you'll get tips, handouts, and brochures with guidelines for career planning in each year of high school. We'll look at Web sites such as Reality Check in the Career Information System (CIS) that will vividly show her how much it costs to live out on her own.

Just as information technology has infused all areas, green and clean-tech will be part of tomorrow's jobs. Your daughter will find out that protecting the planet translates into employment that can support the life she wants to live (and you may find some ideas for your own next career, too!). *Lola Lucas, career specialist/trainer, Illinois Department of Employment Security*

SPONSORS

American Association of University Women (AAUW), Springfield Branch, promotes education and equity for all women and girls, lifelong education and positive societal change. AAUW-IL.org/springfield

The Children's Center is the largest provider of children's behavioral health care in central Illinois. The Children's Center is a program of the Mental Health Centers of Central Illinois, a Memorial Health System affiliate. MHCCI.org

The University of Illinois Springfield is a small, four-year public university offering innovative, high-quality liberal arts education, public affairs activities, and professional programs dedicated to academic excellence, to enriching individual lives, and to making a difference in the world. The campus provides an intellectually rich, collaborative, and personalized learning environment. UIS.edu

IN COOPERATION WITH

Girl Scouts of Central Illinois
Zeta Phi Beta Sorority Inc.

Conference information and a registration form are available at www.aauw-il.org/springfield or call Jean Coontz at (217) 787-8078.

Want to see a video about EYH conferences?
 Go to www.aauw-il.org/springfield/eyh.htm and click on **Watch EYH YouTube video**.
 Much of the movie was filmed in Springfield!

Expanding Your Horizons

IN MATH, SCIENCE AND TECHNOLOGY

Saturday, March 20, 2010
8:00 a.m. to 12:45 p.m.


Public Affairs Center
University of Illinois Springfield
Springfield, Illinois

Presented and sponsored by:

 American Association of University Women
 Springfield, Illinois Branch - AAUW-IL.org/springfield

Sponsors:


