



CAREER SPOTLIGHT SERIES

Women in Science

WISEatlantic



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INTRODUCTION

Dear Reader:

I am so excited that you have picked up this booklet. This booklet profiles diverse Women in *Science* and is filled with inspiring stories about ordinary women who followed their dreams and passions to become successful *scientists*. Some of these women faced hurdles in their pathways, but they climbed over them with support from others, and have made it into these exciting careers.

This is just one booklet in our Science, Engineering, Trades and Technology (SETT) booklet series.

We could not feature every woman in Science, Engineering, and Technology that we know in our booklet series, and have selected just a few to give you a snapshot into their lives and their career paths.

These booklets are also available on our website for download at www.WISEatlantic.ca

All the women featured were interviewed while working in Atlantic Canada. I hope you enjoy reading these wonderful stories.

Follow your passions and keep doing what you love to do, and you will find a fulfilling career suited to you!

Tamara Franz-Odendaal, PhD
Professor of Biology
Mount Saint Vincent University

Geologist



Cody Paige

Dalhousie University

Cody is developing an automated extraction line to help determine the age of rocks.

Career/Educational Path

Cody's **current career in Geology** all stemmed from her interest in space and from an experiment in her Grade 9 Physics class. Her teacher placed a nylon stocking over top of a bowl and placed a big marble in the middle and spun a little marble around it. It was a two dimensional demonstration of how gravity works. She thought it was the coolest thing she had ever seen! Because of that experiment, she followed Physics through high school and loved learning how everything worked together.

Cody completed an undergrad in Engineering Physics at Queens University, and worked as a Project Engineer after doing a Masters degree in Aerospace Engineering at the University of Toronto. Cody will complete a PhD in Earth Science and will be starting another PhD in Aeronautics and Astronautics at Massachusetts Institute of Technology (MIT) in 2019.

Cody was intrigued by Geology, and decided to join the cosmogenic nuclide lab at Dalhousie University. She started by doing a one month field school program in the desert where she camped and learned about rocks and geology. She was surprised how incredible it was and how much she loved it.

What is Geology?



Geology is the study of the Earth, the materials of which it is made, the structure of those materials and the processes acting upon them.

Cody always wanted to get into the space industry and Geology was a roundabout way of getting into it, but Geology was a new passion that she wasn't expecting. She also really liked the lab work—especially the hands-on part of taking out a wrench and doing manual labour. Her final goal during her second PhD is to develop a more fitted astronaut suit for NASA.

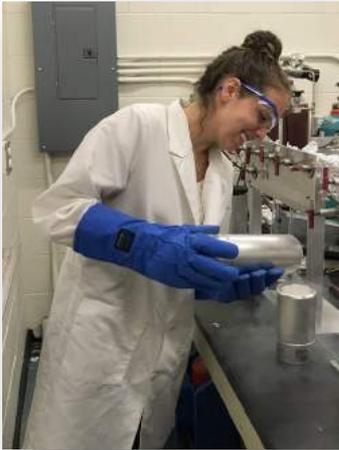
Qualities and Skills

Cody feels creativity, patience, self motivation, passion, interest in math, and problem solving are all skills necessary for a career in Geology. She describes herself as creative and likes coming up with out-of-the-box solutions. Cody also describes herself as analytical, meticulous, and an explorer.



“Do what you are passionate about. Think about a subject you can talk about for hours, debate about, or watch shows about. Follow it and see where it leads you. Keep narrowing it down. Don’t feel you have to know what career you are going to end up with – just follow it as you go.”

According to Cody, the most enjoyable part of her career is working in the lab. She enjoys the hands-on aspect of research as well as the problem solving. She says you have to be self motivated, keep your own schedule and plan because you have to make sure you are making progress towards your goal.



Career Highlight:

Cody's favorite project so far has been the design of a new extraction line. She had to start from scratch and do everything from start to finish from getting quotes for parts, to being able to manually put it together in a Computer Aided Design (CAD) drawing program.

Cody also enjoyed doing field work in the desert for one month collecting rock samples, but anticipates her next project, designing a new astronaut suit at the Massachusetts Institute of Technology (MIT), will be the highlight of her career.

Cody's Vision for the next 25 years is to see more women in her field and specifically in positions of power.

Advice Cody would give to her 14 year old self is to not plan for the end point. Don't do what you are doing just to end up at a specific spot, because chances are you are not going to end up there. Follow it one step at a time. Just keep doing the things that are exciting to you. Don't feel like there has to be an end. If a door opens – walk through it.

