

# WOMEN CAN DO 2009

## 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 in ways that are safe and affordable.

### Information Technology and Computers

**COMPUTER PROGRAMMING & ANIMATION:** Come check out the exciting world of computer programming and animation! There are many popular languages used by computer programmers and animators today, such as C++, and Java. Ever wonder what goes into making videogames and Pixar movies? Come see for yourself!

**WHIZBANG MAPPING:** Map your world! Learn how to use GPS units and free computer resources to explore and map your world. 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. Learn about HTML and hyperlinks. Imbed pictures, text, backgrounds and special animated symbols to create a unique website and get a copy of it to take home!

**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!

**MAKE FACEBOOK WORK FOR YOU!** Ever considered how social networking sites like MySpace, Facebook and Twitter can help or hurt your career? Learn how to protect your reputation online and use these tools to promote yourself in the workforce.

### 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!

**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-IT'S UP TO YOU!:** Explore the current environmental crisis and innovative methods to save planet Earth and humankind. Have fun creating your own alternative energy clock and think outside the box in the "cradle to grave" product think tank.

**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, and take a step towards this lucrative business. Prepare to get your hands dirty with cuttings and transplants.

**THE HEAT IS ON!** Try your hand at a heat loss competition! Create a structure designed to retain the heat from a light bulb and learn how energy auditors do this in the real world. See how you measure up to the competition!

## 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

**FIREFIGHTING: YOU CAN DO IT!:** You will learn the skills & attitude necessary to pursue a career in firefighting. 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 of the trade! Walk away with a better understanding of the education requirements, salaries, work environment and much more.

## Trades

**PAINT YOUR WAY INTO THE PROFESSION:** Learn about professional painting! Get familiar with sheetrock 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, loader and a backhoe.

**LIGHT UP YOUR LIFE:** Learn the basics of how to wire a lighting circuit and be able to switch on a light as a result of your work! Participants will get a hands-on lesson in bending, stripping and connecting wires to create an electrical lighting circuit, and may even work on a simple solar-powered system if time allows.

**THE ART OF WELDING:** An introduction to the MIG welder and the Plasma cutter. Learn to how cut through metal, weld pieces together, and make a collaborative sculpture together! Please wear long pants, bring a long sleeved shirt, work boots, and your hair tied back.

**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.

**WOOD WORKIN' IT 2.1:** For intermediate and advanced wood workers only! Know your way around the shop? Come try out some advanced techniques using both power and hand tools and make something to take home! Please wear boots or sturdy closed-toe shoes.

**WEATHERIZATION WORKS:** You've heard of WIN-WIN solutions? Weatherization goes even further: Help low-income Vermonters reduce their energy costs – WIN! Reduce dependence on foreign oil – WIN! Reduce greenhouse gas emissions – WIN! Create jobs – WIN! As a key part of the federal stimulus plan, opportunities in energy efficiency are greater than ever! Learn the tools and techniques 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.

**SENSING SCIENCE – CAUTION BRAIN CELLS ACTIVE!:** Explore what it means to be a scientist by experimenting with your senses of taste and smell. Re-create how neuroscientists use microscopes to visualize cells within our brains. If you like to figure out how things work in your brain, come see what it means to be a neuroscientist!

**ANIMAL HOUSE!** Love animals? Come check out this interactive presentation covering the various careers working with animals! Try out various handling and procedural techniques and see if you have what it takes!

**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.