March Professional Development Event

INFOObesity with speaker
Margaret Johnson

Date: Wednesday, March 6
Time: (6:30 - 9:00) pm
Location: University of Houston campus
Engineering Lecture Hall
4800 Calhoun Rd

(Parking information will be sent to registrants)

Come join SWE as we host speaker and SWE Member Margaret Johnson at the University of Houston on Wednesday, March 6th! Margaret will be speaking on solutions to combat the all-too-common challenge of information overload. This event will be hosted by the University of Houston SWE section and will be a joint collegiate/professional event. Dinner sponsored by Fugro.

www.margaretjohnson.com

MindFULLness for Peak Performance: The Cure for INFObesity!

It's no secret we are bombarded daily with an overload of information and expectations from the news, work, social media and other sources. INFObesity is the term describing the difficulty in sifting through information overload to make effective decisions. It affects our performance as well as our working relationships. Through Mind-FULL-ness practices - including focus, high performance habits, emotional intelligence, assumption busting and bias awareness, personal energy management, strategy, and meditation time - we find a way to simplify and make sense of the
craziness, forming effective strategies for high work performance moving forward. Participants will receive tips and make a personal plan to engage in the activities to reduce ineffectiveness.

**SWE Professional Members RSVP at this** [Link](#)  
(Cost for SWE Professional Members is $10, Non-Members $25)

**SWE Collegiate Members RSVP at this** [Link](#)  
This event is **Free** for Paid Collegiate SWE Members only  
(The student sections will be checking their rosters to make sure registrants are paid members)

Questions contact Amy: vp_internal@houstonwse.org

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### Meet your fellow local SWE members at conference - Survey

![Survey Icon](image)

Your opinion matters! Take a few minutes to fill out our short survey. We would like to hear if you are planning to attend any of the WE Local Conferences or WE19 Annual Conference. Link is provided below.

Thank you in advance for your collaboration. We really appreciate your time!

**Access the survey**

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### Executive Council Meeting  
(in person)

**Date:** Monday, February 11th  
**Time:** 6:00 - 8:00 PM  
**Location:** Bellaire City Library

SWE HA Executive Council (EC) meeting is open to all members! We will be discussing future events and volunteer opportunities. We welcome you and your ideas. Come and get more involved!

**RSVP**
SWE HA Series + Coffee

Date: Saturday, April 6th
Time: 10:00-11:30 am
Location: Tout Suite

New to SWE or Houston? Come explore Houston coffee shops with fellow SWE members every 1st Saturday morning of the month. Join in for a fun, informal networking event. Attendees are responsible for their own beverages. Future coffee shops include Boomtown, Campesino, and Paper Co among others.

Questions contact Kathryn - kathryn.schoer@gmail.com

Outreach Activities

Help run a hands on activity at Port City Links, Inc. - 14th Annual Health, Education, Science Fair, and Carnival

Saturday March 23, 2019 from 10:00am - 1:30pm

@Sunnyside Park, located at 3502 Bellfort, Houston, TX 77051.

All you have to do is show up! We'll host a table, provide information on SWE to community members and have a fun activity for kids. Let us know if you can help! Email vp_careerguidance@houstonsw.org


Represent SWE with FIRST Robotics

Represent SWE with FIRST Robotics and sign up to be a judge at District competitions! (Please let us know if you are volunteering on behalf of SWE, so we can track our volunteer hours and events.)

FIRST VIMS (Volunteer Information Management System). Sign up for either or both events at: https://www.firstinspires.org/ways-to-help/volunteer
Channelview District Event - Friday & Saturday-March 15-16, 2019-
Channelview High School, Channelview
Pasadena District Event-Friday & Saturday-March 29-30, 2019-San
Jacinto Community College, Pasadena

SPE Upstream Oil and Gas Professionals Hiring Event

March 26, 2019
Time: 8:30 a.m. - 2 p.m.
Location: Trini Mendenhall Community Center 1414 Wirt Rd., Houston, TX, 77055

The SPE - GCS invites you to participate in the 5th edition of the "Upstream Oil & Gas Professionals Hiring Event." Following the success of the inaugural event in March 2017, we continue to provide a platform connecting experienced job seekers with upstream oil and gas companies to fill open positions. The SPE is partnering with other organizations to make the event a mirror of the oil industry.

Employer registration is open here [https://www.spegcs.org/events/4225/](https://www.spegcs.org/events/4225/), and job seeker registration will open in March. Job seekers must be a professional member of one of the collaborating professional organizations, which includes SWE. For more details follow this [Link](http://www.spegcs.org/events/4225/)

Dress code: Business

For more information contact: Isolda Griffith and Jennifer Wilson [spe.gcs.mit.hiringevent@gmail.com](mailto:spe.gcs.mit.hiringevent@gmail.com)

SWE HA Leadership Opportunities

SWE-HA outreach volunteers for chairs and committee members

Would you like to improve your leadership skills? We have many opportunities where you can test and sharpen your leadership skills.

For more information contact Carolyn [president@houstonsw.org](mailto:president@houstonsw.org)

Brand New Website

We are delighted to announce that our new website is now live! We hope you agree that it is an engaging site which delivers the information you need to understand SWE Houston Area's activities and purpose.

Don't forget to check on our website - we have new contact information

Take a look and explore the rest of our site [http://www.houstonsw.org/](http://www.houstonsw.org/)
SWE HA - STEM group

Be part of our SWE-HA STEM group on Facebook.

Here you can post and share any activity/information/event related to STEM. Everybody can use this group as a form of communication for any event happening in the Houston area with other SWE members.

To find the Society of Women Engineers - Houston Area Facebook page search on Facebook for @swehoustonarea.

2019 WE Local Conferences

WE Local conferences provide all the professional development, career advancement and networking opportunities as SWE’s Annual Conference, but on a local level, so you can Meet Locally.

- **Baltimore, MD** - February 8-9, 2019
- **Tampa, FL** - February 15-16, 2019
- **St. Louis, MO** - March 1-2, 2019
- **Denver, CO** - March 15-16, 2019
- **Bellevue, WA** - April 5-6, 2019
- **Bengaluru, India** - April 11-13, 2019
- **Berlin, Germany** - May 15-17, 2019
There's still time to give the gift of SWE!

Check out SWE's online store, sweSwag and add items to your own gift list, or give the gift of sweSwag to your SWEster!

Visit swe.org to check out these gifts and more. All sweSwag items are conveniently available to order on Amazon.

Purchase with Purpose

Next time you purchase online select Amazon smile and it donates for Society of Women Engineers.

Steps to donate to SWE on Amazon:
1. Sign in to smile.amazon.com on your desktop or mobile phone browser.
2. Go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Select SWE organization to support.
   For more information about the AmazonSmile program, go to http://smile.amazon.com/about.

You can also link Kroger or Randalls card.

Save the Dates!
March 6: PD Event - (6:30 - 9:00) University of Houson
March 11: EC Mtg 6pm - 8pm
March 15-30: FIRST Robotics
April: Golf OTC