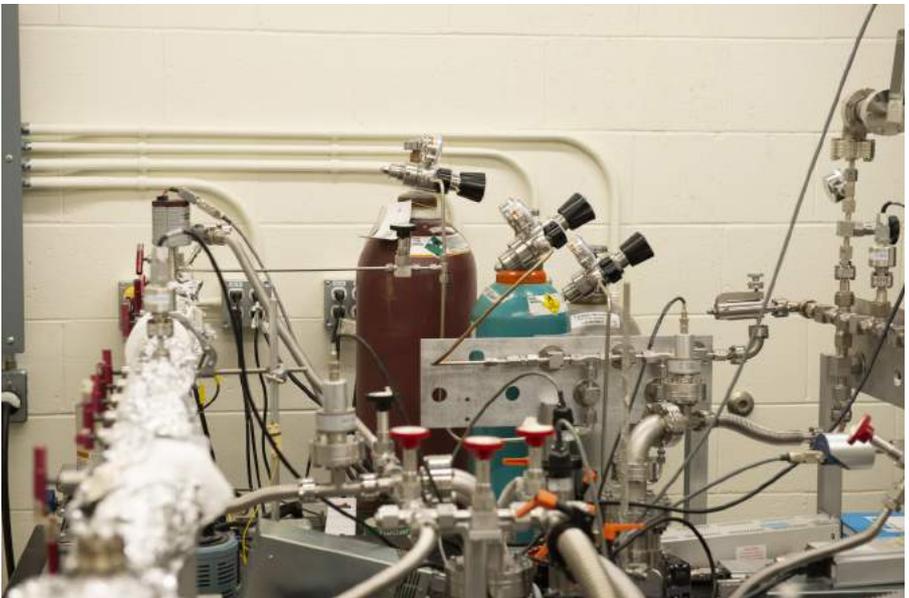


Career Impact

Cody's current work in geology will help society to better understand global warming because she is studying the rates at which glaciers have melted in the past. She is trying to compare current melt rate with the last time the glaciers were melting to determine if it is a normal part of the environment cycle, or if its human related.

Cody's work at MIT developing a new space suit will have other medical applications as well, such as helping people with osteoporosis, knee injuries, medical supplies for military use, and space application - getting us to Mars.

“Science is about exploration – find whatever it is your excited about that hasn't been explored and be the first to do it. For example, get out there and explore that remote island, or long distance flight, or whatever it is YOU want to”.



Molecular Microbiologist



Alexandra Merckx-Jacques

*Senior Scientist,
Mara Renewables*

Alexandra works with micro-organisms such as bacteria and microalgae. She studies how these organisms grow and how they use carbon. The purpose is to find cheaper ways to produce biofuels and to make them more sustainable by using cheaper carbons, including agricultural waste.

Career/Educational Path

Alexandra's original career plan was to be a veterinarian. It wasn't until she took a class in Animal Biology in university that she realized she didn't like it so much. As an undergraduate student in the Science College program at Concordia University, she was introduced to independent research and she was hooked.

Alexandra doesn't think you should let one class change your mind about your future career plans. When she was introduced to independent studies, she was able to study microbiology and molecular biology and realized she was fascinated by tiny creatures and what goes on in them.

Alexandra completed a Bachelor of Science degree, a Masters (working as a technician for a couple of years) and a PhD. She said it is important to note that you get paid while doing your MSc and PhD. You are going to school, but it's also a job. You are furthering your own education and doing research for a professor. You can also become a paid Teaching Assistant (like a tutor) at the same time and apply for scholarships.

Alexandra was born in Montreal, but at age 3 moved to the Congo in Central Africa for 13 years. This definitely influenced her decision to become a scientist, because her curiosity grew as a consequence of growing up surrounded by lots of different people and cultures from all over the world.



Microalgae fermentations

On a **daily basis**, Alexandra studies how micro-organisms grow and how they use carbon. The purpose is to find cheaper ways to produce biofuels, and to make them more sustainable by using cheaper carbon alternatives, such as agricultural waste. She conducts experiments, analyzes research data, and attends meetings with other scientists to analyze and discuss this data. She also manages projects.

“People think that Science is only for smart people, but we do Science every single day, whether it’s as an artist, cooking, or even knitting. Science is part of our everyday life and scientists are everyday people.”



