

# WOMEN CAN DO 2008

## WORKSHOP DESCRIPTIONS

### Architecture and Engineering

**HOUSE DESIGN AND MODEL MAKING:** Come explore the different ways to design a house. Learn to draw floor plans and then take your design into three dimensions as we create models showing the form of your house.

**IN BRIDGE WE TRUSSED:** Students will be paired up to design and create a 3D model bridge. Materials will be unusual. This is a good introduction for individuals interested in civil engineering, mechanical engineering, drafting and design.

**ENVIRONMENTAL ENGINEERING:** Combine science and engineering to create healthier air, water and land. In this workshop students apply basic science and engineering ideas to solve issues of how human waste and construction projects impact the environment and people.

**ENGINEER...SAY WHAT?:** Engineers play a role in everything - from space travel to refrigeration to roller coasters to zip-lock bags! Become an engineer and learn how to solve problems that are safe and affordable.

### Information Technology and Computers

**COMPUTER PROGRAMMING:** There are many popular languages used by computer programmers today, such as C++, Java, etc. In this workshop participants will program using the fun and creative language of ALICE, which uses 3D graphics and animation.

**MAPMAKING MAGIC:** Use computers to explore digital geospatial information – super dynamic computer maps – like Google Earth and more! Learn about career possibilities in the field of Geographic Information Systems (GIS).

**THE TRUTH OF WEBSITE DESIGN:** It's easier than you might think! Learn how to use commonly available software to build web pages. Students will learn about HTML and hyperlinks. They will get to imbed pictures, text, backgrounds and special animated symbols to create a unique website and get a copy of it to take home!

**RULING THE WORLD WITH COMPUTERS:** See how coordinating the culture of computers pays big bucks and isn't always about computers. Computer and Information Systems Managers do it all. You can too!

**SOFT-WHERE?:** Do you use a computer? What do you wish it could do? Computer Software Engineers design, test and develop software based on your needs. This field is projected to be one of the fastest growing occupations in the next decade!

**POWER YOUR DREAMS IN THE DIGITAL MEDIA AGE:** What do you get when you combine a traveling art studio, an IT systems analyst, and business savvy? Come to this interactive and fun workshop to find out for yourself!

### Communications

**TALK IT UP WITH TELECOMMUNICATIONS:** With all that talking on the phone, did you ever consider how it all works? Learn how to build and repair a telecommunications network. You'll set up "talk paths" for telephones, identify cable pairs, repair telephone lines and engineer a network using copper and fiber optic cable.

**VIEW YOURSELF IN VIDEOGRAPHY:** Think you might have a career in media or video production? Then this is the workshop for you. Use the cameras, learn a bit about live shows and editing, and have a really good time!

### Business and Empowerment

**EMPOWER YOURSELF WITH SELF-DEFENSE:** Learn to keep yourself safe using the power and smarts you already have. This technique emphasizes using your natural strengths and skills to get out of dangerous situations. Self-awareness is the first step in learning techniques to keep you strong and safe.

**FINDING YOUR FUTURE WITH E-GUIDANCE:** Vermont Guidance Central is an interactive career exploration program to help you learn more about yourself, various careers options, and which might be the best for you.

**BUSINESS IS BOOMING!** Think you might want to work for yourself? A panel of women business owners will tell you their stories and introduce you to their businesses. Learn the nuts and bolts and "how-to" of getting started. Vermont Women's Business Center provides many levels of support to young women like you!

### Natural Resources

**SUSTAINABLE EARTH-IS IT POSSIBLE?:** Imagine a world where there is no hunger, no pollution, and material goods that are recreated instead of being thrown out. Explore alternative energy sources, innovative methods of wastewater management and green design. You will never be able to look at a plastic bottle in the same way.

**COOKIE CUTTERS:** Learn how to use and care for a chainsaw safely and cut a few log "cookies" to take home. Be prepared to hang out outside if you sign up here.

**GREEN HOUSE GODDESSES:** Learn the methods of plant propagation. Grow your own, start a garden next spring, take a step towards this lucrative business. Prepare to get your hands dirty with cuttings and transplants.

