



# Society of Women Engineers Iowa State University

## New Student Newsletter

### Letter from the President & President-Elect

June 2015

#### Welcome to Iowa State!

On behalf of ISU Society of Women Engineers, let us say that we are happy to have you! Nationally, SWE was founded in 1950 with a vision to be a key in the success of women in engineering and technology. ISU SWE aims to serve our members by providing professional, academic, and social resources. If you choose to become a member of SWE, you will join an accomplished and diverse society with thousands of members from all over the world.

SWE at ISU hosts many events each year to better our members, the ISU College of Engineering, and the Ames Community. At general meetings, we have had speakers from Hormel, General Mills, Rockwell Collins, LyondellBasell, and many more. Each year, ISU SWE hosts a variety of events. SWE University, etiquette dinners, mock interviews, picnics, and Girl Scout Day are just a few of the events we are looking forward to. You can learn more about ISU SWE at the New Student Welcome (8/25/2015), the Kick Off Picnic (8/27/2015) or at our first general meeting (9/2/2015). Keep reading to learn so much more about ISU SWE, Iowa State, and beginning college!

We look forward to meeting you!

Sincerely,

Kaitlyn Sullivan and Glenna Lovig,

President and President-Elect

Isuswepresident@gmail.com



### Inside this issue:

All About SWE 2-3

Semester 4

Calendar

SWE 5

Contacts

Moving In/  
Packing 6-7

Food & Fun 8-9

Sports 10-  
11

Study Tips 12-  
13

## Amber

- \* **Chemical Engineering**
- \* **Junior**

*SWE is not only a professional and Networking organization but a group of women who really support each other in their endeavors whether it be academically, socially, or professionally. You can go up to anyone in the organization and you learn so much about the opportunities not only available in SWE but in the ISU community.*

*I have not interned anywhere yet, but, through SWE I connected with Northrop Grumman Corporation, where I will be interning this summer.*

# All About SWE

## GENERAL MEETINGS (GM)

Meetings allow members and everyone interested in SWE to develop their professional skills and to network with company representatives. Meetings are held every other Wednesday night from 6:30-7:30 pm. After members highlight upcoming SWE events, company sponsors present on professional development topics. Free food is available to everyone at each meeting!

## ANNUAL CONFERENCE

More than 6,000 female (and male!) engineers and technologists will gather in Nashville, TN this fall from October 22-24. Collegiate members can attend workshops, panel discussions, development sessions, and a career fair with over 250 exhibitors in attendance.

## SPECIAL EVENTS

SWE loves to be social! The Special Events Committee holds fun activities throughout the semester. Special Events focuses on socializing and personal skills. Previous events include Zumba, Questions and Answers with a Nutritionist, and learning how to maintain your car. Don't miss SWEet Treats, the Corn Maze, or the Etiquette Dinner.

## OUTREACH

The ISU SWE section plans activities for students in grades pre-K through 12 to encourage interest in science and engineering. Members visit local schools to facilitate activities in addition to organizing events for students to come to campus.



ISU SWE with National SWE President and ISU Alum Elizabeth Bierman

# Freshman Opportunities in SWE

## FRESHMAN REPRESENTATIVE

One leadership opportunity for freshmen SWE members is becoming a Freshman Representative. The role of the freshman representative includes organizing events for new students involved with SWE. Some past events have been freshmen dinners and a scavenger hunt to become familiar with great places on campus to study, relax, or have fun. Freshman Representative is a fun position and looks great on a resume!

## FRESHMAN SPONSOR

Every fall semester, a Freshman in SWE is sponsored to attend the Society of Women Engineers Annual Conference. The SWE Annual Conference is an event hosted each year to bring together both collegiate and professional SWE members from across the nation. During the conference, members will have the chance to attend various workshops, a career fair and numerous other activities. The conference is the perfect opportunity for members to meet other SWE members, interact with various company representatives and have fun.

Join us **Tuesday, August 25** for an exclusive New Student Welcome in the Howe Hall Atrium from  
6:30-7:30!

Our welcome event will be the perfect way to learn more about SWE and meet other freshmen in engineering!

Contact [isuswepresident@gmail.com](mailto:isuswepresident@gmail.com) for more information.

