

## The STEAM Internship Program for Leaders – Week 7

Ami Konate, *e-Counselor*

Welcome back to week 7 of our program! This week has been very intense, but still very engaging and exciting. On Monday, we went into the dazzling world of “Math and Art” with Destiny, one of our e-counselors. Destiny’s workshop *Math: “The Ultimate Poetry”* was a big learning experience for me. I’ll admit I am not a big fan of math, however math combined with poetry is really interesting. We learned about Leonardo Da Vinci, whom Destiny described as a man ahead of his time. I first learned about Da Vinci from my Art class based on his painting of Mona Lisa. You will notice the connections with Marcela’s photography presentation. We divided into groups and had 10 minutes to create our own ideal space while thinking like an engineer. As always, each group came up with their own unique ideas and presented about it. After the presentations, we learned about the Fibonacci sequence, the golden ratio, and their connection to STEAM. Then we wrapped up by learning more about Destiny and her love for STEAM and her determination to make other’s lives cheerful.

Tools Tuesday? More like remarkable Tuesday! Do you know that you are remarkable? If you don’t think you are, I want you to know you are. In fact, all of us are remarkable just in our own different ways! Elis Salamone, a LtCol(r), USAF, NC e-visited the EDsnaps Program on Tuesday and presented her inspirational workshop “*#Iamremarkable.*” We started the workshop with an ice breaker of stating one thing we’re grateful for. *#Iamremarkable* empowers women and minorities to speak up about their accomplishments in the workforce and beyond. Often times we don’t talk about our amazing accomplishments because we are afraid that people might see it as bragging, but as Elis stated “It’s not bragging, if it’s based on facts”. The reason we have to speak about our accomplishments is because our accomplishments “do not speak for themselves”. One of her great tips was to start a brag book in which you can write all of your accomplishments; when it is time to talk with your supervisor, have a job interview, or apply to college, you are already prepared and can select the most relevant accomplishments. Individually we did a writing exercise based on why “I am remarkable, because....” Elis told us to fill in the blanks with as many things as we want. Then we were giving the opportunity to share our sentence in the group. At first, it was hard to share, but then everyone started taking turns and shared and we ended with a big applause for ourselves because it felt really powerful to share with the group. In my point of view, this workshop was very much needed: it felt very therapeutic and relaxing, and it helped others feel more confident and comfortable with themselves, which is remarkable!

On Wednesday, we went took an E-field trip to the Morgan Library. The Morgan Library & Museum is a museum and research library located at 225 Madison Avenue, New York, NY 10016. J.P. Morgan, the founder of the museum, acquired an amazing amount of art objects from bronzes, porcelains, watches, ivories, and paintings to furniture, tapestries, armor, and ancient Egyptian artifacts as well as the rare books, manuscripts, drawings, prints, and ancient artifacts which are at the core of the Morgan. Specifically for his library, Morgan acquired illuminated, literary, and historical manuscripts, and early printed books. For our visit, which was themed “*Colors of the World*”, we learned about illuminated

book pages made out of gold and their tiny meaningful details, how parchment was made, who create the books (monks and nuns), and we learned about the history of the Silk Road trade routes which connected the East and the West. Then our tour guide taught us all about the different materials that were used to make glue: Arabic gum, honey, and sturgeon fish bladder. We also learned more about gold, and how colors are extracted from saffron (yellow), malachite (green) and lapis lazuli (blue). The one that caught my attention the most was the color red. Did you know that the cochineal beetle is used for red coloring? So basically red lipsticks contain dead beetles. I didn't know how to feel about it at first but then I came to the conclusion of just throwing out all of my red lipsticks and sticking to healthy natural shea butter.

The next day, we had another fun workshop with Dr. C. This time, it was on medical plants and their applications. During the workshop "*What's in your backyard?*", we learned about the history of plants as well as key figures in the history of medicine and plants. We first learned about the father of medicine Hippocrates, Diocles of Carystus, who was already focused 2300 years ago on nutrition and diet. Then we talked about physician Pedanius Dioscorides, who is known for composing the first Pharmacopeia, and the founder of modern taxonomy, Carl Linnaeus. These people and their contributions laid the foundation for pharmacology and toxicology and as of today their knowledge is still used when creating new medications and treatments. Before wrapping up, we split into groups of four and our assignment of the day was to design a new medicine from a plant in our backyard. Unfortunately due to the time, the groups weren't able to share, so we postponed the presentation of our "new medicines" to next week.

To round off the week, on Friday we welcomed Amber Zedeck, one of the EDsnaps interns, who previously worked with Tamara (one of our featured Women of Impact) and her team at AdaptiveDesign. Amber's workshop "*Design Thinking*" was awesome. What is design thinking? When I hear this term, art, fashion, and engineering comes in my mind, as well as the words patience and detail. There are five steps to design thinking: **Empathize**, which is knowing your users; **Define** using your skills and knowledge; **Ideate** knowing the best solution; **Prototype** the starting point; **Test** the action then you start all over. We watched 3 short videos of the Deep Dive basically demonstrating design thinking. After the videos, we teamed up in groups and had 20 minutes to brainstorm and come up with a list of 50 ideas/inventions. From this list of 50, each group selected their top 3 ideas and presented these to the other teams. Surprisingly, each group came up with unbelievable creative inventions that I'd personally love to see on the market in the next few years.

If I could sum up this week into one word it would be remarkable, and that's how I will wrap up for this week, can't wait to share what we have in store next week, till then!