

AWIS

ASSOCIATION FOR WOMEN IN SCIENCE

Washington Wire

Edited by Rachel Britt, PhD

Issue II October 2014



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Dear Lauren,

This holiday season, AWIS is offering a new way to support women in STEM! Purchase a [gift membership](#) for a friend, colleague, or loved one to show them your support, and give them the resources they need to succeed.

We have a national community of over 50,000 women and men in STEM who support the AWIS mission. A [gift membership](#) includes full, complimentary access to AWIS research, reports, data, professional development webinars, local events, networking, and AWIS publications like the *Washington Wire*, an e-newsletter that keeps members up-to-date on everything happening in the STEM community; *AWIS in Action!*, an e-newsletter that focuses on legislation and advocacy efforts that affect the STEM community; and the *AWIS Magazine*, written by AWIS members, for AWIS members.

Give the [gift of AWIS](#) to the Smart Women Doing Cool Stuff in your life!

Questions/Comments? Email us at awis@awis.org or call [703.894.4490](tel:703.894.4490). We love hearing from you.

Sincerely,

Sarah Ramirez
Membership Communications Manager

Member Profile

Lauren Dembeck

Member Type:

Junior

Member Expiration:

2/4/15

Join the Conversation!



Featured Jobs

[St. Elmo Brady Future Faculty Fellow](#)

University of Illinois
Urbana, IL

[Faculty positions in Atmospheric Dynamics](#)

University of California
Los Angeles, CA



Careers

Contributed by: Keng Jin Lee

12 Ways to Ask For a Raise

Microsoft CEO Satya Nadella made headlines recently when he suggested that women should trust karma instead of asking for a raise. Which raises the question: is there a good way to ask for a raise? Here are 12 tips to consider when seeking more compensation.

[More \\$\\$\\$ please!](#)

Contributed by Mrinalini Muralidharan

Americans Only Slightly More Likely to Prefer Male Bosses

Fifty years ago, a majority of people would have chosen a male manager, but today most have no preference, and a growing percentage of poll respondents would choose a female manager. A recent Gallup poll showed that 33% of respondents favored a male boss, 20% preferred a female boss, while 46% had no preference.

[Who would you choose?](#)



Education

Contributed by Jaime Smith

Malala Yousafzai Discusses Nobel Win

Malala was in chemistry class when she heard she had just become the youngest person ever to win the Nobel Peace Prize. Many of us would have instantly dropped what we were doing, but not Malala-she stayed in class. She stayed because she is passionate about education for women, which was not easy to come by while growing up in Taliban-ruled Pakistan. Malala is an inspiration to girls and women around the globe.

[Nobel prize for a noble cause](#)

Contributed by Mrinalini Muralidharan

Why Does Curiosity Help Us Learn?

Ever been curious what curiosity is, and how it works? A recent study suggests that the brain's chemistry changes when we become curious and releases dopamine which gives us a high - an intrinsic reward to learn and retain information.

[Your brain on curiosity](#)



Science and Technology

Contributed by: Jaime Smith

[Professor of Community Oral Health](#)

University of Pennsylvania
Philadelphia, PA

[Click here](#) to visit
our Career Center!

AWIS Member Spotlight



Robert F. Olin, PhD
University of Alabama

Dr. Olin is dean of The University of Alabama's College of Arts and Sciences, UA's largest division with 428 faculty, 7,700 students, and an annual budget of over \$75 million. He joined the College in 2000 after serving 25 years on the faculty of Virginia Tech.

Olin is known nationally for his innovations in educational technology. He has served on numerous national councils for the advancement of educational technology and is the recipient of the national 2002 Virginia B. Smith Innovative Leadership Award.

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Feminist Critic Faces Threats in GamerGate Campaign

Feminist cultural critic, Anita Sarkeesian, is facing a noxious campaign to intimidate her for her work challenging the stereotypes of women in video games. Bomb threats for her public speeches are commonplace and just recently, she had to cancel an appearance at Utah State University amid threats of a mass shooting. So far, major game companies have avoided the vitriol, leading to calls for intervention.

[GamerGate](#)

Contributed by: Keng Jin Lee

Tech Giants Will Pay for Women to Freeze their Eggs

Apple and Facebook are now offering to cover up to \$20,000 of egg freezing costs for their female employees. Since key childbearing and career development years often overlap, this new benefit is aimed at providing more options for those who want to delay having children. This benefit is offered on top of generous maternity benefits as a way to lure and retain top female talent.

[Freezing eggs to free up your career?](#)



Work-Life Integration

Contributed by: Shabnum Patel

Tips for a Better Work-Life Balance

Technology has made work-life balance harder to achieve because email and notifications are always available. According to a Harvard Business School survey, 94% of professionals work more than 50 hours per week, emphasizing the lack of work-life balance in the current state of employment. Some tips for creating a better work-life balance include: letting go of perfectionism, unplugging from technology away from work, exercising and meditating, and restricting your habits to focus on particular activities.

