

CONFERENCE AGENDA



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IMPORTANT NOTICE

Should any technical issues arise on the day of the conference, please call Alyssa McGovern at 518-564-5197. For general inquiries, please email askshineon@gmail.com and someone will be able to assist you.





Social
Intelligence

Zest

Self
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Curiosity

Grit

Gratitude

Optimism

A WORD FROM OUR CHAIRWOMAN

Mae Jemison, the first female African-American astronaut to visit space, said, "Don't let anyone rob you of your imagination, your creativity, or your curiosity. It's your place in the world; it's your life. Go on and do all that you can with it, and make it the life you want to live."

Growing up, my mother instilled in me the importance of perseverance and determination in creating the life I want to live. Just like Mae Jemison, I was determined to live a life fueled by my imagination, my creativity and my curiosity. I knew that I wanted to carve my own path and show other women that they have what it takes to make a life they want to live too.



On an average year, the Shine On! committee is working hard to host an overnight conference aimed at building resilient, confident girls in northern New York. However, once the challenges of the pandemic began affecting our community, we knew we had to go even further this year and create an experience for students to spark their excitement for learning once again through the fascination and character building of Science, Technology, Engineering, and Math.

Throughout this once-in-a-lifetime event, I hope that students and educators alike become inspired to chase their imagination, find their own channel of creativity, and act upon their curiosity to forge a life they want to live.

Thank you for joining us during this special event and sharing this incredible experience with us!

Chrysa Rabideau





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A NOTE ABOUT TIMING

Please note that the timing of the actual downlink with the International Space Station may fluctuate several minutes in either direction. Zoom hosts on the day of the conference will let you know when the downlink is going to begin to ensure that no one misses it. The downlink is being aired in real time on NASA TV and the link is included in each conference schedule on the word "downlink."

ALL TIMES LISTED IN THIS BROCHURE ARE SUBJECT TO CHANGE. It is possible, though unlikely, that the downlink will need to shift by a large margin. Any last minute changes will be swiftly communicated to all participants.

OPTIONAL WORKSHOP MATERIALS

Some of our presenters have included a list of optional materials to make their workshop more interactive for your students. These workshops and their corresponding materials are listed below and marked with an asterisk in the conference schedules. Please note these materials are optional.

Painting the Stars

Amy Guglielmo and Julia Devine

- Paper
- Coloring materials

Design your own Constellation

Plattsburgh High School Team

- Paper
- Writing utensils

Experiment Lab 101

Lisa Douglas

- Laptop/computer (multiple students can share)

Apollo Lunar Model STEM Challenge

Plattsburgh High School Team

- Paper
- Marshmallows
- Solo cups
- Paper plates

Build Your Own Rocket

Jack Rossetti

- String
- Two balloons
- Duct tape
- A straw
- A pin





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*This workshop uses optional materials. Please see the list on page 4 for more information.

K-2 CONFERENCE SCHEDULE

9:30	<p>Stitching it Together Samantha Green Learn how women have used their character strengths to impact space travel during this STEM storytime.</p> <p><u>ZOOM LINK</u></p>	<p>I Need Space Travis Reynolds and Tyler DeFoe Start practicing self-care in this workshop focused on creating boundaries and coping with difficult emotions.</p> <p><u>ZOOM LINK</u></p>	<p>Exploring Space with Color Andrew McGill Create your very own piece of space art using crayons and colored pencils.</p> <p><u>ZOOM LINK</u></p>
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DOWNLINK

10:30

LUNCH/RECESS BREAK

11:00

12:00	<p>Reaching for the Stars Daniella Micallef Elevate your stargazing game in this zesty workshop focused on recognizing different star formations.</p> <p><u>ZOOM LINK</u></p>	<p>Staying Grounded Without Gravity Olivia Knight, Allison Corlew, Sophia Vanderpool and Gabrielle VanWie This workshop will help students develop self-awareness and cultivate optimism through journaling.</p> <p><u>ZOOM LINK</u></p>	<p>Chemistry Miracles and Magic James Peploski This workshop will get students excited about the curiosity and grit that drive scientific discoveries.</p> <p><u>ZOOM LINK</u></p>
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12:45	<p>CAD: Think It, Want It, Make It! Grant Weerts Students will exercise their curiosity and creativity as they learn about CAD and 3D printing.</p> <p><u>ZOOM LINK</u></p>	<p>Out-Of-This-World Science Experiments Monica Jerry, Jennifer Faltings, and Kennedy Jameson Explore CRAZY science phenomena by forming hypotheses and participating in three experiments.</p> <p><u>ZOOM LINK</u></p>	<p>Shine On, Stars of Spring Lisabeth Kissner Watch a virtual planetarium show featuring the celestial objects of Spring as seen from New York state.</p> <p><u>ZOOM LINK</u></p>
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3-5 CONFERENCE SCHEDULE

