



Society of Women Engineers

Volume 21 Issue 3

November 2014

GENERAL MEETING 3: HEALTH AND WELLNESS

Five ideas for de-stressing and staying active!

By Nicole Parker

1. Try Yoga! Groove yoga has a 30 days for \$30 deal OR go to Yoga for the People (donation based!)
2. Hike the fire trails/Big C... Nothing like a beautiful view of the Bay to clear your mind after midterms
3. Get out of Berkeley and explore! Rent bikes and ride over the Golden Gate Bridge (SO PRETTY!) (bike rentals = \$9/hour or \$36/day at the ferry building, do NOT use City Bikes)
4. Attend RSF dance-workout classes with friends for a fun way to exercise and de-stress!
5. Go to Bridges Rock Gym in El Cerrito! (Easy Bart ride if you don't have a car). Great exercise, challenging, addicting, and lots of fun. They also have slack lining classes!

Intro to Meditation

By Tiana Cherbosque

There are many physical, emotional, and even academic benefits to practicing meditation! There is an activity you can try to begin your practice:



Mindfulness of the breath is a fundamental meditation technique. Start by getting into your seated mindfulness posture. Sitting upright will help you feel the breath more fluidly. Gently close your eyes. Take a few deep breaths and notice how you feel as you breathe. Now, breathe normally and notice where you feel the sensations of breath in your body. Take a moment to find where you feel the breath most predominantly.

You may notice the breath at your stomach as it goes in and out, at the chest as the ribs go up and down, or you might feel the air moving in and out of your mouth or nose. Decide where in the body you'll pay attention to the breath for this exercise. Any location is fine - but commit to the choice you make and have the intention to stay with that area of focus.

Evening With Industry

By Elizabeth Chu

SWE's 38th Annual Evening with Industry was held on Tuesday, November 4th, at HS Lordships restaurant in the Berkeley Marina. Our 130 student attendees were able to network with representatives from 20 exciting tech companies, from Bechtel and General Motors to Google and Genentech. The evening began with a traditional career fair and then transitioned to dinner, where students got to have a more intimate conversation with the engineers and recruiters. The evening also included a keynote address by Dr. Lindsay Miller of Alphabet Energy and a team challenge where tables had to rank the usefulness of 8 items if they were stranded on a lifeboat in the middle of the Atlantic Ocean. Overall, it was a fun night of networking with friends and companies. Thank you to everyone who attended and we hope to see you all next year from Evening with Industry 2015!

TEN THINGS TO LOOK FORWARDS TO THIS MONTH!



By Judith Syau

1. Daylight Savings Time
2. Sweater Weather
3. Columbus Day (No School!)
4. Big Game 11/22
5. Pumpkins
6. No Shave November
7. Colorful Leaves
8. Warm Drinks (try Peets' Pumpkin Latte!)
9. Thanksgiving Break
10. Being halfway done with the semester!



Pumpkin Carving By Amy Fong

SWE celebrated Halloween this year by hosting a Pumpkin Carving Contest, sponsored by Workday. Competitors showed off all of their creativity and skill and were rewarded with Chipotle, pumpkin pie, and prizes from Workday. The unique carvings ranged from portraits of Breaking Bad characters to an intricate Merry-Go-Round. Berkeley students are apparently very adept at pumpkin carving!

National Conference 2014

By Kristal Celik

This year, UC Berkeley SWE was represented by almost 20 members to WE14 – A Global Exchange for Change - the Annual Conference for Women Engineers in Los Angeles two weeks ago. We all flew down south for three full days of keynotes, workshops, career fairs, interviews, and various celebrations of women in engineering. Not only was our chapter nationally recognized as a SWE Outstanding



Allie, Jessica, Kristal and Heather lookin' smart at National Conference

Collegiate Section, but we also got 2nd place in the SWE star photo contest. It was awesome to see such a large and thriving community (over 8,000 attendees) of collegiates and professionals from all over the world - this year, SWE simultaneously hosted the International Conference of Women Engineers and Scientists (ICWES16). The immense variety of workshops and lectures lent insight into different aspects of being a woman in engineering in the real world – including



Anna, Allie and Jessica snapping a #swestars selfie

topics such as “Successful Coping Strategies for Those Who Identify with More than One Checkbox” or “I’m Perfect. Why Isn’t Everyone Else?”, the latter of which probably resonates with most of us. There were endless opportunities to connect with industry professionals through the massive career fair, which hosted over 250 companies, and onsite interviews, which took place over the span of the

conference. Even in the midst of all of these great events and

opportunities, the greatest takeaway was indefinitely the overall celebration of women in engineering and technology. Being a part of such a huge event full of such diverse and ambitious women was inspiring. We can’t wait for next year, in Nashville, Tennessee!

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 6pm Evening With Indus	5 6pm Lillian Moller Gilbret	6 GM	7	8
9	10	11	12	13	14	15
16	17	18	19	20 9pm SWEet Breakfast #3 6pm Apple Infosession	21	22
23	24	25	26	27	28	29
30						

Next GM December 3rd

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