THE CHILDREN'S CENTER
 MENTAL HEALTH CENTERS OF CENTRAL ILLINOIS
MHCCI.org

 University of Illinois Springfield
UIS.edu

Expanding Your Horizons

IN MATH, SCIENCE AND TECHNOLOGY

GIRLS' HANDS-ON WORKSHOPS - PICK 6, ATTEND 3

- 1. The Fantastic Voyage...Inside Our Bodies**
Would you like to help people overcome health problems or simply stay healthy? Try some of the basics of medicine and preventive care. Learn about what your organs look like and how they work, look inside the human ear with an otoscope, and use a stethoscope to listen to the sounds of the heart and lungs. *Carla J. Daniels, Advanced Oncology Certified Nurse Practitioner (AOCNP), and Stephanie Burge, BSN, Springfield Clinic*
- 2. Animate!**
How do you create a cartoon on a computer or a character in a video game? This is a hands-on introduction to the world of 3-D computer animation. *Mary Sheila Tracy, Instructor, Computer Science, University of Illinois Springfield*
- 3. It Seems Like Such a Simple Thing...**
How would you dress yourself, get in and out of bed, or fix a snack after a traumatic event such as a serious accident, stroke, amputation, head injury, or loss of vision? See life through another's eyes and learn how occupational therapists help people with disabilities perform daily tasks. *Laurie Stoll, Occupational Therapist, Memorial Medical Center*
- 4. Lights, Camera, Action!**
Is Hollywood calling you? Do you want to run the camera, or the audio or be a star? Get a behind-the-scenes look at what it takes to produce television shows. *Staff and Students, Office of Electronic Media, University of Illinois Springfield*
- 5. Medical Laboratory Investigators Solve a Mystery**
What you can't see *can* hurt you! Discover the unseen world and clues to health and disease using microscopes and other laboratory investigative techniques. *Linda McCown, Chair and Associate Professor of Clinical Laboratory Science, University of Illinois Springfield*
- 6. Keeping the World Moving!**
Discover the gifts of human movement and communication that we often take for granted until the day one is unable to perform these tasks. Have fun while trying your hand at providing physical therapy, occupational therapy, and speech therapy - and find out what it's like to be a part of one of the fastest growing healthcare professions. *Memorial Health System Staff*
- 7. Women of the Web - Create a Personal Photo Web Page**
Learn the easy use of a digital camera to take a professional photo and upload to your personal Web page! This workshop will also cover the use of Dreamweaver and the HTML Web language to create a personal Web page with your photo uploaded. *Jennifer Herring, Ph.D., Teacher, Education Department, University of Illinois Springfield*
- 8. Come Fly With Us**
Fold your own fleet and play with the principles of flight! We will construct paper aircraft using folding and cutting techniques and then take to the skies to find out just what differences our modifications make. Transform ordinary paper into stunt-flying machines. *Kelly Cochran, Flight Director, Challenger Learning Center*
- 9. Sit on Top of the World!**
Growing industries, explosive population, and deteriorating infrastructure bring about new demands! As an architect or engineer you can let your curiosity about structures and engineering take you to new heights! Come learn about the little-known opportunities regarding civil/structural engineering and historic preservation. (Hint: This might involve some climbing...) *Janice Chan Hahn, AIA Architect; Carol Dyson, AIA, Senior Preservation Architect, Preservation Services, Illinois Historic Preservation Agency, and Vali Jo Hansen, Licensed Professional Engineer, Certified Bridge Inspector; Hampton, Lenzini & Renwick, Inc.*
- 10. Are You Superhero Material?**
Having X-ray vision, increasing someone's energy, and saving lives sounds like a superhero! But day in and day out, radiologists, respiratory therapists, and nutritionists perform these tasks. Join this team of highly skilled healthcare providers and find out how you can make a difference in other's lives! *Memorial Health System Staff*
- 11. Explore the Robo-Jungle: Bringing Lego Animals to Life**
Robots can do more than just vacuum your floor! This workshop will let you explore the world of autonomous robotics by programming a robot to hop, crawl, and respond to its environment. *Lucinda M. Caughey, Computer Science Department, University of Illinois Springfield*
- 12. From Science to Smoothie**
What does science have to do with buying a tasty treat? Follow the stages of product development while you design and test a smoothie product. *Archer Daniels Midland (ADM) Food & Beverage Scientist*
- 13. Horsin' Around**
Have you ever dreamed of becoming a veterinarian? Come find out what it takes. Explore veterinary medicine and how an equine veterinarian cares for horses and ponies. *Rachel Boyce, DVM, Heartland Equine Health Center, LLC*
- 14. Creative Chemists**
Chemists have contributed so much to our daily lives from plastic and artificial sweeteners to life-saving drugs. Experiment with polymers and other materials, and learn how you can help solve the challenges that lie ahead in chemistry. *Jennifer Ramm, Professor, Chemistry, Lincoln Land Community College*
- 15. Protecting Mother Earth**
Concern grows about the environmental and health effects of petroleum-based products - used not just for fuel, but also for medicine, packaging, and everyday products. Come learn about useful materials and alternative forms of energy that can be created from the corn that grows right in our own backyards! See how natural-sourced materials can create versatile and functional products and make a bio-based polymer that is environmentally safe. *Archer Daniels Midland Scientists and Engineers*
- 16. Computer Science Unplugged!**
Learn what computer science is about using fun hands-on activities that reveal a little-known secret: computer science isn't really about computers at all! Discover how to find your way out of any maze, reverse engineer a silly hat machine, and what all of it has to do with the social network of zebras in Kenya (activities are based on "Computer Science Unplugged" www.csunplugged.org). *Dr. Tanya Berger-Wolf and graduate and undergraduate UIC Computer Science students*
- 17. Let's Shop - Create an Online Store!**
Nearly every business has a Web site that lets users find information or order on line. Now is your chance to create your very own online store and go shopping. Learn how creativity, technological skills, and marketing communication help turn a business owner's dreams into reality. *Leah Hardy, Web site Coordinator, Sharon Hewitt, Visual Communications Specialist; and Cassandra Pence, Web site Specialist, Levi, Ray & Shoup, Inc.*
- 18. Kaboom! A Surprise Reaction!**
It might be SURPRISING how much fun it is to be a scientist doing hands-on experiments. Join in and be a creative chemist or have "phun" with physics by doing experiments that bring surprising and fun results. *Kristi Brown, Physics Teacher, Springfield High School*
- 19. At the Scene of the Crime**
Assume the role of a forensic scientist to help solve a crime! Become a super sleuth by using state-of-the-art forensic techniques to collect clues and analyze evidence. *Jennifer Banning, Kimberly Bradley, Rhonda Carter, Tabithah Marcacci, and Tracy Sulwer, Illinois State Police Forensic Lab*
- 20. Math Rules!**
Math is all about problem-solving and puzzling, hands-on activities. Come and try out some of the cool learning experiences and make math your favorite subject! Find out what it takes to be a math teacher and make the grade at the head of the class. *Glenda Cassens, Teacher, Ridgely Elementary School, and Adjunct Instructor, Benedictine University at Springfield*
- 21. What Makes You UNIQUE?**
There is no one else exactly like you in the world! Why? Get an intimate glimpse into the mystery and science of DNA - the map for human identity! Isolate your own DNA and find out how this microscopic structure makes each of us unique! *Darlene Snyder, Assistant Professor, Biology, Benedictine University at Springfield*
- 22. Soar Into Engineering!**
Test your design skills by trying to build a 360-degree roller coaster loop and lay out a working airport. You'll determine where to build the terminal and hangars, align the runways, and provide access roads - and you'll learn how nature can affect your design. *Christy Crites, Kristin Timmons, Kristy Brod, Shannon Brady, Shannon Barnhart and Amanda Withers, Engineers, Crawford, Murphy & Tilly Inc.*
- 23. Futuristic Medicine Today**
Meet Stan, a life-sized computerized human patient simulator used in the training of many healthcare professionals. Stan will amaze you with his functional abilities to breath, talk, cry, and bleed. You'll be challenged to make quick decisions with the latest medical techniques to provide medical care to Stan and explore the exciting world of medicine in a variety of specialties. *Memorial Health System Staff*