Everyday is different and that’s what Alexandra likes about her career. She can plan her own day and decide what she wants to do. There is a lot of team work. Every team has its own project, but they all relate to one another so they work closely with each other.

Qualities and Skills

Alexandra feels the qualities and skills that are a good fit for her career are being persistent, curious, analytical, detail oriented, creative, patient, and being able to ask questions.

Career Highlights

Alexandra has enjoyed every project she has worked on so far. The project she is currently working on is interesting to her because she is trying to solve a real life problem that affects the environment. Alexandra is doing her part to solve our fossil fuel issues and reduce the impact we have on the environment by using microbiology and molecular biology to produce biofuels so we can eventually move away from fossil fuel use. She also produces nutritional supplements from microalgae.

Advice Alexandra would give to young women today is to not limit yourself to one subject and you don't have to do only one thing. She says we have no idea what the jobs in the future will look like as things are changing every day. She also said "don't say I am not good at Science". Everything can work together – you can find how to put your interests together - there are a lot more interdisciplinary inter-connected fields. She also said to ask a lot of questions to other people about jobs you think are interesting.



“Don’t judge a class by your teacher. That boring subject could be the teacher not teaching it in an exciting way.”



Alexandra said the **favorite part of her job** is getting paid for not knowing what she is doing. She gets paid to ask questions that neither she nor anyone else knows the answer to. She is constantly problem solving and learning.

Alexandra's vision for the next 25 years is that it increasingly will be considered the norm for women to pursue Science at a professional level.



Alexandra's program of study benefited her career by teaching her how to ask the right questions, learn techniques, and how to set up a good experiment so that when it doesn't work out you can figure out why. Alexandra said "If you knew the outcome, then it wouldn't be research."



Career Impact

Alexandra's career helps society and communities by trying to be more sustainable –trying to use agricultural waste to make renewable oils for nutritional and biofuel applications.





Leanne Lucas

*Research Associate
IMV Inc.*

Leanne works in the research and development department making new formulations and is currently working on an immunotherapy for use in ovarian cancer.

Career/Educational Path

Having a love of Science in high school and great teachers is what led Leanne into a career in Chemistry and Physics. However, Leanne didn't expect to obtain a degree in physics as Math wasn't her best subject.

Leanne's undergrad in Chemistry included a lot of field trips that were very interactive and enjoyable. She also participated in a paid co-op* placement that included work terms where she got to participate and learn more about her field of study. One of her work terms involved developing metal nanoparticle tagged proteins for cancer detection which is related to what she is currently doing. This is also where she met her mentor and decided to do a Masters in Physics.

Leanne did an undergrad in Chemistry at Dalhousie with a paid co-op* option and a Masters Degree in Physics. She may do a PhD at her workplace which has the added benefit of perhaps obtaining a promotion with them when completed.

What is co-op?

Co-op is a paid work placement at an industry, company, or academic lab where you learn on the job.



Leanne's advice to young women pursuing a career in Science is to try different things – if you think it is interesting try it out. She also emphasized doing the co-op option at university and high school and to attend after school programs in various things to see what you like and don't like.

On a **day-to-day basis**, Leanne works with a co-worker making formulations. They have to make sure all of the glassware and components are sterilized in an autoclave. They also make nanoparticles because their product is in nanoparticle* formulation so they make it with an extruder. They spend time formulating and putting all the components together in a biosafety cabinet and fill them into vials and freeze dry them.

For each hour Leanne spends in the lab she spends an equal amount of time documenting what she is doing in lab books or writing reports.

She also works with the lab coordinator to ship the formulations to their collaborators and attends weekly team meetings to discuss upcoming projects.

What is a nanoparticle?

A **nanoparticle** (or nanopowder or nanocluster or nanocrystal) is a microscopic particle with at least one dimension less than 100 nm. **Nanoparticle** research is currently an area of intense scientific research, due to a wide variety of potential applications in biomedical, optical, and electronic fields.



Qualities and Skills

Qualities and skills that are a good fit for Leanne's career are perseverance, patience, ability to ask questions, persistence, detail oriented, and strong communication skills. Leanne describes herself as analytical, detailed and creative. When she is not working with other teams she has to try to improve the immunotherapy* formulations, so being creative helps. Leanne considers herself to be a shy person, but is actively working on her public speaking skills.

Career Highlights

Leanne can't pick just one project as the most interesting, as she likes everything she has worked on so far in her career.