[How do you achieve balance?](#)

Sleep More, Work Better

Lack of sleep has been associated with decreased decision-making abilities and increased stress levels. Sleeping longer and getting more deep sleep can help you work more efficiently the next day. Creating a bedtime routine may help train your brain to associate the routine with sleep, making you fall asleep more efficiently and perform better at work.

[No need to count sheep](#)



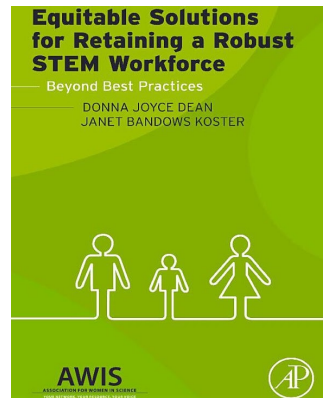
Health

Contributed by Lauren Dembeck

Overweight Women Face Work Discrimination

A new study finds that weight gain in women correlates with low-paying, physically strenuous job placements. In the short video associated with this article, the author Dr. Jennifer Shinall discusses the legal aspects of this workplace discrimination.

[Slim paychecks](#)



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Join the Conversation!



Contributed by: Jaime Smith

Gene May Help Shield Hispanic Women from Breast Cancer

According to a new study, 20% of Hispanic women carry a genetic variation that offers protection against breast cancer. This particular genetic variant on chromosome 6 originates from Native Americans and can reduce the risk of certain aggressive forms of the disease by up to 80%, according to researchers. Scientists may use these results to gain a better understanding of how to protect against breast cancer.

[Latin luck](#)



Editor's Choice

The Editor's Choice is a Washington Wire section that includes reports and articles that the AWIS National Staff and other AWIS members think will interest you.

[Women in STEM: Our Role in the Midterm Elections](#)

[Making Science a Friendlier Place for Women](#)



Events

[Exploring Careers in Science and Engineering - A Day for Undergraduate Women](#)

Saturday, November 1, 2014

[From Molecule to Market: An Educational Panel Series about Careers in Drug Development](#)

Wednesday, November 5, 2014

[Moving Outside of Academia: Finding Your Purpose and Achieving Your Goals](#)

Wednesday, November 12, 2014

AWIS Seattle - Hot Topics in Science

Wednesday, November 19, 2014

[Second Annual Stepsisters' Ball](#)

Thursday, November 20, 2014

[AWIS Webinar: Stress Management for Leaders](#)

Tuesday, December 9, 2014

For more information on upcoming events for 2014, or to register for an event, visit the [AWIS Events Calendar](#) online!



Opportunities

[BBRG Affiliated Scholars Program](#)

The BBRG Affiliated Visiting Scholars Program is designed to accommodate scholars who would like to spend a relatively short period of time in residence, ranging from one month to six months. The BBRG Affiliated Visiting Scholars Program is open to senior and junior faculty (tenured and untenured), visiting scholars, postdoctoral scholars and independent scholars, from the U.S. and abroad, whose work is centrally on women and gender. Applicants must have

the Ph.D. (or its equivalent) in hand one year prior to the beginning of the appointment. (Applications accepted throughout the academic year)

[Travel Award Program for Early Career Investigators](#)

Keystone Symposia on Molecular and Cellular Biology will offer a limited number of travel awards to early career investigators at the Assistant Professor or equivalent industry scientist level.

[Small Business Postdoctoral Research Diversity Fellowship](#)

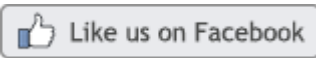
The Small Business Postdoctoral Research Diversity Fellowship program aims to encourage creative and highly-trained recipients of doctoral degrees in NSF-supported science, technology, engineering and mathematical disciplines to engage in hands-on research projects in their areas of expertise at the kind of small innovative businesses that historically have fueled the nation's economic regime. Each research fellow will receive a stipend of at least \$75,000 plus health insurance benefits.

[NSF's Career-Life Balance \(CLB\) Initiative](#)

Scientists now have the opportunity to submit supplemental funding requests to support additional personnel (e.g., research technicians or equivalent). This will help sustain research when the Principal Investigator is on family leave.

White House OSTP Internship Program

The Office of Science and Technology Policy advises the President on the effects of science and technology on domestic and international affairs. The office serves as a source of scientific and technological analysis and judgment for the President with respect to major policies, plans and programs of the Federal Government. Interns are accepted for one of three annual terms (Spring, Summer, or Fall), which each last no more than 90 days. While these positions are without compensation, the assignments provide educational enrichment, practical work experience, and network opportunities with other individuals in the science and technology policy arena. For questions, please contact Rebecca Grimm rgrimm@ostp.eop.gov.



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