

AWIS

ASSOCIATION FOR WOMEN IN SCIENCE

Washington Wire

Edited by Rachel Britt, PhD

Issue II March 2015



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Dear Lauren,

The AWIS Strategic Plan for 2015-2017 affirms our commitment to driving excellence in STEM by achieving equity and full participation of women in all disciplines and across all employment sectors. That commitment to increase the representation, advancement, and contributions of women to STEM through evidence-based strategies includes equipping our members with knowledge and skills to navigate their professional lives.

The average person spends over ninety thousand hours of their lifetime at work. Our partners at New Scientist asked 5800 scientists and engineers in the UK, Europe, and North American about their salaries, jobs, and employers. The [New Scientist 2015 Careers Guide](#) offers insights on how to land a pay rise, promotion, or launch a new career. You will also be able to compare your salary to other science professionals. Additional articles in the [New Scientist 2015 Careers Guide](#) discuss overcoming the wage gap, and the different barriers women face in science and engineering fields.

AWIS shares resources like the [New Scientist 2015 Careers Guide](#) because we believe more transparency and information about the STEM workplace and workforce helps us all achieve excellence.

Sincerely,

Ric Weib

Member Profile

Lauren Dembeck

Member Type:

Junior

Member Expiration:

2/4/2016

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Featured Jobs

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Chicago, IL

Ric Weibl
AWIS Chief Learning Officer

Questions/Comments? Email us at awis@awis.org or call 703.894.4490. We love hearing from you.

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

Careers

Contributed by Mrinalini Muralidharan

Seven Strategies for Advancing Women in STEM

Achieving gender equality in science will require devising and implementing strategies to overcome the political, administrative, financial, and cultural challenges that exist in the current STEM environment. The Initiative on Women in Science and Engineering Working Group of the New York Stem Cell Foundation issued a series of actionable recommendations they believe could have a high impact on promoting gender equality and a level playing field in STEM.

[STEM gender equality](#)

Do You Suffer from Imposter Syndrome?

What do Tina Fey, Maya Angelou, and Sheryl Sandberg have in common? They all felt like frauds despite being very successful. Even when we perform well, we may feel that we fooled people and are undeserving of praise. This article discusses how to reframe the concepts of failure, competency, and fear to battle imposter syndrome.

[Fight the fraud within](#)

Education

Contributed by Shabnum Patel

America's Education Model

According to a study at the College of William and Mary, student creativity at the K-12 level has decreased significantly in the past few decades. Studies suggest the American education model is not based on innovative or creative thinking, leading to children who are less imaginative, less perceptive, less emotionally expressive, and less able to connect seemingly irrelevant concepts.

[Bring back creativity](#)

Funding for STEM Education

President Obama announced private sector pledges over \$240 million for STEM that will include specific amounts to encourage the development of early-career scientists and also to expand opportunities in STEM for underrepresented groups, such as women and minorities. Over 100 colleges and universities, as well as a coalition of CEOs, have committed to extending STEM education programs to over 1.5 million students in 2015.

[Educate to innovate](#)

Science and Technology

Contributed by Lauren Dembeck

Bionic Animals Come to Life

Festo, a family-owned tech company, has created bionic animals that are surprisingly life-like. The bionic ants not only

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demand.
so are
we.

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Technologists
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Women's History Month Spotlight



Ann Briscoe, PhD
AWIS Past President

Ann Briscoe was a founding mother of AWIS and she served as President from 1974-1976. During one of her three visits as a guest to the White House, she was almost removed by the Secret Service because of her eagerness to say hello to then President Gerald Ford

look like ants but work cooperatively; the bionic butterflies can fly in groups. A suctioning arm was even inspired by the chameleon's tongue. These machines are innovative from a basic science perspective and have many potential uses including military defense, manufacturing, and house cleaning.

[Inspired by nature](#)

Combat Antibiotic Resistant Microbes

The National Action Plan for Combating Antibiotic Resistant Bacteria (NAP) outlines five goals to address the growing threat of "superbugs". NAP calls for doctors to be judicious when issuing antibiotic prescriptions and seeks to limit the use of antibiotics in the agriculture industry. Other measures call for more basic research and improved diagnostic tests.

[Preventative measures](#)

Work-Life Integration

Contributed by Jaime Smith

Six Things You Can Do to Unplug

Technology allows us always to be connected. But, it has also ushered in an era of placing impossible demands on ourselves at home and at work. Here are six things you can do right now to unplug and de-stress: 1) keep work at work; 2) put your phone away when you're with your family & friends; 3) never sleep with your phone; 4) write down your thoughts; 5) connect to nature; and 6) be present.

