If you are a WINS alumnae that are about to graduate, are out looking for a job, or are in transitions between jobs - you have got to hear this! Career Wardrobe has joined Women In Natural Sciences to present a day of activities about networking for WINS alumna.

We hear a lot about networking, but was does it really mean? Networking is leveraging your professional and personal connections to help further your career. Need some help? Then, join us for WORK IT! on Tuesday, December 30th, 2014 and learn about networking and how to present yourself in a professional manner. The day will include the following:

- Experts presenters on LinkedIn and in-person networking,
- Photographer to provide headshots,
- Beauty professionals to provide headshots,
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My WINS experience

Being in the Women In Natural Sciences program has given me many opportunities. One was the chance to be a part, along with 14 other WINS, of the Women on the Water (WOW), a river adventure in conjunction with the Poconos Environmental Education Center (PEEC) and the National Parks Foundation. There are not any words to describe how interactive, spirited, and empowering the WOW program was. WOW not only helped me become one with the water, but gave me a chance to really listen to the sounds of nature, and forget the stresses of the city life. This may sound untrue, but living in the city I have never seen so many stars in the sky like I did while lying in the grass.

While we were unable to canoe the first few days because of heavy rain and off rain and thunder, we did not let that get us down. We ate beans and soup outside on portable burners, shared funny stories, and compared the Poconos to the city. I never imagined myself canoeing for about 10 miles straight and feeling the cool breeze bounce off of some of the clearest water in the area. After, when we were done we had sore, tan, and weak arms.

For me, getting to know the WINS II girls on a more personal level was a real gain. Having to set up tents, cook dinner, and carry equipment showed how truly strong, physically and mentally we young women could be. As WOW we not only learned the rules of the water and camping, but we split up tasks, empowered one another, and learned to work as a team. As the saying goes “Girls compete with each other, Women empower one another”, and I guess WOW turned us all into true Women. This I will take with me for the rest of my life.

Jaidah Murray, WINS II

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College Tour 2014

Of all the fun and exciting overnight trips we take during our high school years in WINS, College Tour is definitely the top in ranking. Since WINS is a science program, most of the trips and classes we have pertain to something in the field of science. So on trips like the Delaware overnight trip we take during spring break, we would learn about the environment and the surrounding marshes. College Tour, however, is less science intensive and more college preparatory. Once you’re in WINS II you’re basically getting as best prepared for everything college-wise as possible.

This year during College Tour we got to visit the Rhode Island/Massachusetts area. Among the colleges we visited were: Simmons College, Bryant University, Brown University and Harvard University. Just having the experience of visiting a college campus could make or break your decision to apply. It also gives you a feel of the environment or atmosphere the area gives you. Some schools are in more rural areas which probably wouldn’t be a good pick for someone like me, who would prefer the city. These are things you get to experience first hand and really enhance your view of the school.

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