## Venecia

- \* **Computer Engineering**
- \* **Sophomore**
- \* **Previous Freshman Sponsor**

*The National SWE Conference was a great experience where I was able to connect with other SWE women and meet a number of company representatives. The conference really helped me develop my professional skills.*

# Fall 2015 Calendar

New Student  
Welcome ★

Kick Off Picnic ★

Labor Day-No  
Class

New Student  
Retreat ★

Fall E-Week

Career Fair ★

WE' 15 Annual  
Conference

Homecoming  
Week

Thanksgiving  
Break

Dead Week

Finals Week

## August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25 ★	26	27 ★	28	29
30	31					

## September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 GM	3	4	5
6 ★	7 ★	8	9	10	11	12
13	14	15	16 GM	17	18	19
20	21	22	23 GM	24	25	26
27	28	29 ★	30			

## October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 GM	15	16	17
18	19	20	21	22	23	24
25	26	27	28 GM	29	30	31

## November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 GM	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 GM	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

# SWE Contacts

## GET TO KNOW US

Have a question about your major, classes, SWE, or college life?

Feel free to contact one of our SWE members! See their biographies on the sidebars of this packet!

Major	Name	Email
Aerospace	Holly	hjbixby@iastate.edu
Agriculture/Biological Systems	Courtney	cmp@iastate.edu
Civil/Construction	Glenna	gmlovig@iastate.edu
Chemical	Amber	altiemann@iastate.edu
Computer/Electrical	Venecia	valvarez@iastate.edu
Industrial	Katie	kwoltjer@iastate.edu
Materials	Rebecca	rlwhite@iastate.edu
Mechanical	Shannon	smroth@iastate.edu
Undecided	Kaitlyn	kes@iastate.edu

## Holly

- \* **Aerospace Engineering**
- \* **Senior**

*Going to the National Conference is a great opportunity! The career fair is huge and has many different companies to speak with. I got all of my internship offers from the SWE National Conference!*

*Get involved in as many things as you can! It is great to have a ton of stuff to talk about with recruiters and put leadership skills on your resume to set you apart. Even if you don't have experience with an internship, recruiters love seeing that you are involved and developing other skills here on campus.*



SWE in LA for WE'14 National Conference

## Courtney

- \* **Ag & Biological Systems Engineering**
- \* **Junior**

*I was super nervous for my chemistry exam to the point where I forgot my periodic table in my dorm. I had 10 minutes before the exam started and I took off as fast as I could to get that table. It was the middle of winter and it was super icy. I saw a friend crossing the street as I was running. I went to say hi and didn't watch where I stepped and completely ate the curb on the side of the road. I picked myself up and kept going. Only after when I got back to the exam I checked my knees and I had split my pants and I was bleeding! Super painful but kind of funny and stupid when you think about it.*

# What do to do before School Starts?

---

## CONTACT YOUR ROOMMATE

---

- \* Compare which items you are going to bring: refrigerator, microwave, TV, DVD player, etc.
  - \* Ask about which items you would like to share and keep separate
- 

## BRING SCHOOL SUPPLIES

---

- \* Spiral notebooks
  - \* Folders and binders
  - \* Colored pens or markers (for taking notes or studying)
  - \* Graphing AND regular scientific calculator (Some classes do not allow graphing calculators. However, a graphing calculator with calculus capabilities is useful in advanced math and engineering classes.) SWE members recommend either the TI-89 Titanium or TI-Nspire CX CAS graphing calculators.
  - \* Small ruler
  - \* Stapler
  - \* Notecards to make flashcards
  - \* Backpack size white board with dry erase markers (helpful for drawing out homework problems)
  - \* Sticky notes
  - \* Assignment notebook/planner
  - \* Stamps and business size envelopes
  - \* Your orientation notebook
  - \* Gather notes from high school: if you took any AP classes (Physics, Chemistry, Calculus, etc.), it might be a good idea to bring some of your notes for reference
- 

## WHAT TO ORDER

---

- \* Purchase parking pass if you are bringing a car to campus
- \* Order textbooks online (Amazon & Chegg are good options)

---

## OTHER ITEMS TO BRING

---

- \* Rain boots and umbrella
- \* Loft kit if your bed isn't already lofted
- \* Shelf for your loft to hold an alarm clock
- \* Extension cord and power strips (Most rooms only have 1 or 2 outlets)
- \* Fan if your room isn't air conditioned
- \* Cleaning supplies (disinfecting wipes, paper towels, dish soap, etc.)
- \* Small tool kit
- \* Drying Rack
- \* USB drive/External hard drive
- \* Bowls, plates, napkins, cups, utensils
- \* Coax cable for your TV
- \* Extra long twin bedding if you are living in a dorm (the regular size won't fit!)

