



Society of Women Engineers

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GM 2: IMPOSTOR SYNDROME WITH DR. VALERIE YOUNG

Things to consider
(from Dr. Young's website):

Do you chalk your success up to luck, timing or computer error?

Do you believe "If I can do it, anybody can"?

Do you agonize over even the smallest flaws in your work?

Are you crushed by even constructive criticism, seeing it as evidence of your "ineptness"?

When you succeed, do you secretly feel like you fooled them again?

Welcome to our second General Meeting of the year! Our focus for this meeting is OVERCOMING IMPOSTOR SYNDROME, with special guest Dr. Valerie Young. Dr. Young is an internationally known public speaker, a leading expert on the impostor syndrome, and the author of the award-winning book "*The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It*".



Dr. Valerie Young

A former manager of strategic marketing at a Fortune 200 company, she has shared her advice with executives at companies including Boeing, IBM, Chrysler and many more. She has spoken at over 60 major colleges and universities, and is here today to speak to us about how to be our most successful selves.

For those of you who don't know what impostor syndrome is (or if you have it!), **impostor syndrome is the feeling of being a 'fraud' – that you're somehow less qualified than your peers, less deserving of success, and that you'll be "found out" if you don't work harder than everyone else.**

Easy Pumpkin Icecream Pie!

By Kristal Celik

1/3 cup unsalted butter, melted (about 5 1/2 tablespoons)
 1 1/3 cups graham cracker crumbs
 1/4 cup granulated sugar
 3 cups vanilla ice cream, well-softened
 1 cup pumpkin puree
 1/3 cup light brown sugar, packed
 1 teaspoon vanilla extract
 1 teaspoon cinnamon
 1 teaspoon pumpkin pie spice
 whipped cream or whipped topping for serving, optional

DIRECTIONS

1. Preheat oven to 350F and spray a 9-inch pie dish with cooking spray; set aside.
2. In a large microwave-safe bowl, melt the butter, about 1 minute on high power.
3. Add the graham cracker crumbs, granulated sugar, and stir to combine.
4. Turn mixture out into prepared pie dish, hard packing it with a spatula or your fingers, making sure to extend the mixture up around the sides.
5. Bake for 10 minutes; set aside to cool. While pie cools, make the filling.
6. To a large mixing bowl (same one used for the crust is okay, wipe it down with a paper towel) add the ice cream, pumpkin, brown sugar, vanilla, cinnamon, pumpkin pie spice, and beat with an electric mixer until smooth and combined.
7. Pour filling into crust and place in the freezer to chill for at least 4+ hours (overnight is fine) or until set.

TOP TEN HORROR FLICKS ON NETFLIX:

The perfect way to celebrate Halloween and not give up your favorite pastime.

By Kristal Celik

1. Rosemary's Baby
2. Silence of the Lambs
3. Let the Right One In
4. Nosferatu
5. The Cabin in the Woods
6. Children of the Corn
7. Night of the Living Dead
8. Carrie
9. Scream
10. The Blair Witch Project



HOPE YOUR HALLOWEEN IS
 FULL OF FUN & SWEETS!



WHAT'S GOING ON IN SWE?

HOUSE MEMBERSHIP PROGRAM

By Joyce Toh

The House Membership Program was started a year ago with the goal of forming a sense of support and community in SWE. It allows our members to connect in a close-knit group of fellow members which form a house. The hope is that through various house events and competitions, you and your house will get to know each other better as well as have lots of fun together. House leaders will be elected to facilitate the process by planning fun outings and socials. Throughout the year, you will play together, laugh together, and work together to ultimately win the House Cup at the final House Competition.

OUTREACH COMMITTEE:

SWE Science Saturdays!
By Ilakya Palanisamy

At SWE Science Saturdays, 4th and 5th graders from local elementary schools participate in fun, 2 hour-long engineering projects and challenges. At September's event, students got hands-on experience with Civil Engineering by building cantilevers and spaghetti-marshmallow towers; students were challenged to build the most sturdy, and largest, cantilevers and towers! Our events are super fun, and we're always looking for volunteers to lead and help with our activities!

Upcoming Days:

October 11th

November 1st

December 6th

Interested in volunteering? You can contact Ilakya, Elementary Outreach Officer, at ilakyap@gmail.com.

SOCIAL MEDIA

Follow us on **Instagram** at @ucb_swe
and on **twitter** at @UCB_SWE ☺



HOUSES: *Join One!*

SWE SHELLS

Enjoys the outdoors

Colors: Coral/Mint

Mascot: Patrick Star

Officers: Sahiti,
Kelly, Nicole, Jessica,
Angela

FIRE-BREATHERS

Sociable, open

Colors: Purple/Yellow

Mascot: Dragon

Officers: Shir, Amy,
Anshu, Anna, Apoorva

PICNIC HOUSE

Explore Berkeley

Colors: Grass
Green/Sky Blue
Mascot: Yogi Bear

Officers: Allie,
Lesley, Elizabeth,
Anran, Nikki,
Heather

SWE SNOWMEN

Cooking & Baking

Colors:
Azure/Lavendar
Mascot: Olaf

Officers: Grace,
Nidhi, Julia, Joanna,
Isabel, Ilakya

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5pm Cookie Decorating 6:30pm Quora Tech Talk	1	2	3
4	5	6	7	8	9	10
		5:30pm Samsung InfoSession	GM		5pm BBQ w/ ASME, MSE, AICHE 6pm Microsoft Tech Talk	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		9am SWEet Breakfast #2				
26	27	28	29	30	31	