

Viewing Guide: See Yourself in Me: A Spotlight on Women in STEM Film



Produced in partnership between:



Viewing Guide

The purpose of this document is to give group leaders like teachers, advisors, employers, etc. an easy-to-follow guide for viewing *See Yourself in Me: A Spotlight on Women in STEM*. You are encouraged to start the conversation around young women pursuing careers in Science, Technology, Engineering, and Math (STEM) and WHY it is important to all of us, and HOW it will benefit everyone. To make viewing and discussion around the documentary as turn-key as possible you can go through every step listed below or simply take the pieces that you'd like to use. Or even add your own pieces! Either way, let's get the conversation started and develop more equity in STEM careers!

Introduction

Science, Technology, Engineering, and Math, or “STEM” careers are some of the fastest growing, high wage jobs available. There are great jobs in areas like IT, Medical, Advanced Manufacturing, Engineering, and Construction.

However, did you know that women make up about half of our country’s workforce, but only 27% of the STEM workforce. These kinds of disparities are also present among Latinx and Black people. With STEM careers being some of the most secure and well-paid jobs available, these gaps are extremely concerning.

This 35-minute, highly engaging video captures the power of Women in STEM in our community and highlights:

- career professionals
- post-secondary and K-12 students pursuing high demand STEM jobs
- programs of study available at the region’s higher education institutions and apprenticeship programs.

Discussion Questions:

Possible responses in italics under each question



BEFORE VIEWING

Data tells us there is a disparity between who pursues STEM careers. Why do you think that disparity exists?

- *Think about how different types of people are encouraged towards certain careers.*
- *Is there equitable access to opportunities?*
- *What role does our culture (people's shared way of thinking and beliefs) play in this?*

We are a diverse society collectively facing a wide range of beliefs. What great things can happen when we bring together people with different perspectives and talents to work on important problems?

- *Diverse people working collectively can help us approach problems in different ways that serve a diverse society.*

DURING VIEWING OR AFTER VIEWING

- 2:58–Charity discusses that she would like to go into Veterinary Medicine. She says she would like to own her own practice “at some point in the future”. When is the right time to decide on your career?
 - *It’s never too early! Become aware of all the amazing careers that are out there. Find out what you will love to do for the rest of your life and dive into it.*
 - *Also though, it’s never too late! If you don’t love what you do, keep looking until you do.*
- 3:30–Michelle says 70% of these great jobs will require a post-secondary education. She lists “a certificate, a two-year degree, an apprenticeship, or a four-year college degree.” Which education pathway is the best?
 - *None! They’re all worthy of respect and celebration. The “best” one is the one that leads to the career you love.*

DURING VIEWING OR AFTER VIEWING

- 6:40-Olivia talks about “all the distractions” that can get in the way of what’s really important. What are some of these distractions and how can you avoid them?
- 10:50-Gracie talks about “real-world problems” that she would face in her math class. What are some examples of “real-world problems” that math can solve?
 - *Construction, cooking and baking, budgeting, exercise and training, sports, and so many more!*
- 15:45-Abigayle talks about “disrupting the narrative that technology is this scary field that no one can get into.” What are some things you have done that seemed intimidating at first but then got easier as you learned more about them?
- 16:40-Representative DelBene discusses that there will be about 10 million STEM jobs by 2022 in the US and a huge part of that will be in computer technology. However, we might not have enough people to fill those positions. What happens to the wages for people in high-demand jobs like that?
 - *It goes up!*

DURING VIEWING OR AFTER VIEWING

- 19:55–Both Olivia and Anna talk about the problems they had in some of their classes, but both of them overcame those struggles to get into Engineering. What does it take to overcome challenges like a difficult math class?
 - *Perseverance, asking for help, recognizing that trying and failing is not only okay, but it is a key to learning!*
 - *Who are some people you can ask for help ? Getting at the idea that there are a wide range of people you can ask for help from?*
- 26:46–When Alyssa says that she is a lifelong learner, what does she mean? Why might that be important?
 - *So you can always be growing and improving as a person. Discovering new passions and contributing to the world.*

DURING VIEWING OR AFTER VIEWING

- 29:20–Sarah says that “all career paths are right for young women”. Have you ever felt that there are certain jobs out there that are only for one type of person? What are some examples?
- 30:55–Chanel says, “I want you to take risks and I want you to be bold...don’t let fear and self doubt stop you from aspiring and pursuing a career in STEM.” What are some risks you will need to take to achieve your goals?
 - *Chanel mentions the value of taking challenging classes like Biology, Calculus, and Physics as extremely valuable.*

AFTER VIEWING

What are some specific things that the community (students, educators, businesses, community organizations, etc.) can do going forward to raise awareness of good paying, high demand STEM careers and make that information available to everyone? Give some real examples of what is not working now and how we will fix it.

CONCLUSION

Read through the following quotes made by prominent women. What do they make you think of and how does it connect to what you just saw? Try to match at least one quote with a specific moment that resonated with you from the film.

- “The secret of getting ahead is getting started.” -Sally Berger
- “Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow.” -Mary Anne Radacher
- “Passion is energy. Feel the power that comes from focusing on what excites you.” -Oprah Winfrey
- “Take chances, make mistakes. That’s how you grow. Pain nourishes your courage. You have to fail in order to practice being brave!” -Mary Tyler Moore



www.nwwashingtonstem.org/women-in-stem