

Program and Contact	Program Description	Volunteer	Volunteer Description	Time Commitment	Setting
<p>Speaker's Bureau</p> <p>Contact: Jennifer Wroblewski jenniferw@nwabr.org http://www.nwabr.org/education/speakerbur.html</p>	<p>The Speakers' Bureau brings volunteer biomedical scientists, patients, and other experts into classrooms and community venues to talk about their own work, the process of science and scientific careers.</p> <p>"Click for more"</p>	<p>Speaker</p>	<p>Prepare and present talks and/or hands on activities to students (grades 8-16) and members of local community groups on specific requested topics. Learn how to increase the impact of your presentation in one on one or group workshop trainings.</p>	<p>Each presentation ranges from 20 minutes to 1.5 hours</p>	<p>School, business or community setting</p>
<p>Junior Science Cafes</p> <p>Contact: Jennifer Wroblewski jenniferw@nwar.org</p>	<p>Inspired by Europe's Café Scientifique, the Jr. Science Café is an informal gathering that allows local scientists to meet and discuss hot topics in biomedicine with high school students.</p> <p>"Click for more."</p>	<p>Café Speaker</p>	<p>Prepare and present talks and/or hands on activities to students (grades 9-12) on specific requested topics. Learn how to increase the impact of your presentation in one on one or group workshop trainings.</p>	<p>20 minute to 1 hour presentations</p>	<p>School Classroom</p>
<p>Student Bio Expo</p> <p>Contact: Evelyn Laminack elaminack@nwabr.org www.nwabr.org/studentbiotech</p>	<p>The Student Bio Expo is an award-winning, school year-long program that connects 375 students from over 20 high schools in the Puget Sound region to approximately 250 adult volunteers in the greater scientific community.</p> <p>"Click for more"</p>	<p>Expo Mentor</p>	<p>Assist students in choosing their Expo topic, finding valid resources, deciphering scientific articles, and structuring their project paper and bibliography. Communicate with students via e-mail, visit them in school, meet offer them a job shadow, work with them in your laboratory or any combination which works best for you.</p>	<p>1-15 hours a month; October - April</p>	<p>Virtual, in-school, at your place of work, or other public settings</p>

In School Mentor Coordinator	Spend time in a high school classroom and assist an Expo teacher. Get to know the students and their mentors! Coordinate 4-5 mentor class times with the teacher, mentors and students in collaboration with the NWABR Expo Mentor Coordinator, other NWABR staff. Help students keep track of Expo deadlines, understand their category requirements, and compile their final projects.	2-6 hours a month October - April	At specific school
Reader of Student Papers	Read 3-4 student papers (5-10 pages each) and provide valuable feedback for students on paper format. This is a great volunteer opportunity for anyone with a good understanding of the written English language. You do not need to be a scientist!	Read and comment on 3-4 papers sometime in the spring.	Virtual
Project Coordinators	Help collect student projects from teachers and redistribute them for Expo judges.	2-5 hours a day April 19-23 rd	NWABR Offices
Expo Judge	Connect with other science professionals, interview Expo students, and determine category winners! You will need to be available for an afternoon prejudging session and on the day of the Expo. Mentors are welcome to be judges in a category other than the one chosen by the mentee.	Read 4-6 student projects, attend a 2 hour prejudging session (March 13th) and all day Expo (May 24, 2010)	Meydenbauer Center, Bellevue - Expo Event
Student Alumni Support	Help locate Bio Expo Alumni students and update our contact list. Help collect "Where are they now?" stories from students and determine who would like to be involved with NWABR and the Expo for future events.	2-8 hours a month	Virtual or in office

