

Expanding Your Horizons

Saturday, March 24, 2007

Expanding Your Horizons is a conference for 5th-8th grade girls offered at Humboldt State University every two years. The purpose of the conference is to show girls the benefits of education and its relevance to their lives and to encourage them to consider careers in science and math-based fields. At the conference, girls explore career options by attending hands-on workshops led by women who work in these fields. The girls are encouraged to keep their career options open by taking math and science classes in high school. Adult workshops are also offered for parents and teachers (though please note, adults may not attend the student workshops).

Student Workshop Categories (Please select your top four choices)

1. Chemistry has Solutions



Enter the chemistry lab to explore the properties of elements, explosions and the speed of reactions, or find out what makes your hair curl and your bath fizz.

2. Building Our World

Explore the world of architects and engineers as you design a personal space, or design, build and test the strength of a bridge or construct with natural building materials.

3. Environmental Patrol



Analyze the type and source of pollution the creek contains or use surveying equipment to measure it. Outdoor activities...be prepared to get wet!

4. Animal Friends

How do you figure out where it hurts when your patient can't talk? Learn how veterinarians examine their small and large patients.

5. Plants a Plenty

Use a botanist's skills in the tropical greenhouse to examine plant products we eat (chocolate!) or investigate the relationship between soil, plants, and water in wetlands.



6. Computers are Everywhere



Use air photos, maps and computers to see the Earth as geologists do, or make robots react to their world.

7. Shake, Wave, Rattle and Roll

Use puzzles, a wave tank, and a shake table to explore plate tectonics while learning about earthquakes and tsunamis on the North Coast, or use sound and rope to examine the waves in your everyday life.

8. The Structure of Life



Use the tools of biotechnology to extract DNA from cells or see plant and animal cells using the scanning or transmission electron microscope.

9. Origami and Maps

Create and explore geometric shapes using Origami or learn why maps can be drawn using only four colors.



10. Muscle Power

Learn how nerves, muscles and joints function and how you can make them work better and help a chiropractor figure out problems in the spine.

11. Wildlife Biology



Use the tricks of wildlife biologists to learn how animals find and capture food. Or, learn how to use a key to identify mammal skulls and bones.

12. Hands on Health



Learn how dentists make fillings and models of teeth or work with a family doctor to take blood pressure, check reflexes and look at x-rays.

13. Energize Your World

Explore magnets and electricity by making a speaker and a motor, or design and build a solar powered oven or fan, or explore fuel cell efficiencies.



14. Check It Out!

Explore the tools and techniques of a fire fighter or experience working at a radio station.

15. Fun with Fluids and Bubbles

Explore properties of water or bubbles and learn surprising facts you can show others.



Student Registration Form

(There will be **no on-site registration**.)

\$15 Early-bird Registration postmarked by 3/15/07
\$20 Registration for all postmarked after 3/15/07

Student's Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
School: _____
Grade (circle one): 5th 6th 7th 8th

• Enclose a non-refundable check payable to **EYH**. Registration covers a science kit, mini-snacks, drink, two workshops, science mall and a T-Shirt. (**Early-bird \$15, all others \$20.**)

• Registration is on a first-come, first-served basis. Register early for first choice of workshop category!

• If special assistance is needed (wheelchair access, ASL interpreters, etc.), please include it on your registration form and call Julie Tucker at 707-826-3256 at least two weeks before the conference.



Financial, need-based scholarships are available. Check this box if you would like to receive a scholarship (Call 826-3256 for information.)

Choose Four Categories in Order of Preference (You Will Be Assigned Two)

EYH Medical and Photo Release

(Cross out any statement with which you do not agree):
I give permission for my child to receive emergency medical treatment and care. I give permission for my child to be photographed and videotaped and for the images to be published in newspapers, magazines, and on the Internet for the purpose of promoting the EYH Conference.