---

## MOVE IN AND PACKING TIPS

---

- \* Pack clothing, bedding, shoes, and other light-weight items in laundry baskets to make them easier to carry
- \* Avoid having loose items while packing
- \* Keep clothing you want hung on hangers for easy unpacking
- \* ISU Students are available to help you carry items to your dorm room
- \* Elevators will have limited access or will be unavailable, plan on carrying your items up or down stairs
- \* Arrive early - there will be less traffic and more workers available to help you
- \* Plan on making a trip to the store for smaller items, groceries and extra storage items

---

## BRING PROFESSIONAL ATTIRE

---

- \* Black dress pants
- \* Knee length pencil skirt (black, navy blue or gray)
- \* Khaki pants
- \* Button down blouse
- \* Nice top that is not low cut
- \* Closed toe dress shoes (heels or flats)
- \* Nice dark colored sweater/ blazer
- \* Business suit

## Glenna

- \* **Civil/**
- Construction**
- Engineering**
- \* **Senior**
- \* **President**
- Elect**

*GET INVOLVED  
IN EVERYTHING.  
Try out any club  
that sounds  
interesting, and  
once you've  
experienced them  
all you can narrow  
it down from there.*

*I studied abroad  
with Women in  
Science and  
Engineering in  
Madrid, Spain. The  
trip was amazing.  
We got to tour  
several different  
cities in Spain and  
spend 10 days  
experiencing a  
different culture.*

**Katie**

- \* **Industrial Engineering**
- \* **Senior**

*I worked with a professor in my department whose research focused heavily on ergonomics. It was a great opportunity to learn how to write technically. It also provided great exposure to reading technical papers. Overall, it was a great way to get to know many of the professors in my department.*

*I got on the wrong CyRide bus and went North to the mall and then had to wait for the red bus to take me to Jack Trice Stadium to pick up my football t-shirt during the first week of classes.*

# Places to Eat on Campus

## DINING CENTERS

*ISU Dining operates residential dining centers located conveniently near your home. The dining centers offer breakfast, lunch and dinner, and meals are all-you-care-to-eat.*

- 1) Union Drive Marketplace **Meal Bundle Dining Dollars \$**
- 2) Seasons Marketplace **MB D\$**
- 3) Conversations (Oak-Elm) **MB D\$**
- 4) Storms Dining **MB D\$**

## RETAIL DINING ESTABLISHMENTS

*On-campus restaurants are a great place to sit down and enjoy a hot meal or get one to go! Plus, meal bundles can be used at all three on-campus restaurants: Clyde's Sports Club, Hawthorn Market & Café, and the Memorial Union Food Court.*

- 1) Clyde's Sports Club **MB D\$**  
*Union Drive Community Center*
- 2) Hawthorne Market and Café **MB D\$**  
*Frederikson Court Community Center*
- 3) Memorial Union Food Court **MB D\$**  
*Memorial Union*

## CAMPUS CAFES

*On-campus cafés are a great place to grab a cup of coffee, tea, or a snack between classes.*

- 1) Abe's Harvest Café **D\$**
- 2) Bookends Café **D\$**
- 3) Business Café **D\$**
- 4) Caribou Coffee **D\$**
- 5) Courtyard Café **D\$**
- 6) Design Café **D\$**
- 7) Gentle Doctor Café **D\$**
- 8) Hub Grill & Café **D\$**
- 9) MU Market & Café **D\$**
- 10) State Gym Fruits Smoothies **MB D\$**

## C-STORES

*Open at convenient hours, you can purchase snacks, beverages, and convenience items at campus C-stores. Some C-stores also offer made-to-order deli sandwiches, pizza, smoothies, and other specialty items. Meal bundles are accepted at some C-stores during designated times.*

- 1) East Side Market **MB D\$**  
*Maple-Willow-Larch Commons*
- 2) South Side Market **MB D\$**  
*Wallace-Wilson Commons*
- 3) West Side Market **MB D\$**  
*Union Drive Community Center*



# Fun Around Campus

## ISU AFTERDARK

ISU AfterDark is a student group that plans great late night activities on Friday nights throughout the year. These free events take place from 9pm – 1am at the Memorial Union. There are outstanding opportunities to watch various talent acts (magicians, hypnotists, comedians, etc.), win great prizes, eat a variety of free food, meet other students, and have fun!

## CYCLONE CINEMA

The *Films* committee of the Student Union Board (SUB) is responsible for showcasing a variety of genres in the film industry, ranging from horror and comedy, to action and drama. Each week, a new movie is shown at Cyclone Cinema in Carver 101 that is FREE to the public.