"Its very important to network and volunteer, as talking and meeting other people helps you to figure out what you like to do".

What is a immunotherapy?

Immunotherapy, also called biological therapy, is a type of cancer treatment that boosts the body's natural defenses to fight cancer. It uses substances made by the body or in a laboratory to improve or restore immune system function.



Career Impact

Through her position at IMV Inc. Leanne is able to contribute to research that could one day help women with ovarian cancer. IMV Inc. is also a sponsor for the Ovarian Cancer Canada Walk for Hope and Leanne is active on their fundraising committee.



Leanne says the **favorite part** of her job is working with other people, with her team and discovering new things.

What **surprised** Leanne about her career is the great Science currently being done. She was also surprised that you can have work-life balance. Her job leaves her time to pursue other interests such as volunteering in her community.



Leanne's vision or dream for women in her field for the next 25 years is that it shouldn't be a surprise to see a woman in Science. She said that 70% of the employees at IMV Inc. are women and at all levels, including upper management.



Leanne's studies and co-op experience helped her career by enabling her to obtain basic Science skills and on-the-job experience. She also worked with other cancer products and nanoparticles while doing her Masters Degree.

She learned communication skills, report writing, and documentation that has helped with her current position.

Marine Biolo-



Hilary Moors-Murphy

*Research Scientist,
Fisheries and Oceans
Canada*

Hilary helps lead their whale research program in the Maritimes.

Hilary's research focuses on passive acoustic monitoring to understand when and where whales occur off Nova Scotia and the potential impacts of human activities on them.

Career/Educational Path

Hilary's love for the ocean led her to a career in Marine Mammal Science. Hilary grew up in rural Nova Scotia and spent a lot of time at the shore and so became interested in whales when she was quite young. She wanted to be a Marine Biologist since she was a kid and she stuck with it.



Hilary attended the University of New Brunswick Saint John and completed a Bachelor of Science degree majoring in Marine Biology and a Masters of Science degree in Biology where she did research on seal calls. It was during this time she fell in love with acoustics. Listening to different animals and the sounds they made led her to do a PhD in Biology at Dalhousie University focused on whale calls and studying northern bottlenose whales off Nova Scotia. Hilary monitors areas for the presence of whales using their sounds.



On a **day-to-day basis** Hilary manages a team of researchers and coordinates all of the activities associated with her research program, including project planning, managing budgets and supervising employees.

Her main research program is focused around acoustic monitoring of whales. She puts acoustic instruments into the ocean where they sit for long periods of time (up to a year) passively recording sound. She then brings the instruments back to the lab to download and analyze the data for the presence of whale calls. This can tell us when a particular species is using an area, such as what time of year they occur there and how long they stay in the area. Most marine mammals have calls that are distinctive to the species level and she can tell species apart just by the sounds they make.

On the research side, she spends time in the lab listening to sounds, analyzing results and putting together reports and scientific papers for publication. She also helps with conservation and management by providing Science advice to managers on how to better protect whales. In addition, she likes to participate in public education and outreach events, including giving talks and helping design materials to help educate the public about whales.



What **surprised** Hilary about her career is that she used to be shy and quiet, and a little scared to talk to people, but now manages a team of people and finds she likes to share her passion for whales and actually enjoys doing public presentations and talking to people about her research and why they should care.

Hilary's advice for young women pursuing a career in Biology is "don't be afraid to speak up—no one will love your ideas, but that doesn't mean they are bad. There are a lot of good ideas out there, but sometimes people are just afraid to speak up about them."

Hilary said the **favorite part** of her job is the fieldwork. Going out on the ocean in the summer, and seeing whales up close makes her appreciate the work that she does. She only gets to do it a few weeks a year, but it is still enough to keep her going. She is currently busy monitoring the north Atlantic right whales.

Career Highlights

Hilary's **favorite project** so far was her PhD project because she did all the work off Nova Scotia in a 40-foot sailboat. She loves sailing and would be out for 2-3 weeks at a time with no land in sight, studying inquisitive northern bottlenose whales that would come right up to the boat.

Hilary has seen many other amazing species through her work, including endangered blue whales and North Atlantic right whales. She has also worked with many incredible people and organizations through collaborative studies.

Hilary assumed she would go into teaching and research at a university, but very much likes her current job with the federal government because she can apply the research she is doing to help management make informed decisions.



Hilary's vision for women in her field "is that they don't have to worry they are a woman and to know they are capable of doing whatever they want. There is no division – it doesn't matter".