9:30	<p>Painting the Stars* Amy Guglielmo and Julia Devine Learn about the process of creating a mural by talking about Michael Anderson, a local astronaut who has a mural of his own in downtown Plattsburgh. <u>ZOOM LINK</u></p>	<p>Lights Out Milaglos (Alex) Smith Practice gratitude and grit through a series of fun activities focused on electricity and light pollution inspired by Project WILD. <u>ZOOM LINK</u></p>	<p>Build Your Own Rocket* Jack Rossetti Learn about how Newton's Laws apply to space travel and rocket science by exploring several of NASA's most important missions. <u>ZOOM LINK</u></p>
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DOWNLINK

10:30

LUNCH/RECESS BREAK

11:00

12:00	<p>Space Cowboy Rachel Dutil and Cari Reynolds In this gritty workshop, real life farmers will discuss the various careers in agriculture and showcase the importance of using cannulated cows. <u>ZOOM LINK</u></p>	<p>Design your own Constellation* Plattsburgh High School Team Ever look at the stars and wonder why there is a lion, a spoon and a dragon? In this workshop, students will get to create a constellation of their own! <u>ZOOM LINK</u></p>	<p>Katherine Johnson: The Key to Apollo 13 Kristen Kavanagh and Amanda Davi Learn how to be gritty by discussing Katherine Johnson, one of the hidden figures who helped ensure the success of NASA's Apollo 13 mission. <u>ZOOM LINK</u></p>
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12:45	<p>The Neuroscience of Space Exploration Jennifer Bremser and Tyrae McIntosh What does it take to be an astronaut? In this workshop, you'll find out how we prepare astronauts for space exploration. <u>ZOOM LINK</u></p>	<p>Apollo Lunar Model STEM Challenge* Plattsburgh High School Team Make your very own model of a Lunar Landing Vehicle, a spacecraft designed to explore the surface of the moon. <u>ZOOM LINK</u></p>	<p>How can you combat climate change? Mark Falinski Learn how climate change works, how it impacts animal homes, and what all of us can do to help stop it from happening. <u>ZOOM LINK</u></p>
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*This workshop uses optional materials. Please see the list on page 4 for more information.

6-8 CONFERENCE SCHEDULE

<p>9:30</p>	<p>Want to be a HAM? Diana Danville and Students How is it possible to talk to someone across the world from you? This workshop will talk about HAM radios and how they provide long-distance two-way communication. <u>ZOOM LINK</u></p>	<p>To Infinity and Beyond Elizabeth Pearl Dream BIG, overcome obstacles, and learn the value of service to others in this gritty workshop addressing how we use technology to heal our bodies. <u>ZOOM LINK</u></p>	<p>Sweat it Out Stephen Kramer and Mark Haney Learn how exercise affects respiration rates and body temperature in this live experiment. <u>ZOOM LINK</u></p>
<p><u>DOWNLINK</u> 10:30</p>			
<p>LUNCH/RECESS BREAK 11:00</p>			
<p>12:00</p>	<p>Launch Weather Gib Brown What are the weather conditions necessary for a safe and successful launch? Learn the difference between "Go" and "No-Go" launch situations. <u>ZOOM LINK</u></p>	<p>Entrepreneurship in STEM! Olivia Forcino Explore the character strengths you need to be an entrepreneur by learning about some famous entrepreneurs in the STEM field. <u>ZOOM LINK</u></p>	<p>Thinking Like A Physicist Josh LaBounty Start to see every wrong answer as a learning opportunity in this workshop about the scientific method and the difference between theory and experiment. <u>ZOOM LINK</u></p>
<p>12:45</p>	<p>Communicating Science Caitlin Napoleoni Science is only half of the equation when it comes to weather forecasting. In this workshop, learn how communication skills are essential when explaining complex information. <u>ZOOM LINK</u></p>	<p>Experiment Lab 101* Lisa Douglas This introduction to real life wet labs will allow students to be scientists in their own virtual science lab using the online resource, Labster.com. <u>ZOOM LINK</u></p>	<p>Robots and Space 4H Robotics Team Beta Discover how robotics is currently allowing us to explore Mars and lay the groundwork for humans to visit someday. <u>ZOOM LINK</u></p>



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K-2 WORKSHOP PRESENTERS



Samantha Green

Stitching it Together

Samantha Green is a youth services librarian at Clifton Park Halfmoon Public Library.