## ISU HOMECOMING

The alumni of ISU first began returning home for an official Homecoming in 1912. Since then, the celebration continues to entertain both young and old Iowa Staters, with traditional events, including tailgating prior to the homecoming football game, fireworks, lawn displays, “Yell Like Hell” cheering competition, and mass campaniling.



SWE Intramural Team

## Shannon

- \* **Mechanical Engineering**
- \* **Junior**

*If you have a smartphone, get the Mystate app because it has a map of all the buildings on campus on it. Also it makes it a lot less obvious if you are lost than looking at a map.*

*I interned during summer 2014 at Smiths Medical in St. Paul, MN. I was in the Research and Development department where I worked on writing test procedures as well as completing the tests. I learnt how to use a variety of laboratory equipment.*

Rebecca

# Sports

## STUDENT TICKETS

- \* **Materials Engineering**
- \* **Sophomore**

*Materials Engineering is the engineering of everything; from the car you drive, to the laundry soap you use, to the planes you fly in, and the implant in your grandma's hip, a materials engineer has helped to make that happen.*

*SWE is the best friend you always needed: career help, support group, activity planner, and free - food giver. SWE keeps the big picture in mind, and open your eyes to possibilities you never knew existed.*

- \* Buy tickets early in the summer because they do sell out!
- \* Purchase online at [www.cyclones.com](http://www.cyclones.com) using your student ID number
- \* Buy now, pay later. Selecting the U-bill payment option allows you to wait until August to pay. You can also pay immediately with a credit card.
- \* Tickets on lost or damaged ISU Cards are voided and loaded immediately on the replacement ISU Card received at the ISU Card Office
- \* Men's Basketball tickets are only available with the purchase of the All-Sports Package.
- \* Join ISU Ticket Trader on Facebook to buy individual tickets from other ISU Students

## CYCLONE ALLEY

- \* Cyclone Alley is the student section for men's basketball games. Membership in the club comes with 3 t-shirts, preferred seating to every game, and invitations to game watch events and road trips.
- \* You can join by visiting [cyclonealley.com](http://cyclonealley.com). You will also receive a membership to the Student Alumni Association. The Student Alumni Association pass offers over 120 local business discounts, a free t-shirt and other fun benefits throughout the year.

Ticket Option	Price (Subject to Change)	Includes
All-Sports Package	\$249	Football, Men's Basketball, Cy's Pass, Cyclone Alley/ Student Alumni Association Membership, Football Jersey
Football Season Tickets	\$125	7 home game tickets to Jack Trice
Cy's Pass	\$30	Includes admission to Women's Basketball, wrestling, volleyball and gymnastics

# Recreation

## IOWA STATE FIGHT SONG

O we will fight, fight, fight for Iowa State,  
And may her colors ever fly.  
Yes, we will fight with might for Iowa State,  
With a will to do or die,  
Rah! Rah! Rah!  
Loyal sons forever true,  
And we will fight the battle through.  
And when we hit that line we'll hit it hard ev'ry yard for I. S. U.

## STATE GYM

Located directly behind Martin and Eaton Residence Halls, State Gym is the newest athletic facility on campus. It features a rock climbing wall, classrooms for group fitness, treadmills, ellipticals, stationary bikes, stair climbers, and countless weight machines and weight stations. State Gym also features two running tracks and two large gyms that can be set up for basketball or volleyball. There is a large pool equipped with a diving board, volleyball net, and basketball hoop, as well as a large hot tub for relaxing and a whirlpool for resistance training.

## LIED RECREATION

Located North of the Maple-Willow-Larch Residence Halls, Lied Recreation offers two running tracks, a weight room, racquetball courts, treadmills, ellipticals, and classrooms for group fitness and much more! You can check out equipment at the front desk.

## INTRAMURALS

A great way to stay healthy while having fun is to join an intramural team. With a philosophy of "something for everyone," the Intramural Program offers over 40 sports including volleyball, broomball, and even various card game tournaments, just to name a few! If you are looking for a team, our SWE Section participates in multiple intramural sports each semester. This is a great way to meet your fellow SWE members!

## GROUP FITNESS CLASSES

A variety of fitness classes are offered at many times throughout the week at State Gym and Lied. Classes are free for currently enrolled students. Some classes include varying levels of Yoga, Zumba, Hip Hop, and Kickboxing!

