

Society of Women Engineers

SWE Spoke

2005-2006, Issue 9

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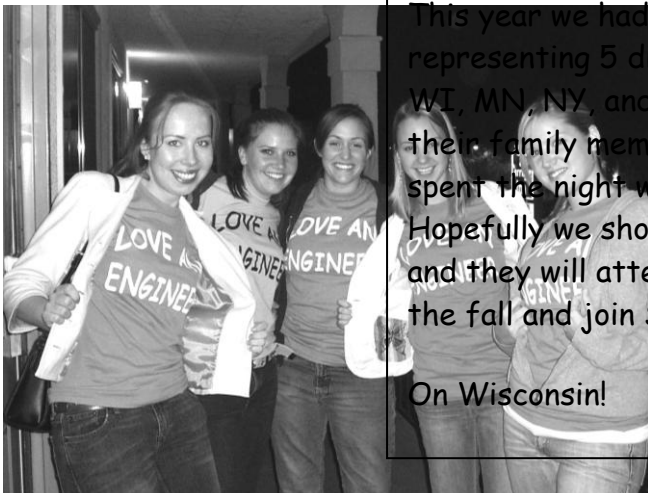
Day on Campus

Lauren Wenzel, Mentoring Co-Chair
Carolyn Sredl, Mentoring Co-Chair

This is a chance for SWE to show off the College of Engineering. Day on Campus is a program planned completely by SWE for female high school seniors who have been accepted into the College of Engineering at UW-Madison. This year, the event was held on Friday, April 13th. Throughout the morning, the girls formed teams and built a spaghetti pyramid, went on a campus tour and sat-in on a wonderful engineering class. In the afternoon, there was a panel discussion (with a freshman, graduate student, co-op/intern student and professor) and a small group discussion about the different disciplines within engineering.

This year we had 44 girls attend, representing 5 different states (IL, WI, MN, NY, and VT), along with 55 of their family members. Also, 17 girls spent the night with a SWE member. Hopefully we showed them a good time and they will attend UW-Madison in the fall and join SWE!!

On Wisconsin!



are you...
Stressed
OUT!?



Check out **page three** for some tips to keep your sanity through the exam season.

"Flashback to SWE National Convention 2005 in Anaheim, CA" SWE conventions are the perfect opportunity to learn more about SWE and network with other members!

Salvation Army

Amanda Sandusky, Community Service

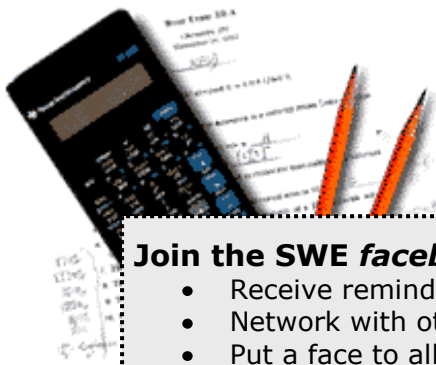
The Salvation Army was founded in 1865 and is an international charitable and religious organization that cares for the poor and homeless. There are Salvation Army's all over the world, even one in Madison, WI. The establishment in Madison houses many families and individuals who unfortunately have no where else to stay. The Salvation Army does not only house adults but many children also reside there. These children range from infants to teenagers.

The Salvation Army receives a lot of help from volunteers. Many people are familiar with the volunteers that ring the bells outside local stores and receive donations during the winter holidays. There are also other volunteer opportunities such as kitchen helpers, individual day care, after-school counselors and night time activity coordinators.

The Society of Women in Engineering-community service started volunteering at the Madison shelter this semester. Every Wednesday from 6:30-9:00pm a group of SWE members go to the local Salvation Army where they play and lead gym activities with the children ages six years and older. Each week the number of children varies but normally ranges from 10-15 kids. These kids are sweet, energetic and full of life. They are also very appreciative. As soon as we walk through the door we are bombarded with happy kids running towards us, you can tell that they are excited to see us. Even though, we only see them for an hour and a half each week it is evident that they enjoy every minute of our presence and attention we give them.

Volunteering at the Salvation Army is beneficial to the parents and the children that stay there but even more so rewarding to the volunteers. "Seeing the kids smile and have a good time makes me want to come back each week," said Lindsey Rose (volunteer through SWE).





Join the SWE facebook group!

- Receive reminders of upcoming events
- Network with other SWE members
- Put a face to all those names you have learned!

<http://antoine.frostburg.edu/chem/senese/101/images/exam.gif>

6 Tips for Surviving Finals

Laura Valenstein
Boeing Team Tech Leader

With final exams approaching, it's easy to get overwhelmed with the implications of "high-stakes" tests. Here are my guidelines to getting through finals week while keeping stress low (and they don't include playing 'Sudoku' in lecture).

1. Don't be too stressed or relaxed.

First, you should check the final's worth. Remember, it's only one component of your final grade. If it's worth 20% or less, you probably won't be able to change your final grade by more than one level (e.g. B to B+). Conversely, you should try to do as well as possible. Sometimes it's a big part of your final grade (30% or more), in which case it can make a big difference. It's better not to go into the final with the idea, "I just need to get x points to keep my B average." It may not be possible to calculate this accurately, since teachers often add participation points at the end.

