May 2019 e-WiSE

Dear Greetings!

Happy Dead Week! You are just a few days (and finals) away from enjoying your summer break. As this semester comes to a close, we'd like to remind you of some opportunities for WiSE students to take advantage of!

Join us this week in the WiSE office to de-stress during Dead Week with snacks, warm beverages, and, best of all, canvas painting. We will be open extended hours on Friday, May 3, from 8am to 7pm. Don’t forget to stop by!

Graduating seniors, be sure to stop by the WiSE office to pick up your special gift. Also, please remember to fill out the WiSE alumna survey to help us stay connected!

Again, congratulations graduating WiSE Seniors- you did it! To all others, we look forward to seeing you back on campus in the fall. Have a safe and fun-filled summer.

Best,

Lora Leigh Chrystal, Director
Program for Women in Science and Engineering (WiSE)
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WiSE Facebook Page | Twitter (@WiSE_ISU) | Instagram (WiSE ISU)

WISE supports individuals who identify as female in STEM majors at Iowa State. Below are some ways to engage, but come by 218 Carver to learn more and visit with our friendly staff!

Gift for Graduating WiSE Seniors

Graduating WiSE students - don't forget to stop by the WiSE office for a special graduation gift!

Help us stay connected with you through this short survey.
Canvas Painting - Dead Week

The WiSE office will be open **EXTENDED HOURS** (8am to 7pm) on Friday, May 3, to make sure you have time to complete your masterpiece. Stop by for some painting stress relief and enjoy snacks and coffee, too. Hope to see you soon!

Dead Week Self-Care
Barks@Parks
Parks Library, follow the paw prints
Dead Week 1-4 pm
Take a break from studying to spend some quality time with therapy dogs!

Wellness Kits
Upper Rotunda of Parks Library
May 3 1-4 pm
Create a fun kit with personal wellness items, practice breathing exercises to help you stay calm and focused, and learn the best stress management tips from Peer Wellness Educators!

Mindfulness Room
Parks Library Room 297
Open during library hours
Relax and take a few moments to clear your mind while studying at the library.

Chair Massages
Parks Library
Dead Week, Wednesday and Friday 1-4 pm
Take a load off with a chair massage.

ISU FIRST LEGO League Planning Team

Diversify your resume by getting involved with the FIRST LEGO League! The College of Engineering is looking for undergraduate students to be leaders on the ISU FIRST LEGO League Planning Team starting in the fall. Email fl@iastate.edu for more information.

If you are interested, complete the application linked below and return to the email above or 1373 Howe Hall.

Click here to download the application

Participate in Solar Decathalon!

The Solar Decathalon competition is about designing and constructing a highly
efficient and innovative building that runs on renewable energy. Solar Decathlon welcomes participants from all colleges who have an interest in renewable energy buildings. Learn more about Solar Decathlon here or email Isabel Barnardi at isabelb@iastate.edu for more information.

Click here to fill out the Solar Decathlon Interest Form

STEM Clubs Meetings & Announcements

Have an announcement, news or event to publicize for your student organization?

Email wise@iastate.edu to advertise in the August e-WiSE newsletter.

WiSE Corporate Partners

Program for Women in Science and Engineering |www.wise.iastate.edu|

You are receiving this monthly newsletter because you are enrolled as an undergraduate student in a STEM major. We obtain a list at the beginning of each semester from the office of the Registrar. If you have any questions please contact wise@iastate.edu.