



For Workshop Presenters

Expanding Your Horizons (EYH) is a math-science conference for girls; designed to encourage the success of women in science and math-related fields and to promote education as a means for young women to achieve a desirable lifestyle. Math and science were chosen as the conference focus to help break down sex stereotyping regarding the success of females in traditionally male-dominated careers and to provide role models and encouragement for the young women attending EYH.

This upcoming March, we expect at least 500 girls from 6th-8th grade will attend Expanding Your Horizons at Skyline College. The girls start their day with a healthy snack before their first of three workshops. They participate in three hands-on workshops during the day-long conference. Each workshop is 1 hour and 20 minutes. Lunch is provided for participants and presenters, and the third workshop is held after lunch. Workshops are limited to 20-25 girls and are conducted by professionals in math, science, healthcare, and engineering.

One purpose of the workshops is to expose girls to careers and fields of study that they did not heretofore know; however, the girls register based on a brief description of the workshop and their interests. Each year, the preregistration favorites are workshops like:

- Cover Girl Chemist
- CSI San Bruno
- The Scientist in the Kitchen
- CPR: How to Make Someone Undead
- Scrub-In for Surgery
- Day in the Life of a College Student

A comparison of pre- and post-conference favorites indicates that post-conference favorite workshops always contain the most hands-on activities. The girls have commented on this:

- *"The microscope was really cool."*
- *"It was very hands-on."*
- *"Learned instruments & got to keep the clothes."*
- *"We made deodorant."*
- *"It was fun to make lip gloss."*
- *"It was very interactive."*

For more, see *Tips For A Successful Workshop* at skylinecollege.edu/eyh/presenters.

