

# AWIS

ASSOCIATION FOR WOMEN IN SCIENCE

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## Washington Wire

Edited by Rachel Britt

June 2017 - Issue II



Dear Lauren,

Your electronic edition of the Summer Issue of the AWIS Magazine is now available online. [Click here for access to this exclusive member benefit.](#)

This issue of the AWIS Magazine takes a global focus as we raise awareness on issues related to women in STEM and provide resources to support STEM professionals to think globally and act locally. AWIS CEO Janet Bandows Koster and Board Councilor Dr. Pamela McCauley were invited to offer expert opinion at the United Nations Global Expert Group Meeting in New York City. You can read more about AWIS's participation in this [edition of the magazine.](#)

Keeping top talent is a strategic imperative in today's competitive global environment, and while efforts to broaden participation in STEM are being made, much work remains to be done to create STEM educational and

### Member Profile

**Lauren Dembeck**

**Member Type: Junior**

**Expiration: 2017-08-26**

**00:00:00**

### Featured Jobs

[Nanofabrication Process Engineer](#)

NIST/CNST

Gaithersburg, MD

[Instructional Academic Staff Physics & Astronomy](#)

University of Wisconsin

Eau Claire, WI

work spaces that promote inclusion and value STEM contributions across the social spectrum.

Sustainable change requires persistent effort over time and your AWIS membership is having a global impact. Your additional [support and contributions](#) will help us sustain that effort.

Andrea Lucy  
Program & Administrative Associate  
Association for Women in Science

## Careers

Contributed by Michelle Gomes

### 3 Ways to Build a Career in an Unstable Market

With automation, robots, and artificial intelligence gaining traction, many professionals face the challenge of losing their jobs and having to adapt to a changing workforce. In a future without stable jobs, you cannot afford to get complacent or you risk losing out on opportunities. Here are 3 ways to take charge, create opportunities, and build a successful career in an everchanging market.

[The business of a career](#)

### How to Effectively Communicate During Strategic Change

As leaders, it is important to communicate clearly and effectively with team members on a regular basis. This becomes crucial in times of strategic organizational changes, when team members are trying to make sense of new tasks in the context of existing ones. How, then, can leaders send clear signals to subordinates to bring about the desired change without fear or confusion? Here are 3 ways to clearly signal change.

[Winds of change](#)

### 4 Professional Relationships for Career Advancement

As people, we tend to draw from our personal experiences or from the experiences of those within our immediate social or professional circles to make decisions or seek new opportunities. This can be limiting. What if there were better ways to achieve career growth by enlisting the help of others not within our circle? Here are 4 professional relationships that may help move a career forward.

[It's who they know](#)

Scientific Manager/Group  
Leader, Biologics Sample  
Management - Research  
and Early Development  
Genentech  
South San Francisco, CA

[Click here to visit the  
AWIS Career Center](#)

## AWIS Member Spotlight



**Dr. Rachel Britt**

*Health Specialist at the  
National Institutes of Health  
Professional Member  
since 2011*

My fascination with the inner workings of living things inspired me to study science. However, the often solitary pursuit of academic research did not give me much opportunity to communicate the fascinating substance and importance of science to diverse audiences. Academic research also meant being an expert at the nanoscale, and I increasingly desired my work to impact science more broadly. As a Health Specialist at the NIH, I currently help to ensure awareness and maximum impact of our scientific outputs through communication and evaluation.

Learn [more](#) about the benefits of joining AWIS.



## Education

Contributed by Sophia Jeon

### Helping Students from Minority Groups Stay on Track for College

College education provides opportunities for many, but not everyone in the U.S. has equal access to it. What if a short exercise, such as writing an essay about core values and why they are important, could help students from minority groups stay on track for college? A recent study by a team of psychologists shows promoting the students' self-affirmation helps students stay on track for future education.

[Self-affirmation](#)

### Teaching Kids to Cope with Setbacks

Failure is a natural part of learning, but students who are used to getting almost perfect exam scores and grades often don't know how to deal with their first failure in college. Good news, everyone. Smith College has a formalized program called "Failing Well" to help these high achievers. By teaching that all people, including successful people, struggle and have struggled at some point, Smith college is trying to de-stigmatize failure.

[How to fail well](#)

### Primary Schools in England Use Chess to Help Students Concentrate

Joining chess club may have unexpected benefits. About 800 primary schools in England have started adopting chess as part of their curriculum and are seeing a difference in student behavior. Playing or learning how to play chess not only boosts self-esteem, but gives students a fun activity outside school, and helps them focus better. It also reduces their time spent with gadgets in this age of constant over-stimulation from touchscreens and instant messages.

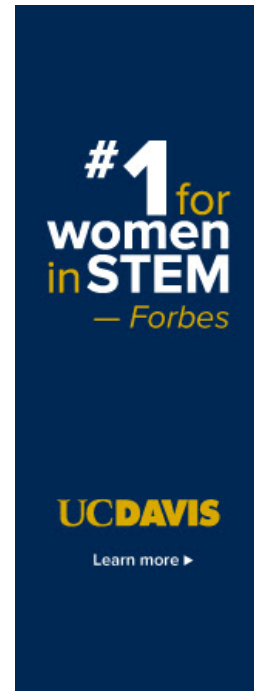
[Checkmate](#)

## Science & Technology

Contributed by Mrinalini Muralidharan

### Genetically "Edited" Foods

While science has created many breakthroughs, it is useful only if it is also socially acceptable. The CRISPR



gene editing technology has a wide range of applications including in agriculture. DuPont is trying to get a head-start by engaging the public early in process of creating genetically edited crops to avoid the public relations mistakes made by other agricultural companies with GMOs.

### [CRISPR snacks](#)

Contributed by Lauren M. Dembeck

#### **Self-medicating Is Common in the Animal Kingdom**

Medicinal plants are used by many animals including chimpanzees, Kodiak bears, and porcupines. Starlings and blue tits deliberately add assemblages of insect-repelling and antibacterial plants to nests. Many other examples like this abound and highlight an additional benefit of studying animal behavior – we may learn of undiscovered medicinal plants from our fellow animals.

### [Watch & learn](#)

## **Work-Life Integration**

Contributed by Lauren M. Dembeck

#### **The Importance of Idleness**

In a culture obsessed with work, achievement, and continual improvement, it can be difficult to relax without constant, nagging guilt in the back of your mind. However, psychologist Michael Guttridge emphasizes that “wasting time” is not a waste of time at all. Time spent doing “nothing” is really just a recharge of your proverbial battery pack.

### [Do more, work less](#)

#### **Three Steps to Work-Life Alignment**

The idea of work-life balance is often one of a power struggle between work and life. The concept of work-life alignment is a reminder that work is in fact part of your life, and as such, you should use work as a catalyst to maintain a fulfilling life. Here are 3 steps to help you question your values and goals and start realizing work-life alignment.

### [Because you only live once](#)

## **Health**

Contributed by Mrinalini Muralidharan

## Digging Around for New Antibiotic

In the quest for new classes of antibiotics, scientists finally hit pay dirt. While screening soil for microbial compounds, they identified one that works in a novel manner to kill bacteria. Most antibiotics only target rapidly dividing bacteria, but this new compound even targets dormant bacteria like those on door handles and desks.

[Pay Dirt!](#)

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