[Back to basics](#)

Patricia Arquette on Why the Gender Pay Gap Must End

Patricia Arquette brought the pay equity debate to center stage when she made it part of her Oscar's acceptance speech. While women make up almost half of America's workforce and are equal or main breadwinners in 40 percent of households, they earn only 78 cents for every dollar a man makes. Arquette feels that if "women had equal pay in the United States, it would be a game changer" for our country's economic future.

[Wage war](#)

Health

Contributed by Keng Jin Lee

Diet Soda Linked to Belly Fat

The intake of diet soda, and health problems such as obesity and diabetes, have all been steadily increasing in the past 30 years. A new study may have found the missing link between artificial sweeteners and the increase in these chronic diseases - belly fat, which is known to have a negative impact on cardiovascular health. Diet soda drinkers were found to have a higher waist circumference even after adjusting for factors such as age and activity levels. This study was published in March 2015 by the Journal of the American Geriatrics Society.

[Kick the diet soda?](#)

BPA-Free Does Not Mean Worry-Free

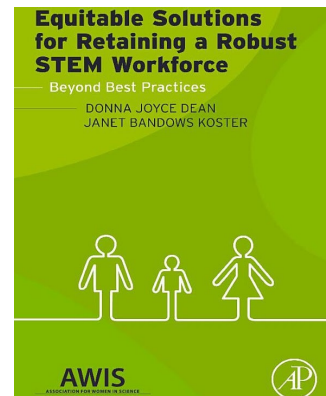
Most plastic products these days are made with BPA-free plastic thanks to newer recommendations by the Food and Drug Administration and health advocates. However, the chemicals used to replace BPA - Bisphenol S and F (BPS and BPF) - could be just as dangerous. The research on BPS and BPF is still in the early stages and thus one should still be cautious with plastic products. Meanwhile, there are some steps you can take to avoid the potential hazards from

and tell him how pleased AWIS was by his programs for women.

Dr. Briscoe was educated at Adelphi University and Vassar College. After postponing her graduate studies to teach "the boys who failed science" during World War II, she graduated with a PhD from Yale in 1949 and went on to teach at Columbia College of Physicians and Surgeons, Hunter College School for Health Sciences, and the Harlem Hospital Center School of Nursing. She was a representative of American Women Scientists at the United Nations, vice-chairperson of the New York City Commission on the Status of Women and a fellow of the New York Academy of Sciences. She was advised by the Honorable Ruth Bader-Ginsberg and was awarded the Yale Medal and the Wilbur Cross Medal for her work on behalf of Yale University.

Dr. Briscoe passed away on April 16, 2014 at the age of 95. She was survived by her husband, Dr. Irwin Slater.

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plastic chemicals.

[Beware BPA-free](#)

Editor's Choice

[5 Biases Pushing Women out of STEM](#)



Events

[Ohio NW Chapter: Spa Night and Annual Fundraiser](#)

Thursday, April 9, 2015

[AWIS Webinar: Science Communicator: Establishing a Medical Writing Career](#)

Wednesday, April 15, 2015

[Ohio NW Chapter: End of Semester Brown-Bag Get Together](#)

Friday, April 17, 2015

[AWIS Webinar: Career Catalyst: The Scientific Method for a 6 Figure Career](#)

Wednesday, April 22, 2015

[2015 National Summit on Innovation and Entrepreneurship](#)

Thursday, April 30, 2015

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



Opportunities

[Nominations for the National Medals of Science](#)

Nominations are currently being accepted for the National Medal of Science. The National Medals offer a unique opportunity to showcase the best and brightest minds within your organizations and the outstanding scientists and innovators you work with each and every day.

Nominations due by April 27, 2015.

[Nominations for the National Medals of Technology and Innovation](#)

Nominations are currently being accepted for the National Medal of Technology and Innovation. The National Medals offer a unique opportunity to showcase the best and brightest minds within your organizations and the outstanding scientists and innovators you work with each and every day.

Nominations due by June 1, 2015.

[2015 AAMC Learning Health System Research Learner award](#)

This award allows individuals to connect with leaders in the field as a means to advance their own professional development and rise as a leader at their own institution. LHS Learners are interested in focused learning

opportunities and in bridging connections between research, clinical care, and education at their institution. Awarded LHS Learners will be invited to the LHS Research Award kick-off meeting on Thursday, February 12, 2015 at the AAMC headquarters in Washington, DC. Travel and lodging fees will be waived for the LHS Learner awardees. To apply, please email your current CV and contact information to rocc@aamc.org.

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

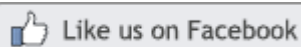
The Small Business Postdoctoral Research Diversity Fellowship program aims to encourage creative and highly-trained recipients of doctoral degrees in NSF-supported science, technology, engineering and mathematical disciplines to engage in hands-on research projects in their areas of expertise at the 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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