

1

KICKING THINGS OFF



5 MINS

INTRODUCTION

Here's a simple way to introduce Seeds of Change:



SEEDS OF CHANGE IS A TRAINING AND SUPPORT NETWORK
TO HELP YOU NAVIGATE DIFFICULT SITUATIONS IN STEM

It's also good to give participants an idea of how this workshop was first created, and how they're a part of a larger movement for youth empowerment:



SEEDS OF CHANGE IS A TRAINING AND SUPPORT NETWORK TO HELP YOU
NAVIGATE DIFFICULT SITUATIONS IN STEM



THE FIRST PROGRAM WAS PILOTED IN 2017 AT 5 SCHOOLS IN THE BAY AREA
BY 20 STANFORD UNDERGRADUATES PURSUING STEM FIELDS



BY JOINING SEEDS OF CHANGE, YOU WILL BECOME PART OF A LARGER
COMMUNITY OF 100 HIGH SCHOOL AND UNDERGRAD WOMEN... AND THE
NUMBERS ARE INCREASING AS WE SPEAK!!

10 MINS

PLAY "BIGGEST FAN"

This is a game to show students how it feels to be a part of a community which constantly supports them and cheers them on!



EVERYONE PARTNER UP AND PLAY "ROCK, PAPER, SCISSORS" UNTIL SOMEONE WINS BEST TWO OUT OF THREE.



THE LOSER BECOMES THE WINNER'S "BIGGEST FAN", CHEERING ON AND SHOUTING THE WINNER'S NAME AS LOUD AS HE/SHE CAN. THE WINNER LOOKS FOR ANOTHER WINNER TO PLAY FROM ANOTHER PAIR.



KEEP GOING UNTIL THERE ARE ONLY 2 PLAYERS LEFT, WITH 2 HUGE CROWDS OF THEIR "BIGGEST FANS" CHEERING THEM ON.

After the game, prompt them to reflect:



WHAT DID THAT FEEL LIKE?

..... usually there are positive responses (like exciting, confident, pumped!)

After they share, take the opportunity to explain how Seeds of Change can enable them feel similarly:



THAT FELT NICE, DIDN'T IT? WITH SEEDS OF CHANGE, YOU'RE

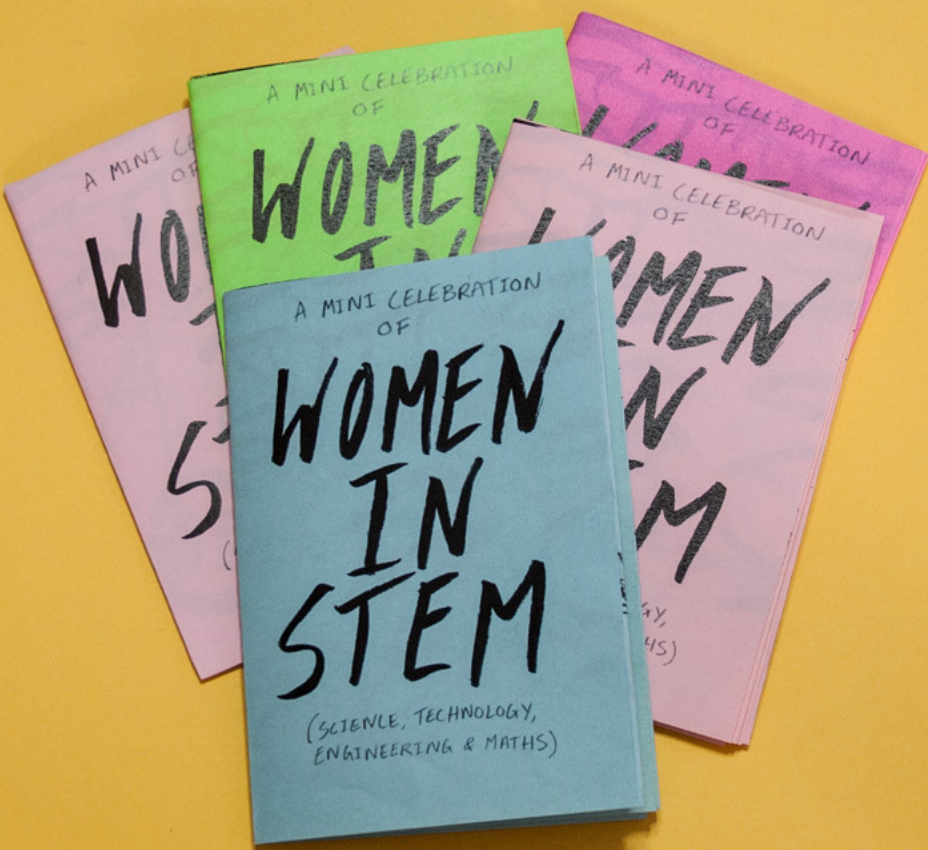
ALSO GOING TO ENTER A COMMUNITY OF PEERS WHO ARE