## Outdoor

## Recreation

## Program

*Do you like adventure? ORP is the place to be.*

*Join them on Weekend Trips to nearby states or on Extended Trips during Breaks.*

*Additionally, ORP offers workshops and maintains the bouldering and rock climbing wall found in State Gym.*

*More of a Do-It-Yourselfer? You can rent all types of equipment from ORP.*

*Adventure is out there! ORP can help you get there.*

# Study Tips

## ACADEMIC SUCCESS IN 7 STEPS

### BACKPACK CHECKLIST

Here are some things you won't want to leave your residence hall without!

- \* Mini stapler
- \* Advil/Tylenol
- \* Chapstick
- \* Lotion
- \* Band-Aids
- \* Mini Kleenex pack
- \* Water bottle
- \* Planner or calendar
- \* Calculator
- \* Clicker (some classes use these response cards for in-class quizzes)
- \* Pens and pencils
- \* Flash drive
- \* Iowa State Student ID Card
- \* A Small snack
- \* Gum
- \* Mini umbrella
- \* Your room keys

1. Stay organized - Keep a planner, make To-Do lists and agendas. Find which way works best for you to stay organized.
2. Go to office hours - If you can't make it to their designated office hour times, send your professor/TA an e-mail with the times that you are available to meet.
3. Don't be afraid to ask questions
4. Review notes from previous classes before going to lecture - seeing something multiple times will help you remember it.
5. Make study groups with your classmates.
6. Always go to class
7. Maintain healthy eating, exercise, and sleeping habits

## GOOD PLACES TO STUDY ON CAMPUS

### Library:

- The higher you go, the quieter it gets.
- The Periodical Room on the 2nd floor is a designated quiet study zone.
- For laptops, power outlets are found on the west wall on floors 2, 3, 4 and on the east wall in Tiers 1-7.
- Eight group study rooms are great places to have project meetings or study sessions. These can be reserved at the Circulation Desk and are each equipped with a table, six chairs, and a whiteboard.

### Computer Labs and Engineering Lounges:

- Multiple engineering computer labs are located in the engineering buildings
- Most engineering departments also have student lounges with tables, microwaves, or even couches! (Check with your department for these locations)

### Central Campus:

- Wireless internet can be received throughout campus - including outside! On a nice day, grab a blanket, find some shade, and enjoy the gorgeous scenery of Iowa State!

# Academic Success

Don't let yourself become overwhelmed with the work load of college; there are many services available on campus which will help you to succeed academically. One of your first steps should be forming study groups with your classmates. Sometimes your peers can be your best resource!

---

## SUPPLEMENTAL INSTRUCTION (SI)

---

Supplemental Instruction (SI) is an academic support program offering free, regularly scheduled study sessions for traditionally difficult courses. Three to five 50-minute sessions using collaborative learning methods are held each week. SI sessions are facilitated by undergraduate students who have previously taken the course and demonstrated academic competency in the subject area. These sessions are optional, so it is not required to attend every session. However, studies have shown that the more sessions you attend, the higher your final grade will be in the course. SI is offered for large lecture courses such as chemistry, math and physics as well as some engineering courses.

---

## OFFICE HOURS

---

Your professors hold office hours throughout the week, providing you with an opportunity to speak with your professor one-on-one to answer any questions you may have about the course material. Office hours are generally announced on the first day of class, but can also be found out by e-mailing your professor. Your teaching assistants (TA) will also hold office hours. They are graduate and upper level undergraduate students.

---

## HELP ROOMS

---

Free academic help rooms are located for various subjects. These help rooms are headed by graduate students in their respective fields.

- \* Chemistry (2112 Gilman)
- \* Math (385 Carver)
- \* Physics 221 (B54 Physics)
- \* Physics 222 (83 Physics)
- \* English 150/250 (300 Carver)

## TUTORING

The Academic Success Center provides tutors for many classes.

For only \$4 a session you can be matched up with an upperclassmen that has taken the class before. You will be assigned to a group of no more than 3 other students, that meets twice a week.

## Engineers' Week

ExCYting events all year long! In the fall, join the Engineering community for...

*Engineering Club Fest  
September 2nd*

*A chance to see all the Engineering Clubs at ISU. Find out how to join, get some free swag, and enjoy entertaining demonstrations on various Engineering topics.*

*Pi Mile Run*

*September 19th  
Run (or walk) a 3.14-mile race and enjoy a tasty treat at the end!*

*E-Week Golf Tournament*

*September 27th  
Celebrate Family Weekend with a day out on the golf course!*

*Professionals on Campus*

*September 28th  
Get a head-start networking with companies to get your resume out there a day before the Fall Career Fair.*

**Page 14**

# Helpful Things to Know

## ENGINEERING PRINTING

Being an engineering student at Iowa State brings you the advantage of extra print credits. At the beginning of each semester you will have a total of 2000 print credits. These credits can be used in any lab on campus. However, non-engineering labs require more print credits than computer labs in engineering buildings.