		Day of Event Volunteer	Assist us in making the Expo event as smooth and fun as possible! Day-of volunteer opportunities can range from staffing the Expo welcome tables, assisting the judges, helping with production and performance set up, and greeting guests as they arrive.	5-8 hours on May 24, 2010	Meydenbauer Center, Bellevue - Expo Event
<p>NWABR's Annual Fundraiser May 24, 2010</p> <p>Contact: Evelyn Laminack elaminack@nwabr.org</p> <p>www.nwabr.kintera.org/10annualfundraiser</p>	<p>NWABR's Annual Fundraising Event is a remarkable celebration that brings together over 300 researchers, educators and students from across the Pacific Northwest region. Proceeds from the fundraiser support NWABR's signature education programs. "Click for more"</p>	Volunteer Fundraiser	<p>Assist us in our fundraising efforts for the event. Help us secure sponsorships and in-kind donations for the event.</p> <p>Be a first time table captain – host a table and invite your friends, colleagues, and neighbors to view the Expo and join you for our fundraising luncheon!</p>	Approximately 10 hours Feb - May	Virtual
		Day of Event Volunteer	<p>Help this event to run as smoothly as possible! Day-of volunteer opportunities can range from staffing the luncheon registration tables, helping with production and set-up, and greeting guests as they arrive.</p>	Approximately 5 hours on May 24, 2010	Meydenbauer Center, Bellevue - Expo Event
<p>“Collaborations to Understand Research and Ethics” (CURE)</p> <p>Contact: Jeanne Chowning jchowning@nwabr.org</p> <p>http://www.nwabr.org/education/esc.htm</p>	<p>Ethics in Science Teacher's Workshop and Research Fellows Program</p> <p>"Click for more"</p>	Site Coordinator	<p>Be a liaison between NWABR staff and your research facility. Help to coordinate site visits by teachers or students, as well as presentations and tours. If you have access to an IRB or IACUC Committee that would be interested in having teachers observe, help to coordinate teacher visits.</p>	Varies, approximately April-July	Your Workplace

<p>Ethics in Science Teacher's Workshop</p>	<p>Help secondary science educators learn about the biomedical research process! "Click for more."</p>	<p>Tour Guide</p>	<p>Present a tour of your laboratory facilities, animal facilities, or clinical centers for teachers and/or students participating in the program. Highlight the research that is being done, its importance, and the types of science careers that are represented in the lab.</p>	<p>30-50 minutes, plus preparation time. Teacher program: July. Student program: late June – early July</p>	<p>Your Workplace</p>
<p>Research Fellows Program</p>	<p>Student Research Fellows supports 10-12 high school students (especially those from backgrounds traditionally underrepresented in science), in a two-week paid summer fellowship. Students visit a broad variety of research institutions throughout the Seattle area and learn how new medical treatments are developed. "Click for more"</p>	<p>Presenter</p>	<p>Provide a brief presentation (30-50 minutes) about your work to teachers or students and engage them in discussion, and/or meet with students over their lunch hour for informal networking opportunities. Help teachers and students understand the process of biomedical research, the challenges faced by scientists conducting biomedical research, as well as the excitement of scientific discovery. NWABR staff will provide resources to support you in developing a presentation and can meet in advance of the workshop to discuss appropriate topics. Scientists of color, as well as younger scientists, are especially encouraged to join us.</p>	<p>30-50 minutes, plus preparation time. Teacher program: July, Student program: late June – early July</p>	<p>Your Workplace</p>
		<p>Reviewer</p>	<p>Review curricular materials being developed in conjunction with the CURE program for instruction in middle and high schools. These include lessons in general bioethics, research with animal models, responsible conduct of research, and clinical trials. Provide feedback to guide the scientific accuracy of the lessons.</p>	<p>Approximately two hours per lesson reviewed.</p>	<p>Virtual</p>

<p>Bio-ITEST: New Frontiers in Bioinformatics and Computational Biology</p> <p>Contact: Dina Kovarik dkovarik@nwabr.org</p> <p>http://www.nwabr.org/education/itest.html</p>	<p>NWABR is partnering with high school teachers to develop curriculum for <i>Bio-ITEST: New Frontiers in Bioinformatics and Computational Biology</i>, a new program funded by the National Science Foundation designed to bring the exciting discipline of bioinformatics to high school teachers and students. "Click for more"</p>	<p>Presenter</p>	<p>Give a guest lecture at a Professional Development Workshop. Exposure to scientists utilizing bioinformatics in their work enhances the professional development experience, offering teachers an opportunity to discuss the research process.</p>	<p>30-50 minutes, plus preparation time, February or August.</p>	<p>Workplace</p>
		<p>Host a Professional Development Workshop</p>	<p>Provide facilities for a portion of a teacher professional development at your research facility. Giving teachers the opportunity to see research enterprises first hand enhances their appreciation for the research process.</p>	<p>Varies, 1 to 3 days. February or August</p>	<p>Your Workplace</p>
		<p>Tour Guide</p>	<p>Provide a tour of your research institution for teachers and career counselors. Tours offer a unique experience for educators to see research "first hand," while highlighting the number of different careers available in the research setting.</p>	<p>30-50 minutes, plus preparation time, February or August</p>	<p>Your Workplace</p>
		<p>Scientific Reviewer</p>	<p>Review curricular materials being developed by the Bio-ITEST Program for use in high school science classrooms. Introductory lessons utilize bioinformatics resources to teach basic concepts in biology, while Advanced lessons draw upon new software and informatics resources to develop an authentic inquiry-based investigation specifically for advanced students. Provide feedback to guide the scientific accuracy of the lessons.</p>	<p>Approximately two hours per lesson reviewed.</p>	<p>Virtual</p>