2. Make time for "renewing" activities.

This is NOT the time to stop exercising or doing other things you enjoy. You will study more effectively if you spread things out and take breaks. But watch proportions here. Beware of doing 15 minutes of studying followed by a long break to watch "Date My Mom!"

3. Use effective study methods.

The key to effective retention is repetition, and not overloading your brain. Use songs, acronyms, etc. Whatever you do, don't do it all in one long session. Find out the exam format beforehand and be sure you know how to effectively take specific kinds of exams, such as multiple choice, true/false and essay formats, as well as effective guessing methods (just in case!).

SLEEP.

Don't pull an all-nighter! You will do better if you are rested, and cramming often leads to a superficial and confused knowledge of the material. There is a reason why sleep deprivation is used as torture.

5. Resist the urge to party on 'off' days.

Instead, use breaks in your schedule to get a head start on future exams. This can be a time to catch up on reading, or work on extra problems. You'll have plenty of time after finals.

6. When the exam is over, let it go!

Forget it! Move on to the next one, or go enjoy the break! If you have major concerns, make an appointment to see your professor.

If you can't get more...
Get BETTER
Sleep

Avoiding caffeine and alcohol before bedtime can help you get better sleep. Caffeine consumption can make it more difficult to fall asleep at night; however, it will not disrupt your normal sleep cycle once you doze off. Alcohol, on the other hand, *will* disrupt your normal sleep cycle, usually during the fourth stage or fifth stage (REM sleep) when your body is gaining the most rejuvenation. This means that even if you feel alcohol helps you fall asleep fast (so you can get the most sleep possible), you may still feel drowsy the next day. Remember: Sleep quality is important— not just quantity.

congrats to the new swe officer team!



...and thanks to the
current team for an
AMAZING and
successful year!!!



Fall 2006 Officer Team

President: **Talia Esser**
 Vice President: **Emily Tygum**
 Secretary: **Emily Rudolph**
 Treasurer: **Rachel Dressler**
 Outreach Executive: **Joanna Osborn**
 Grad Affairs: **Emily Blem**
 Boeing Team Tech Leader: **Victoria Vasys**
 Community Service: **Marya Orf**
 Corporate Relations: **Molly Johnson**
 ETC: **Lara Clark**
 ETC: **Sally Green**
 EWI: **Megan Holler**
 EWI: **Sara Worzella**
 Fundraising: **Laurel Moses**
 Girl Scouts: **Julie Feld**
 Girl Scouts: **Kristen Seashore**
 Marketing: **Heidi Mielke**
 Mentoring: **Carolyn Sredl**
 Mentoring: **Lauren Wenzel**
 School Outreach: **Megan Britson**
 Section Vitality: **Elissa Risberg**
 Special Events: **Loren Pietsch**
 Tech Events: **Jen Kovars**
 Webmaster: **Jamie Tabaka**

Officer Transitioning will take place:
Wednesday, April 26 at 7 pm in the Tong Auditorium

Images from:
www.anjelicasboudoir.com/WEBPAGE/pages/balloons/congrats.htm
www.simplyexquisiteinc.com/congratulations.html

Current Officer Info

Please feel free to contact any officer with questions about their committee or how to get involved! E-mail addresses can be found on the SWE website:
swe.engr.wisc.edu

Executive Officers

President: Elissa Risberg
 Vice President: Diana Rapp
 Secretary: Rachel Weber
 Treasurer: Janelle Anderson
 Outreach Executive: Loren Pietsch
 Graduate Affairs: Natalie Enright

Committee Chairs

Boeing Team Tech Leader: Laura Valenstein
 Community Service: Andea Hilliker
 Corporate Relations Co-Chair: Meghan Cielenski
 Corporate Relations Co-Chair: Carolyn Sredl
 Engineering Tomorrow's Careers Co-Chair: Carrie Farron
 Engineering Tomorrow's Careers Co-Chair: Mitriya Pugh
 Evening With Industry Co-Chair: Erin Johnson
 Evening With Industry Co-Chair: Alison Peschel
 Fundraising: Molly Johnson
 Girl Scouts Co-Chair: Rebecca Hager
 Girl Scouts Co-Chair: Theresa Brandl
 Marketing: Sarah Steenblock
 Mentoring Co-Chair: Lara Clark
 Mentoring Co-Chair: Carrie Farron
 School Outreach: Joanna Osborn
 Section Vitality: Maria Brewer
 Special Events: Victoria Vasys
 Technical Events: Dana Dentice
 Webmaster: Jen Kovars



Contrary to popular belief...

SWE isn't just for women engineers!

Our organization has members of both sexes and many majors outside of your MS&Es, ISyEs, EMAs, ChemEs, MEs, BMEs, CBEs, ECEs, NEEPs, GLEs, CEEs—You get the idea! It's all about encouraging and supporting women in engineering, and everyone's invited to join in!