Parent/Guardian Signature _____ Date _____

Parent/Guardian - Print Name _____
In case of emergency, please call: _____

Please return this form with your check to:
Expanding Your Horizons, c/o CNRS
Humboldt State University
Arcata, CA 95521-8299

(No registration confirmation will be sent.)
EARLY-BIRD REGISTRATION DUE
March 15 2007

Adult Workshops

These special workshops are available for teachers and parents. (Please note that adults may not attend student workshops.)

A. Tide pool Fun for You & Your Daughter

This hands-on workshop will provide information and advice for parents who want to go tide pooling with their daughters. Prepare to get your hands wet!

B. Striving For Equity

A panel of teachers discusses how to identify and avoid gender bias in the classroom. (Sponsored by the Redwood Science Project.)

C. Will She Be Ready?

This panel will discuss preparation for college and a major or career in science, math or engineering.

E. How to Choose a University

An admissions specialist discusses how to choose the right college or university with your daughter.

F. Finding Money For College

A financial aid specialist explores various ways to finance a college education.



Financial, need-based scholarships are available. Check this box if you would like to receive a scholarship (Call 826-3256 for information.)

Choose Four Topics in Order of Preference You Will Be Assigned Two

Adult's Name: _____

Address: _____

City: _____ State: __ Zip: _____

Phone: _____

School/Affiliation: _____

(Remember: Adults may attend adult workshops ONLY)

Conference Schedule

8:00 - 9:00

Registration, packet pick-up, and mini-snack in West Gym

9:00 - 9:30

Welcome and Opening Remarks in West Gym

9:45 - 11:00

Workshop I

11:00- 11:15

Break and snack in West Gym

11:15- 12:30

Workshop II

12:30 - 1:30

Lunch and Science Mall in West Gym.
Bring your lunch! A drink will be provided.

1:30 - 2:00

Closing Remarks
Turn in evaluations
Pick up T-shirt in West Gym

Special Thanks to Our Sponsors!

The following have helped make EYH possible this year:

HSU Redwood Science Project
HSU College of Natural Resources and Sciences
HSU President's Special Projects
HSU Women's Enrichment Fund
Humboldt Branch of the America Association of University Women (AAUW)

Wear comfortable shoes and clothes appropriate for the outdoors!

Bring a jacket!

Workshops will be in rooms across the HSU campus. You will be walking outdoors between sessions and many workshops involve outside activities. No open-toed shoes, please. Come prepared!

Bring your lunch!

There will *not* be time for you to go get lunch. We will provide a drink.

Want more information? It's on the web!

All of the information in this brochure may also be downloaded from the website! Check out:
<http://www.humboldt.edu/~eyh>

Still need more information? Contact:

Julie Tucker
College of Natural Resources and Sciences
Humboldt State University
Phone: (707) 826 - 3256
Email: eyh@humboldt.edu

Directions to West Gym

(Look for "EYH" Signs)

From the north:

Take Highway 101 to the Sunset exit. Turn left over the freeway and then right onto L. K. Wood Blvd. Go approximately one-half mile then turn left on to 14th St. Go to the second stop sign and turn left on to Union St. Go to the end of Union St. and watch for **EYH** signs. (The gym complex is on your left.)

From the south:

Take Highway 101 to 14th St. exit. Turn right onto 14th St. Go to the second stop sign and turn left on to Union St. Go to the end of Union St. and watch for **EYH** signs. (The gym complex is on your left.)

Once on the HSU Campus

Go to the top of Union Street hill. Watch for **EYH** signs that will direct you to the West Gym. Please allow time to find parking on campus. No parking permit is needed for the EYH Conference.

Humboldt State University



A Conference for Girls 5th-8th Grade

Saturday
March 24, 2007

A special opportunity for 5th-8th grade girls, teachers and parents to explore careers in Math, Science, & Engineering

Humboldt State University
College of Natural Resources & Sciences

707-826-3256
<http://www.humboldt.edu/~eyh>