<p>'Biomedical Breakthroughs and My Life' Essay Contest</p> <p>Contact: Reitha Weeks rweeks@nwabr.org</p> <p>http://www.nwabr.org/education/contest.html</p>	<p>Seventh and eighth-grade students from Washington, Oregon, Idaho and Montana choose topics that impact their lives – cancer treatments received by a relative, asthma medications that they are taking, or vaccinations given to their pet – and explain how animal models and/or human clinical trials have contributed to those biomedical treatments and cures. In 2009, nearly 500 students participated in this program.</p> <p>“Click for more”</p>	<p>Essay Judge</p>	<p>Researchers are invited to be judges of the essays. Essays are sent electronically and can be read at the judges’ convenience. Scoring criteria will be provided. Each judge provides positive and constructive comments for each assay. This is an easy and fun science outreach opportunity requiring only a few hours of time. Your passion for science and a few encouraging words can change the career plans of a student!</p>	<p>Approximately 10-12 hrs over two weeks (March 12 – April 5, 2010). Two rounds of judging</p>	<p>Virtual</p>
		<p>Awards Day Host</p>	<p>Research institutions and companies in Western Washington, Oregon, and Inland Northwest (Eastern Washington, Idaho, Montana) are invited to host the winning students, their parents and teachers at an Awards Day. Researchers from the host site present their research, lead tours and engage students in hands-on activities.</p>	<p>Approximately 6 hours at the Awards Day, plus preparation time.</p>	<p>Your Workplace</p>
<p>Consumer Awareness:</p> <p>Contact: Reitha Weeks rweeks@nwabr.org</p>	<p>Kit Loan, "Lotion, Lables, and Labs" Workshops, Lotion Evaluation and Display.</p> <p>“Click for more”</p>	<p>Kit Preparation and Referbushing</p>	<p>Preparing kit ingredients and supplies before and after classroom use.</p>	<p>2-3 hours per kit</p>	<p>NWABR Offices</p>

<p>Curriculum and Kit Loan</p>	<p>NWABR's "Consumer Awareness: Personal Care Products Safety and Labeling" curriculum introduces middle and high school teachers and students to the science behind cosmetic ingredients and the regulations related to the labels and safety testing. "Click for More"</p>	<p>Workshop Assistant</p>	<p>Volunteers are needed to oversee the lab stations and assist the participants in making lotion.</p>	<p>Half hour before and after workshop; one and a half to two hours for the workshop</p>	
<p>"Lotion, Labels, and Labs" Workshops</p>	<p>In a two hour workshop, students or adults explore cosmetic labels, discuss the meaning of cosmetic claims, learn some basic emulsion chemistry and make their own lotion. This traveling workshop can be customized to the audience's interest and delivered anywhere in the greater Seattle area. "Click for more"</p>	<p>Workshop Preparation</p>	<p>Preparing and packing lab supplies and ingredients and copying handouts prior to each workshop</p>	<p>2-3 hours</p>	
<p>Lotion Evaluation and Display</p>	<p>NWABR attends school family science nights, open houses and public science outreach events and invites the public to participate in our lotion evaluation activity. We give students and adults the chance to practice their critical thinking and evaluation skills just like laboratory scientists. "Click for more"</p>	<p>Activity Table Presenter</p>	<p>Prepare and staff the NWABR activity table at science outreach events</p>	<p>1-2 hours for preparation of lotions and display; Two to four hours at the event</p>	<p>Event Location</p>

<p>Life Sciences Research Weekend</p> <p>Contact: Reitha Weeks rweeks@nwabr.org</p> <p>http://www.nwabr.org/education/lsw.html</p>	<p>Life Sciences Research Weekend is a three-day event in November co-presented by NWABR and Pacific Science Center. The public is invited to meet scientists and participate in hands-on activities presented by life sciences companies and research institutions from throughout Washington. "Click for more"</p>	<p>Activity Table Volunteer</p>	<p>Volunteers help prepare and pack activity materials; at the event, greet the public and engage them in hands-on activities</p>	<p>3-4 hour shifts on day of event Nov. 2010</p>	<p>Pacific Science Center</p>
		<p>Public Greater</p>	<p>For visitors to Pacific Science Center that are not aware of LSRW, you can provide a friendly smile and an invitation to visit the tables, participate in activities and meet a scientist</p>	<p>3-4 hour shifts on day of event Nov. 2010</p>	<p>Pacific Science Center</p>