Travis Reynolds and Tyler DeFoe

I Need Space

Travis Reynolds and Tyler DeFoe are psychology fieldwork students at the Queensbury branch campus of SUNY Plattsburgh.



Daniella Micallef

Reaching for the Stars

Daniella Micallef is a graduate student at SUNY Plattsburgh studying childhood and special education. Daniella is also a substitute teacher in Beekmantown.

Andrew McGill

Exploring Space with Color

Andrew McGill is an art educator at Plattsburgh Central School.



Lisabeth Kissner

Shine On, Stars of Spring

Lisabeth Kissner is the director of the North Country Planetarium and a physics lecturer at SUNY Plattsburgh.



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K-2 WORKSHOP PRESENTERS



James Peploski

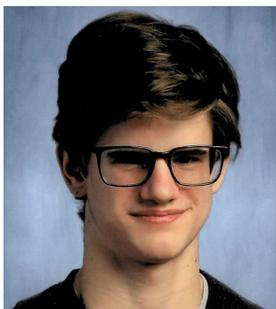
Chemistry Miracles and Magic

James Peploski is an associate professor of chemistry at Clarkson University.

Monica Jerry, Jennier Faltings, and Kennedy Jameson

Out-Of-This-World Science Experiments!

Monica Jerry, Jennifer Faltings and Kennedy Jameson are students at SUNY Plattsburgh studying education. Monica is a graduate student, and Kennedy and Jennifer are undergraduate students.



Grant Weerts

CAD: Think It, Want It, Make It!

Grant Weerts is a junior at Ausable Valley High School.

Olivia Knight, Allison Corlew, Sophia Vanderpool, Gabrielle VanWie



Staying Grounded Without Gravity

Olivia Knight, Allison Corlew, Sophia Vanderpool and Gabrielle VanWie are psychology fieldwork students at the Queensbury branch campus of SUNY Plattsburgh.





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3-5 WORKSHOP PRESENTERS



Amy Guglielmo and Julia Devine

Painting the Stars

Amy Guglielmo is the art teacher at Saranac High School and co-founder of Outside Art: Plattsburgh Public Art Project. Julia Devine is also a co-founder of Outside Art and teaches in the theatre and English departments at SUNY Plattsburgh.

Milaglos (Alex) Smith

Lights Out

Milaglos Smith is an early education and special education graduate student at SUNY Plattsburgh.



Jack Rossetti

Build Your Own Rocket

Jack Rossetti is a Research Associate at the Air Force Research Lab in Dayton, OH.

Rachel Dutil and Cari Reynolds

Space Cowboy

Rachel Dutil is the public relations and marketing coordinator at The William H. Miner Agricultural Research Institute in Chazy, NY. Assisting with her workshop is Graduate Assistant Cari Reynolds.





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3-5 WORKSHOP PRESENTERS



Kristen Kavanagh and Amanda Davi

Katherine Johnson: The Key to Apollo 13

Kristen Kavanagh and Amanda Davi are education students at SUNY Plattsburgh.

Jennifer Bremser and Tyrae McIntosh

The Neuroscience of Space Exploration

Jennifer Bremser is behavioral and neuroscience professor at the SUNY Plattsburgh Queensbury branch.

Helping with her workshop is Tyrae McIntosh, who works in the Psychology Department at the Queensbury Branch.



Mark Falinski



How can you combat climate change?

Mark Falinski is a postdoctoral research scientist at the Princeton University Andlinger Center of Energy and the Environment.

Plattsburgh High School Team

*Design your own Constellation
Apollo Lunar Model STEM Challenge*

Hannah Bouayadi, Jenny Slattery, Louis Piccirillo and Kate Relation are all teachers at Plattsburgh High School.



6-8 WORKSHOP PRESENTERS



Diana Danville and Students

Want to be a HAM?

Diana Danville is a seventh grade science teacher at Beekmantown Central School. Her workshop is facilitated by students Lilliana Cross, Madison Fessette, Jack Therbert and Ellieanna Welch.