WHAT HAPPENS AT AN EYH CONFERENCE?

A LOT OF FUN!

At an EYH conference, you will participate in hands-on workshops, and meet with women scientists, engineers, and other professionals in the fields of mathematics and technology. You will also spend time with other girls who are thinking about their futures. "I learned a lot for my future plans and had so much fun! It was fantastic!!!" wrote one attendee on her evaluation form. This is a day for **GIRLS ONLY** where you will:

- Try your hand at fun activities in three hands-on workshops;
- Learn about high-paying, exciting careers;
- Discover what scientists do in a typical day;
- Hear first-hand about the lives of women in science, math, and technology and the various paths leading to their careers.

WHO SHOULD COME?

Girls in 6th, 7th, and 8th grades who are curious, welcome a challenge, and like to have fun!

Parents and Teachers who want to motivate and inspire young women to pursue math-, science- and technology-based careers. Without your encouragement girls may STOP taking the important classes that will keep the doors open to these high-paying and rewarding careers. There is a program designed just for you!

AGENDA

8:00 - 8:30	Check-in and Campus Tours
8:45 - 9:05*	Welcome and Orientation
9:15 - 10:05	Workshop I
10:15 - 11:05	Workshop II
11:05 - 11:25	Snack Time
11:30 - 12:20	Workshop III
12:30 - 12:45*	Closing Session
	Girls - Kelly Cochran <i>Flight Director</i> <i>Challenger Learning Center</i>
	Adults - Lois Strom, CMPE <i>Former Administrator</i> <i>SIU School of Medicine</i>

*All adult sessions will be held separately from those designed for the girls.