

**Workshop Title: Presence Is Power**

**Workshop ID: MCSW 1**

Workshop Description: Learn how intentional self-presentation—through your appearance, body language, and demeanor—can influence perceptions and open doors. This session will help you align your outward image with your inner confidence to leave a lasting impression.

**Workshop Title: Speak Up, Stand Out: How to Be Heard and Taken Seriously**

**Workshop ID: MCSW 2**

Workshop Description: Learn how to talk so people listen—whether you’re speaking in class, at work, or with friends and family. In this workshop, you’ll learn how to communicate clearly, confidently, and assertively to avoid being disregarded, dismissed, or disrespected. You’ll leave with tools you can use immediately in all situations so you can be taken seriously and own your power!

**Workshop Title: Advocacy Unlocked: How MCSW Empowers Emerging Leaders**

**Workshop ID: MCSW 3**

Workshop Description: Community and civic engagement drive the MCSW’s mission to create meaningful change. This workshop will equip emerging leaders with tools to advocate for important issues and explore how the MCSW amplifies the voices of women and girls across Massachusetts.

**Workshop Title: The Lego Link: Building Interpersonal Talents with Lego**

**Workshop ID: MCSW 4**

Workshop Description: Engage in a unique communication exercise that mirrors the challenges Woods Hole Oceanographic Institution faces in our deep-sea operations. Just as we must precisely relay information about underwater environments and equipment, this activity will test our ability to communicate complex structures using only words. This skill is crucial in our work, whether we're guiding remotely operated vehicles, coordinating ship maneuvers, or describing oceanic phenomena to colleagues. Let's dive in and see how effectively we can bridge the gap between vision and description.

**Workshop Title: The Fundamentals of Finding Your Voice and How to Use it to Create Meaningful Change**

**Workshop ID: MCSW 5**

Workshop Description: Join the Women’s Fund SouthCoast’s Young Women’s Advisory Council members for a youth-led session to learn about the importance of leadership, teamwork, and public speaking through collaborative efforts with peers. We will identify issues you care about in your community and learn how to develop an “elevator pitch” to get others to join your movement.

**Workshop Title: Making Waves: Women in Marine Science**

**Workshop ID: STEAM 1**

Workshop Description: Join the all-women staff at the Woods Hole Science Aquarium, the oldest operating marine aquarium in the nation owned by NOAA's Northeast Fisheries Science Center. In this session, you’ll learn about how biologists provide care for over 100 species of local marine life, from tiny hermit crabs to deep sea fishes, to injured sea turtles and non-releasable harbor seals. Staff biologists will be available for questions and to discuss their unique career paths.

**Workshop Title: Sea the Science: Discover the Ocean’s Wonders**

**Workshop ID: STEAM 2**

Workshop Description: Immerse yourself in the world of ocean exploration at the Woods Hole Oceanographic Institution (WHOI) Ocean Science Discovery Center. Dive into exhibits that showcase groundbreaking marine research and cutting-edge technology developed by world-renowned WHOI scientists and engineers. Step inside a full-size model of the iconic Alvin submersible, discover the fascinating marine life of the ocean twilight zone, learn about the Titanic discovery and marvel at underwater robots such as the REMUS SharkCam. This center offers an engaging journey through WHOI's extraordinary legacy of ocean science spanning nearly a century.

**Workshop Title: [Sea Reflections: What Aquatic Life Reveals About Us](#)****Workshop ID: STEAM 3**

Workshop Description: In this session, students will have a hands-on opportunity to learn more about aquatic organisms! There will be 4 stations set up and the group will divide up into groups of 10 and spend about 10 minutes at each station. The students will hear a short talk at each station highlighting the importance of organisms, be able to handle some of them, ask questions, and take photos.

Table 1: Sea stars and the effect of warming oceans on their development

Table 2: Coral and their symbiotic algae: adaptation to changing conditions

Table 3: Echinoderms and their contribution to understanding embryo development, cell division, and regeneration

Table 4: Blood bloods: horseshoe crabs and impactful discoveries

**Workshop Title: [Trekking the Tides: Coastal Resilience in Action at Woods Hole](#)****Workshop ID: STEAM 4**

Workshop Description: Join us for a fun and interactive walk along the ResilientWoodsHole Climate Walking Trail, where we'll dive into the impacts of climate change, sea level rise, and coastal storm flooding on our waterfront community. See firsthand how the ResilientWoodsHole initiative and WHOI are leading the charge to create a more resilient future—and discover how you can help make a difference too.

**Workshop Title: [Under The Microscope: Detecting Toxic Algae](#)****Workshop ID: STEAM 5**

Workshop Description: Did you know that some types of phytoplankton can be harmful to ecosystems and/or human and animal health? Join phytoplankton scientists and learn to use different types of microscopes to identify various types of harmful algae. We will also take a tour of their lab to see how they use these tools for their science.

**Workshop Title: [Shifting Sands: Measuring Coastal Change](#)****Workshop ID: STEAM 6**

Workshop Description: Ever want to understand a beach and sea level rise? We'll look at sediment on the beach, discuss how sediment size relates to erosion, and profile the beach for where sea level rise will be in 2050, 2070, and 2100. We'll also take some time to observe the ocean and have fun! Note: This is an outdoor activity.

**Workshop Title: [Sediment Secrets: Discovering the Seafloor](#)**

**Workshop ID: STEAM 7**

Workshop Description: Explore this “library” of sediment cores as we tour the facility and learn how we collect sediment cores. Sediment cores are time capsules of information that provide scientists with valuable insights into past environmental conditions, geological history, and climate changes by capturing layered sediments from the sea floor or other environments. View samples from all over the world, talk to researchers working in the facility, simulate coring with mini-cores, and watch a storm surge demonstration.

**Workshop Title: [Hands on Deck: Exploring Ocean Motion](#)****Workshop ID: STEAM 8**

Workshop Description: Join oceanographers to learn about ocean currents. We will do hands-on experiments and watch demonstrations to understand how the temperature and salinity (saltiness) of ocean water affect its density and movement around the globe. We will also hear about different ways to study the ocean including cruises on research ships, satellite observations and models. Don't miss this opportunity to deepen your understanding of the ocean's role in our planet's ecosystem and ignite your passion for discovery.

**Workshop Title: [Tides of Innovation: Engineering at WHOI](#)****Workshop ID: STEAM 9**

Workshop Description: Discover the heart of marine technology innovation at WHOI's DunkWorks, a cutting-edge rapid prototyping facility. Located in the George & Wendy David Center for Ocean Innovation, this facility supports the creation and testing of marine technologies from initial concept to deployment. Equipped with advanced tools like 3D printers and specialized machinery, DunkWorks enables scientists and engineers to develop, prototype, and refine ocean exploration technologies through an iterative design process. Participants can witness how inventions transform from initial sketches to potential deep-sea innovations, learning about the intricate journey of marine technology development.

**Workshop Title: [Her Science, Her Story: Our Legacy via our Archives](#)****Workshop ID: STEAM 10**

Workshop Description: The WHOI Data Library and Archives houses a collection of artifacts, historical data, and records that document the legacy of ocean science and exploration at WHOI. This tour will showcase the history of ocean science through these artifacts, including items related to research vehicles, historical instruments, and ship records, while also celebrating the contributions of women who have shaped WHOI's legacy.