### Engineering Computer Labs:

Black and White: 1 credit/page

Color: 5 credits/ page

### General Computer Labs:

Black and White: 5 credits/page

Color: 20 credits/page

## LAUNDRY

In residence halls, CyCash is used to pay for each washer and dryer load. Before you start your laundry, make sure that you have an adequate amount of CyCash loaded on your ISU Student ID to pay for using the machines!

The Laundry Alert system allows you to see how many washers and driers are currently being used, and allows you to track the progress of your laundry. Laundry Alert can be found at [www.laundryalert.com](http://www.laundryalert.com), the sign in is isu7983.

## CYRIDE

The CyRide busses will take you almost anywhere you would like to go on campus and around Ames. These are free to all ISU Students with your Student ID. A current bus schedule can be found at [www.cyride.com](http://www.cyride.com).



ISU SWE at Regional Conference at the University of Notre Dame

---

## SAFETY TIPS

---

- \* Use the Buddy System when walking around late at night
- \* Be aware of your surroundings while walking by yourself at night
- \* Know the locations of safety phones across campus
- \* Minimize the amount of valuables you carry around
- \* Don't leave your backpack or your valuables unattended
- \* Know which paths are well lit on campus
- \* Check the CyRide schedule before walking to the bus stop
- \* Make sure someone knows where you are
- \* Always carry a charged cell phone
- \* Update your ISUAlert and Emergency Contact information through AccessPlus
- \* Lock your door and windows when you leave your room

---

## PHONE NUMBERS

---

### **ACCESS: 515-292-5378**

*Sexual Abuse Crisis Consultations, Domestic Violence Crisis Line*

### **Safety Escort and Help Van: 515-294-4444**

*Jump start, jacks, lug wrenches or other tools needed to change a flat tire, ride to and from nearest service station for assistance in getting fuel.*

### **Student Legal Services: 515-294-0978**

*FREE legal advice and assistance in the following areas: family law and divorce, criminal law, landlord-tenant problems, off-campus employment problems, consumer issues, administrative issues, notary services*

### **Thielen Student Health Center: 575-294-5801**

*Full health center with doctors that can provide almost every service you would expect from your regular physician: health check-ups, vaccinations, and physicals. Thielen also features a full service pharmacy.*

### **Counseling Services: 515-294-5056**

*Crisis consultations, counseling, career exploration, biofeedback program, relaxation and self help exercises and professional training program*

### **ISU Police: 515-294-4428**

## Spring E-Week

*From February 22nd - 26th, the ISU*

*Engineering*

*community will hold a*

*week-long celebration*

*during National*

*Engineers' Week.*

*The 50th anniversary*

*of E-Week will include*

*a National Speaker,*

*the Engineers' Ball, a*

*FREE Lunch, a*

*Research Symposium,*

*and other awesome*

*events!*

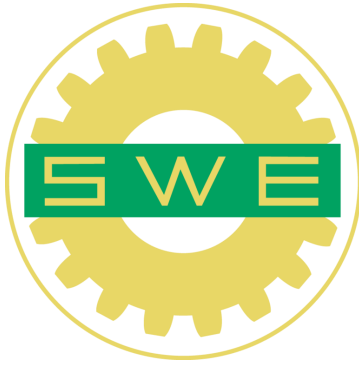
*Stay tuned for a*

*complete list of events*

*in the Spring*

*semester, plus ways*

*you can be involved!*



# Society of Women Engineers Iowa State University

Connect with SWE!

Email: [isuswepresident@gmail.com](mailto:isuswepresident@gmail.com)

Facebook: <https://www.facebook.com/groups/468782853145634/>

Twitter: @isu\_swe

Instagram: @isu\_swe

## What is SWE?

For more than sixty years, the Society of Women Engineers (SWE) has been helping women to reach their full potential as engineers and as leaders. There are currently more than 400 professional and collegiate SWE sections across the United States. These 400 sections are divided into 10 regions. Iowa State University's collegiate section belongs to Region H, the largest SWE Region.

Within ISU SWE, members are offered opportunities for leadership experiences, networking with companies and fellow engineering students, professional development, and community involvement.