Qualities and Skills

Qualities and skills that are a good fit for a Marine Biologist are those that are a good fit for any scientist - critical thinking, analytical skills, being inquisitive, systematic, and good reading and writing skills. Good communication skills are beneficial to make people care, you have to be able to communicate to the Science community, as well as the broader community.

Hilary describes herself as very organized, curious, enthusiastic, logical, and thinks things through. She currently helps manage over 10 people and several projects.

Hilary's academic studies in Biology helped benefit her career as it led her to job opportunities with Fisheries and Oceans Canada. She did work for Fisheries and Oceans throughout her PhD, including through the Federal Student Work Experience Program. Many Marine Biology-related positions within Fisheries and Oceans require at least a Bachelor of Science degree, and to become a Research Scientist requires a PhD degree.

Career Impact

Through her work, Hilary helps society and communities by communicating to the public why it is important to protect the whales. Informed citizens can take steps to help conserve the whales for future generations to enjoy.

Hilary's advise to a 14 old you is to "Love what you do"! It makes all the difference in the world that she cares about her work and actually really feels that the work she does matters and that makes her come to work excited everyday - which is really cool.



Organic Chem-

Career Path/Educational Path

Nola thought she wanted to be a doctor until a program in her school allowed her to visit a hospital to try things out and quickly realized she didn't like needles or blood. She credits her career as a Chemistry professor to her love of Science in high school and her fantastic Chemistry teacher.

She also feels her parents were a big influence as her father was an engineer and her mother was a human rights activist in South Africa.

Nola completed an undergrad and a PhD in Organic Chemistry, and two Post Doctoral fellowships which is like a paid apprenticeship.



Nola Etkin

Interim Dean of Science, UPEI

Nola Etkin is a Chemistry Professor at the University of Prince Edward Island.

She teaches Organic Chemistry, conducts research on new ways to make better plastics, and collaborates with local industry and other professors.



Nola had great mentors during her program of study in Chemistry. As an undergraduate she had some great research opportunities and worked in a lab every summer. She also completed an honours project and a couple of publications that helped increase her confidence.

Even though there were barriers along the way in grad school she persevered – she never once thought of giving up. She credits the great support she received from her family, friends and mentors with her success in completing her studies.

Nola's work day is never the same. During the school year she spends time preparing and teaching classes, meeting with students helping them with questions for their homework assignments and preparing them for tests. She often marks assignments and tests at home after her kids are in bed. She also supervises a graduate student, as well as attending lots of meetings.



Nola's favorite part of her job is when she knows she has made a difference in somebody's life, especially a student.

Another favorite part of Nola's job is being a union activist and being able to help fellow faculty members in tough situations by supporting them and helping make a difference in their life and career.

Advice Nola has for young women pursuing a career in Chemistry is have open eyes and open hearts. "Don't be naïve. Surround yourself with people who are safe and supportive and seek out supports and mentorship. Mentorship and sponsorship are the most important things, but select them wisely. Be yourself, and if you can't be yourself, find somewhere else you can be"!

Nola was the first woman hired and the only woman to become tenured and promoted to full professor in her department. Also, when she was a graduate student doing her PhD she came out as a lesbian. She is now married to her partner and her children were the first to have two mothers on their birth certificate in PEI.

Nola said to "check your assumptions – you don't know who someone is or what they are dealing with. Don't close your mind to new possibilities."

Nola's most **interesting project** so far has been a published book she edited and wrote a chapter in about equity and diversity. Early in her career she was involved in a local LGBTQ organization. She always had a passion for women in Science work and in this book, she was able to bring it all together. Nola said "it was one of the most rewarding things I have done so far and very tangible". She is hoping to put out a second edition this year.



Nola is **surprised** she became a professor, but enjoys it. She describes herself as an introvert who hated speaking in front of people or doing presentations in front of people. One of the best pieces of advice she received was to keep her options open and don't pre judge yourself and your capabilities. Confidence came with knowing that she had the expertise and experience.

Nola was also surprised that she could be herself. She said it's complicated because when she first came to PEI she didn't have equal rights based on sexual orientation. Being a role model for her students was, and is, very important to her. She was also really surprised that she could integrate her passion for social justice with being a Chemistry professor.



Career Impact

Nola's career has had multiple positive impacts. She has mentored her students and helped them decide their career paths. Her research on plastics helps to create more sustainable options for products like water bottles. In her spare time, she organizes day camps for junior high girls, and she is a brownie leader.