Elizabeth Pearl

To Infinity and Beyond

Elizabeth Pearl is the owner of Pearl Physical Therapy in Plattsburgh, NY., where she practices orthopedic manual therapy, postural training, and proactive care.



Stephen Kramer and Mark Haney

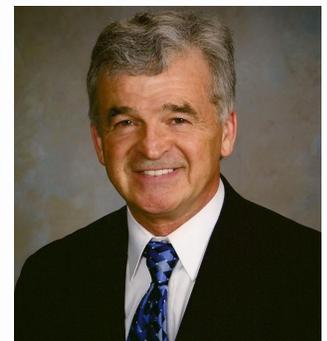
Sweat it Out

Stephen Kramer and Mark Haney both work at William H. Miner Agricultural Research Institute in Chazy. Stephen is the director of lab studies and Mark Haney is a research technician.

Gib Brown

Launch Weather: The Importance of Weather for a Successful Launch

Gib Brown is a retired NBC5 First Alert Meteorologist and science teacher. Gib formerly taught earth science and physics at the Peru and AuSable Valley School Districts.





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6-8 WORKSHOP PRESENTERS



Olivia Forcino

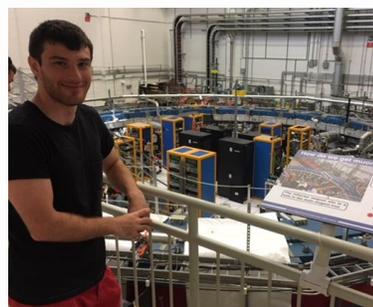
Entrepreneurship in STEM!

Olivia Forcino is a senior at SUNY Plattsburgh double majoring in Entrepreneurship and Marketing.

Josh LaBounty

Thinking Like A Physicist

Josh LaBounty is a graduate student at University of Washington working on pushing the boundaries of physics through precision measurement.



Caitlin Napoleoni

Communicating Science: Explaining Life Saving Information to the Public

Caitlin Napoleoni is NBC5's First Warning Meteorologist.



Lisa Douglas

Experiment Lab 101

Lisa Douglas is a regional director and scientific partner for Labster, an online resource that provides virtual science labs for students and institutions around the globe.



4H Robotics Team Beta

Robots and Space

Team Beta is a nine member FIRST FTC team consisting of members from 7th-12th grade who love to share their passion of robots with others.





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SPECIAL THANKS

The Shine On! committee would like to thank Taylor Edgar for preparing two special Pre-K workshops for a participating school. Taylor is a psychology student at SUNY Plattsburgh.



THE SHINE ON! TEAM



The college women who make up the Shine On! Committee and the Shine On! founder. From left to right: Emily Slattery, Olivia Bousquet, Colleen Lemza (founder), Erica Haley, Stephanie Kozloski, Megan Benner, Chrysa Rabideau (chairwoman), and Gabriela Alvarez.

Shine On! founder Colleen Lemza (right) and key educational liaison Diana Danville (left).



Former Shine On! mentor and committee member and current Shine On! Media and Marketing Intern Marie Menhart.





WHAT IS SHINE ON?

SUNY Plattsburgh's Shine On! is dedicated to fostering resilience, confidence and character in young girls by enhancing essential character strengths, developing a toolbox of communication skills and teaching media literacy. Shine On! has hosted approximately 2,200 young girls since the program began and has taught education outreach programs in almost a dozen schools. The organization has a strong alumnae network of 600 college women who have been mentors, committee members and workshop presenters over the past 11 years.

OUR PROGRAMS

- ☀️ Annual overnight conference hosted 200 local 3rd-5th grade girls rotating through 12 interactive educational workshops
- ☀️ Education Outreach Program brought the Shine On! mission to partner elementary schools
- ☀️ Parent Workshop Series offered parents tips and resources to raise resilient girls
- ☀️ Shine On! in a Box offered content to educators to bring the Shine On! curriculum directly into classrooms
- ☀️ The Sunny Buddy program created a semester-long virtual mentorship for girls in 3rd-5th grade

OUR GOALS

- ☀️ Educate girls about the implications of media in today's society
- ☀️ Increase communication skills to help girls become upstanders
- ☀️ Develop character strengths designed to increase resiliency and self-confidence



Shine On!
Look to the Stars

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Stewart's Shops
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THE
Foundation

Champlain Valley Physicians Hospital



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