

The STEAM City of Women – Week 2

Sofia, *student*

Monday 7/19

Lights camera action! To start off our Monday of week 2, we focused on film. Mariella Pérez Pérez gave us an informative 2-hour workshop on video making and editing, with the major focus on interviews. We've all seen interviews before, whether it's from reminiscing One Direction or Timothee Chalamet on Jimmy Kimmel. Now, it's our turn to know what makes these interviews so fantastic. She taught us about angles, the importance of different camera shots, and direction. Film in fact has many similarities to theater, as our counselor Alex can definitely confirm. It was great to see so many creative people, from those asking questions to those sharing their craft, which today was Mariella!

Tuesday 7/20

Zzzzz Goodmorning. Feeling a little tired this morning? Well today's presentation is just for you: Espresso Yourself by Leah Dantin! On this Tuesday, Leah taught us a thing or two on finances and making smart decisions with money. She also taught us the importance of research, which was one of the fundamental ways she decided to buy an espresso machine rather than pay for coffee every day! What are words that come to mind when you think about money? For the participants words like loans, debit, income and outcome, investment, and debt came to mind. Now to really get into basic finances, Leah walked us through credit unions, bank accounts, loans, and the FDIC. So many terms, who knew finances could be pretty interesting! This workshop was very helpful, we covered many things that I will definitely need to know going into college and after; big virtual round of applause for Leah!

After Leah left, we were joined by Christin Walth, who has been living a Zero Waste lifestyle for a few years now. Christin told us all about her journey to her Zero Waste lifestyle and what it means to be Zero Waste. We had an awesome conversation on the importance of finding your passions and doing things that challenge you. Did you know it's Plastic Free July? Check out some of these easy tips that Christin shared with us on reducing plastic consumption, any little bit helps! <https://www.plasticfreejuly.org/>

Wednesday 7/21

Dancing Wednesday! You already know what time it is: time for Renata and Olney from Victory Dance! We started off today's session with some warmups, as we went over the EDsnaps dance we created last week as a team. Then, we shared our spaces. What space are you in? Look around your room right now, maybe you have something in common with our participants. We had people in their bedrooms, living rooms, dining rooms, and kitchen (that was me!) It was very interesting to see so many different spaces and it was great to have such active participation, even so early in the morning. We created some more choreography, as we focused on some of the aspects of B.E.S.T., the acronym we learned in Week 1. Renata and Olney are so much fun, it sure puts a smile on my face to see them so energetic and happy. It was a fantastic way to start my day.

For the second part of the day, our very own e-counselor Jahnai gave her first workshop – how to create a Stellar Selfie! Jahnai did an awesome job showing us tools for digital art and media to create a selfie or image of ourselves that really shows who we are. Aside from teaching us the tools, Jahnai also gave some awesome, motivational guidance for creating art and how to get unstuck if we're dealing with art block. I don't know about you, but I can't wait to see what everyone creates!

Thursday 7/22

It's a fab Thursday! We started our meeting with the lovely Mimi, one of our counselors, talking about interviews and headshots! She showed us a headshot Alyssa Peek, our speaker later in the day, took of her. Side note, Mimi's smile is so wonderful; she really killed that photo shoot. Mimi says she was nervous, which is so relatable as I always get nervous trying new things. The thing I like best is that Mimi is so encouraging. Now I want to go get my pictures professionally taken! Maybe not right now, but you know what I mean. Although we are all still young, it is important to be as professional and comfortable with ourselves as possible. Mimi spoke a little about her interviewing methods and some questions she likes to ask. Next, Alyssa Peek joined us and she told us about how she switched from in person to online to tell a story. Lighting and posture are so important to communicate to others your virtual presence. Alyssa's passion for seeing the best in others and capturing that in a photo really came across, and it was so interesting learning more about how Alyssa communicates with others and is able to read their emotions and body language.

Then, Doina Fischer joined us all the way from Spain! Doina trains horses to compete in classical dressage, which is kind of like ballet dancing but for horses. Since she works really closely with horses, she's learned how to read their (body) language. She shared her experiences with us through some really funny and cute pictures of horses! One of the most important things she told us is that if a horse's ears are flat against its head, it's aggressive and is feeling threatened, so you should definitely get out of the way. It was also really funny because apparently we smell pretty similar to pigs, so horses view us as these really big, awkward pigs that stand on their back legs. We all agreed that we could honestly listen to Doina's stories and insights on horses all day long!

Friday 7/23

Can you believe it's Friday? Two weeks of the Summer Program are complete! We began our lovely morning at the Gulf Specimen Marine Lab in Panacea, Florida. The interns Amanda and Geneva gave us an amazing and thorough tour of the lab; Geneva showed us crabs, sea urchins, snails, sea stars, and more. Very cool to see marine life live through Zoom. Did you know that sand-dollars and sea-biscuits are not the same? Neither did I! I also didn't know that coral was alive, but maybe that's just me. My favorite so far was the sea fan with red coated polyps, it looks like a mini red tree. One name that made me giggle is the sea pork, which is made up of a colony of zooplankton. Then it was time for the lunch tank, made up of common sea species we consume regularly. Scallops and clams sound pretty good right now... My favorite tank of all was the shark tank. We saw the nursing sharks, which I thought were so adorable. We also learned about some sea turtles who have been through a lot, Vicky and Little Herc. I'm happy to

see they have been well taken care of and it's awesome that Vicky will be returned to the wild soon! We ended our visit at the horseshoe crab and Atlantic stingray tank. Did you know that horseshoe crab blood is blue and is genetically really similar to our blood? That's why medical experiments often use horseshoe blood in their tests! They're also much more similar to spiders and other arachnids than they are to actual crabs! Who knew!

To round off our week, our fabulous e-counselor Amina led us through our Flower Power team project. Remember those zinnias we planted in the first week? Well, they're definitely growing, but not all sprouts are growing at the same rate, or even at all! Amina taught us how to collect our data so we can see how fast our plants are growing and also see how fast they're growing compared to the other students! She also showed us the basics of data visualization and how to use them in our team poster once we start working on that. Amina did an awesome job teaching us and setting all of our groups up for success! What an awesome way to end the week. Can't wait to see what Week 3 has in store for us!