

## WISEST CHOICES CONFERENCE (2023 - 2024)

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Our time at the WISEST Conference on February 22, 2024, was a truly memorable part of this school year. At the conference, we did amazing things like robotics, cryogenics, and crafting our own bobsleds. Throughout the day, we met many inspiring women who were involved with STEM, and they showed us exactly what we can do in the science world.

The day started off with robotics. During robotics, we learned basic coding concepts using tiny robots called Ozobots. We used ipads that had specialized coding software and markers where we could draw fun and create paths for the robot to follow. We had such a fun time working in groups, collaborating with others, and learning coding!



Next up, we had cryogenics! Most of us hadn't learned about this before and were very curious. After asking some of the wonderful scientists we learned that cryogenics is the branch of physics that deals with the production and effects of very low temperatures. We dealt with materials that you wouldn't find at school including dry ice and liquid nitrogen. It was truly fascinating to learn about these, watch demos, and even perform experiments ourselves! Some of the main highlights were to see that when dry ice went through sublimation or was mixed with other substances, we could make bubbles, self

inflate a balloon, and make rockets. When working with liquid nitrogen we dipped multiple materials in it, these included, a banana, a balloon, a sausage, and a medical glove. We had so much fun bonding with each other, taking turns when performing experiments, and even wearing lab coats and safety glasses!

Last but certainly not least, was the group activity. All the amazing schools attending were competing against each other. Our task was to create a bobsled that could go down a ramp in the fastest amount of time. We were given certain materials like tape, cloth, aluminum foil, and more. After learning about how olympic bobsleds work and what you want in a bobsled, we set to work for a solid 30 minutes. We experimented with different materials, occasionally testing it on a smaller ramp. In the end we were so nervous to see if our design would work. Although we didn't have the fastest time it gave us an opportunity to learn and collaborate with others. It made us wonder, "What could we have done differently?"

It was also quite amazing that we got to explore the U of A, even meeting some people from other schools in the process! This was such a wonderful experience and we learned that WOMEN can do ANYTHING! The day allowed us to experiment, bond with friends, and expand our knowledge. We would 100% attend this awesome conference again! Lastly we would like to thank the school for providing us with wonderful opportunities that allow us to become better people, learn, and grow.