Qualities and skills

To excel as a Chemist, Nola believes that being a self-directed individual is a key factor. As a professor, there is no one telling you what to do every day. It's you telling you. You drive yourself harder than any outside forces would, but you have to know how to organize your day and how to get things done.

Its also important to have a passion for your subject and teaching and to be able to find your own balance because it's very easy to get over whelmed.



Nola would describe herself as passionate and compassionate, has a very strong sense of social justice and is quirky. She loves puzzles and problem solving, is very logical and analytical. She said "Chemistry is like a puzzle to be solved" and she really loves that aspect of it. She said Chemistry is also very creative and she is a very creative person. She likes to write non-fiction, likes music (specifically piano) and she likes to knit.

Nola's **vision or dream for women** in her field for the next 25 years is that she would like to see more change. More than half of Science students are women, but there are so few women becoming faculty members and staying in academia and so few becoming CEO's.

She would also like to see more family friendly workplace policies, (such as childcare available at conferences).

Nola said . "We can't be color blind or gender blind. We need to welcome and embrace everybody". That's what she would like to see in 25 years.

She would like to see the "Me Too" movement have an impact and not just be a flash in the pan.

She would like society to recognize and value diversity in all its forms, not just gender.

She would like to see nobody having to hide their sexual orientation or gender identity. She would like to see more supportive communities in general and be able to recognize and celebrate our differences.

Environmental Scientist



Linda Campbell

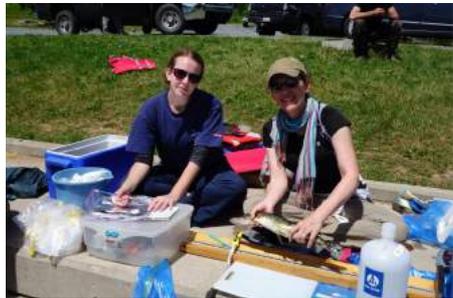
*Professor & Senior
Research Fellow,
Saint Mary's University*

Linda studies chemical pollution in the aquatic environment and how they move within those aquatic systems.

Career Path/Educational Path

Linda was inspired to pursue a Science career path from her experiences growing up in the outdoors in different types of environments and seeing how people were impacting the world around her. She always wanted to understand the environmental impacts better and find a way to work with a group of people to reduce those impacts, or solve the problem. Linda also loves being outside doing some of her work.

Linda's **educational path** started with a Bachelors degree in Science and then a Masters degree in organic contaminants in food webs in Rocky Mountain lakes. She later pursued a PhD on mercury in East African (Uganda, Kenya and Tanzania) lakes focusing on Lake Victoria. She went there to learn from the experts working on African Great Lakes and it was a very remarkable experience.



Linda thinks of her academic journey as a job. What is important is the quality of the experience and the positive impacts that came along the way and that she did get paid while she was doing her Masters and PhD. What is also important is the ability to network with others who also enjoy their work and who can share their experiences, passions and enthusiasm.

There are several focuses to Linda's research. One is looking at the legacy of historical gold mining tailings in Nova Scotia, and how contaminants are accumulating in the food web, especially mercury and arsenic (poison) as a result of these mining practices from the 1860's to 1940's.

Another project involves looking at **invasive species** (specifically Chinese mystery snails and chain pickerel) in lakes and how they impact on aquatic ecosystems in Nova Scotia.



What is an invasive species?

Invasive species are defined as organisms (plant, animal, fungus, or bacterium) that are not native and has negative effects on a region's economy, environment, or public health.

And the third project is looking at contaminants within bald eagles, specifically lead poisoning from hunting shots and mercury bioaccumulation from aquatic prey.

When asked what the most interesting project she has been involved in, Linda answered 'I can't pick just one!'

Linda says the **favorite part of her job** is working with her research group and seeing the passion of the youth that are jumping into trying to solve the problems of the world.

Linda's vision for women in her field for the next 25 years is equality – equal promotion, equal pay, equal opportunities. Gender equality is good for everyone.

What **surprised** Linda about her career is that she became a professor, as that wasn't the plan. She thought she would work for a consulting business, but has no regrets as she loves teaching and research.



Chain pickerel and small mouth bass

“Don’t blame yourself for problems– figure out how to overcome challenges. There is a lot of racism and discrimination among people who are different – “It is what it is - don’t take that on yourself.”