## Natural Resources, Continued

**WOMEN WORKING IN THE WOODS:** Do you love the outdoors? This workshop will introduce you to the Vermont Youth Conservation Corps, an organization that hires young people to manage state parks, build hiking & biking trails, construct bridges, and manage wildlife habitats. You'll learn how to use hand tools and how you can maintain the natural beauty of Vermont by working on a backcountry trail crew.

## Public and Health Safety

**FIGHTING FIRES:** Check out what it's like to be one of "America's Bravest." Meet a firefighter, put on full fire gear, and use the tools and equipment. Experience what's involved in fighting fires of all types.

**FIRST ON THE SCENE:** Emergency Medical Technicians must be ready in emergency situations to help save lives. You'll have an opportunity to check out the latest equipment first hand and find and learn some quick lifesaving techniques.

**GET A LOCK ON LAW ENFORCEMENT:** Come learn how your voice can be a stronger tool than your hands. See and experience some of the tools an officer uses in her day-to-day work. This workshop will offer the training new law enforcement officers might get.

**THERE'S A HEALTH CAREER FOR EVERYONE!** Did you know there are over 300 health care careers? Learn about these careers through an interactive presentation and hands-on exploration of actual tools. Walk away with a better understanding of the education requirements, salaries, work environment and more. Additionally, Dr. Cassandra Lansky will deliver an interactive visual approach to Dentistry, including photos and x-rays.

## Trades

**PAINT YOUR WAY INTO THE PROFESSION:** Learn about professional painting. Get familiar with sheetrock. Come and explore your creativity while learning how to support yourself in this lucrative and high demand business.

**PLAYING IN THE DIRT:** Climb aboard and learn how to maneuver heavy equipment like a skid steer, a loader and a backhoe.

**LIGHT UP YOUR LIFE:** In this workshop, you'll learn the basic skills involved in the electrical trade. Participants will get a hands-on lesson in bending, stripping and connecting wires to create an electrical lighting circuit.

**THE ART OF WELDING:** An introduction to basic welding using an oxygen-acetylene torch. You will bend steel rods, cut through metal, and weld pieces together. Please wear long pants and bring a long sleeved shirt.

**UNDER THE HOOD:** Learn the basics of how to purchase a GOOD used car and how to keep it running. We will do a check to hit all the important aspects of auto maintenance. Make sure to wear boots or sturdy closed-toe shoes.

**GREEN BUILDING:** Use methods of green building, such as using alternative materials, natural building, or green architecture to learn how to reduce waste, increase efficiency, and protect human health.

**WOOD WORKIN' IT:** This workshop will give you an introduction to woodworking skills. You will experience using power saws, drills, and various hand tools. Make sure to wear boots or sturdy closed-toe shoes.

**BUILD A TOOLBOX-JOIN THE CARPENTERS UNION:** Students will learn carpentry skills and build a toolbox they can take home with them. We will also discuss the opportunities for women in the carpenters union and learn about the apprenticeship program. Please wear boots or sturdy closed-toe shoes.

**BUILDING WALKWAYS FROM THE GROUND UP:** Landscape projects often include the design and construction of walkways. This workshop will focus on the basic landscape concepts and techniques involved in the design of a house entrance area. We will cover design concepts and calculate the quantity, pattern, and grading needed for designing a walkway. Outside we will prep base material, use laser level and lay a variety of brick patterns.

**WEATHERIZATION WORKS:** With gas and oil costing over \$4.00 per gallon, more people than ever are interested in having their homes weatherized. The insulation industry is growing as quickly as people can get trained and going. There are great opportunities for everyone - in Vermont and around the country. Learn the tools and techniques that energy auditors and weatherization crews use.

## Other Non-traditional Careers

**AVIATION CAREERS:** Interested in a career in aviation? Come get hands on experience in a real helicopter. Hear from a female aviator, crew chief, and medic about careers that allow your opportunities to take flight.

**EXPLORING NEUROSCIENCE:** The capacity to learn is one of the most profound aspects of the human nervous system. During this workshop we will explore our senses and how they are inter-related in adaptive learning. Participants will create hypotheses and perform experiments that demonstrate how our senses provide us with information that allows for neuronal adaptation.

**SLICE AND DICE:** Are you passionate about food or managing/owning your own restaurant? The menu for this workshop offers a look at how to use ordinary kitchen utensils to create extraordinary culinary creations. Work with a professional chef and learn to battonet, brunoise, and julienne with a knife to make a delicious snack.