GOING TO CONSTANTLY CHEER YOU ON AND CELEBRATE YOUR

SUCCESSES, AND PERHAPS MORE IMPORTANTLY, YOUR FAILURES!

2

CELEBRATING WOMEN



5 MINS

LOOKING FOR "SUCCESS" STORIES

Students are given post-it notes and sharpies. They brainstorm as many people they know that are successful in STEM fields and write it down.

BRAINSTORMING RULES

- > EVERYONE HAS A POST IT AND A SHARPIE
- > EVERY TIME YOU THINK OF SOMEONE, SAY IT OUT LOUD AND WRITE IT ON THE POST IT SO THERE ARE FEW OR NO REPEATITIIONS.
- > HAVE A LOT OF NAMES? GIVE SOME TO A FRIEND!

EXAMPLES

ALBERT EINSTEIN

ALEXANDER GRAHAM BELL

ISAAC NEWTON

MARK ZUCKERBERG

THOMAS ALVA EDISON

NEIL ARMSTRONG

LEONARDO DA VINCI

MARISSA MAYER

CHARLES BABBAGE

ARCHIMEDES

MARIE CURIE

STEPHEN HAWKING

10 MINS

WHERE ARE THE WOMEN?

Now have two posters set up, labeled 'Men' and 'Women'. Ask the students to look at the names on the post-its and place it under each poster.

AFTER THE INITIAL BRAINSTORMING....

➤ TAKE A POST IT AND PUT IT UNDER 'MEN' OR 'WOMEN'.

➤ WHAT HAPPENS?

.....much fewer post-its in the women side.

“ THIS DOESN’ T MEAN THAT THERE ARE FEWER WOMEN THAN MEN.
THERE ARE MANY BADASS WOMEN IN STEM, SOMEHOW THEY ARE
LESS CELEBRATED OR FORGOTTEN FROM HISTORY. LET’ S CELEBRATE
THOSE WOMEN AND FILL UP THIS SPACE!!!

Ask students to pair up and hand each student a card from the "women in stem" stack. Give them a minute to look over their card. One by one, ask each pair to share the woman on their card with the rest of the class and tape the card under the "women" poster. See this section slowly fill up.

In the end, add the card labelled "You" to this section and say:

“ THIS COULD BE YOU NEXT!

3

STORIES ABOUT CHANGE



5 MINS

I WISH I KNEW THIS EARLIER...

“ THERE'S A LOT OF INSTANCES IN LIFE WHEN I'VE BEEN LIKE
"I WISH I KNEW THIS EARLIER....." ”

Facilitators: Share with everyone a "I wish I knew this earlier moment" that directly relates to the skills we are teaching in this workshop. For example, was there ever a situation you wished you could:

- > NEGOTIATE BETTER?
- > SPEAK UP AND MAKE YOUR OPINION BE HEARD?
- > NOT FEEL LIKE A FAILURE AND INSTEAD GROW FROM YOUR MISTAKES?

The story will enable them to empathize with some of the difficult situations they may encounter as women in STEM and reflect on similar experiences in their own lives.

“ HOW MANY OF YOU HAVE FELT YOU'VE BEEN IN SIMILAR
SITUATIONS? WE KNOW IT IS HARD. **WE'VE ALL BEEN THERE.**
WE'RE HERE TO SHARE SUCH EXPERIENCES AND LEARN HOW TO
GROW FROM THEM.