Career Impact

Linda’s research contributes to the body of knowledge on environmental toxic compounds that can impact the eco systems and health of humans. The more we understand, the more we are able to provide that information to policy makers that will lead to behavioral changes.

She also enjoys informing the public about the environment so people can learn about their natural surroundings. Many people don’t understand their own environment and what lives in their own lakes. That’s part of what she does - talks about what’s normal – what’s not normal and encourages people to be more connected with the environment around them.

Qualities and Skills

Linda describes herself as passionate and can see different perspectives, different pieces of the problem. For her job, Linda needs to step outside of the box.

The qualities and skills that are a good fit for Linda's career include being able to focus, attention to detail, communication, willing to learn, passion, enthusiasm – and having the feeling of your work being important.

Linda's advice is to listen to people – enjoy life – know when to listen and when not to listen. That's a skill you have to learn along the way. And don't give up. Never give up.

Linda's **advice** for young women pursuing a career in Environmental Science is get to know the environment, enjoy it, go for hikes, canoeing, swimming - learn as much as you can about the trees, the fish, the lakes – anything in the environment – even fungus can be really interesting.

As a Deaf person who has faced many challenges, Linda also believes in not blaming yourself for problems – figure out how to overcome your challenges. There is a lot of racism and discrimination against people who are different – “it is what it is” – don't take that on yourself. Find the resources and the people who can work with you to break down those barriers – you are not alone. “



Questions to Ask Yourself Before

Deciding on a Career:

- What do you like to do in your spare time?
- What energizes you?
- What kind of environment would you like to work in? (ex. Office, outdoors, a lab, etc.)
- What do you want to wear to work?
- How often do you want to change projects?
- What sorts of hours do you want to work?
- Do you want to travel?
- Would you like to work independently or as part of a team?

Interested in a particular career? Ask a trusted adult if they know anyone who could talk to you about it.



Questions to ask a Role Model

- What attracted you to this field?
- What do you like most or least about this position or field?
- Describe a typical day or week.
- What steps did you take to break into this field?
- What skills are most helpful in your job? How can I develop them?
- To what professional associations do you belong?
- What advice would you give somebody interested in your line of work ?

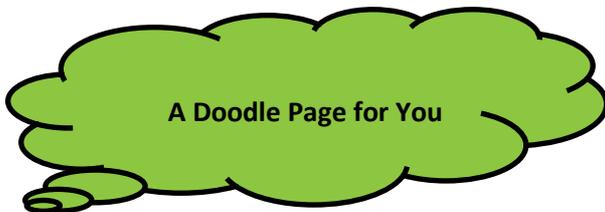
Useful Resources

- WISEatlantic.ca—Mentor Videos; posters, etc.
- Yourfreecareertest.com
- Skills Canada—www.skillsns.ca
- www.Techsploration.ca
- www.webtools.ncsu.edu/learningstyles/
- vark-learn.com/the-vark-questionnaire/the-vark-questionnaire-for-younger-people/?p=younger—Questionnaire for Teens
- www.univcan.ca/ Links to all of Canada’s universities and colleges, accompanied by useful facts and statistics, as well as a searchable database of study programs
- explorecuriocity.org/
- cybermentor.ca/mentor-stories
- Nscareeroptions.ca

Science Career Competencies

Competencies are the knowledge, skills and attributes you can develop in every aspect of your life.

- ◆ **Analytical**
- ◆ **Inquisitive**
- ◆ **Problem Solver**
 - ◆ **Logical**
 - ◆ **Observant**
- ◆ **Collaborative**
 - ◆ **Persistent**
 - ◆ **Organized**
- ◆ **Independent**
 - ◆ **Creative**
- ◆ **Effective Communicator**
 - ◆ **Collaborative**
 - ◆ **Planner**
 - ◆ **Team Player**



Brainstorm images or words that you associate with your future.

About WISEatlantic

The Women in Science and Engineering – Atlantic Region (WISEatlantic) program aims to shift gendered STEM stereotypes. We empower girls to consider Science, Technology, Engineering and Math (STEM)-based careers by raising their awareness of the diversity of jobs within these fields, and enabling them to visualize themselves working in these fields. WISEatlantic also supports early career women in STEM through professional development and networking opportunities.



www.WISEatlantic.ca

For up-to-date info on events, resources, and articles of interest, connect with us!



@WISEatlantic

Created by J. McPherson and photos by P. Fallon