Groups consist of 6-7 junior women and 2 senior facilitators. The groups are intended to provide peer and traditional mentoring. Each group meets monthly via conference call for approximately 1-2 hours depending on group preferences. The objectives are to help junior women make connections, to offer coaching advice and strategies for professional success, and to share the experiences of both junior and senior scientists.

**Make connections**

Join a mentor group, attend the Pattullo Conference, apply for the NASA Speaker Series and/or NOAA Internship. You’ll find an active community of junior and senior scientists interested in helping you at this stage of your career.

To join and for more information, visit [www.mpowir.org](http://www.mpowir.org)

“**It has boosted my confidence in many ways – both by receiving mentoring and by giving mentoring I have learned to better deal with hurdles in my career.”**

“**It has been an excellent support network and has provided valuable feedback.”**

“**I like learning about how senior scientists in the field handle things such as multi-tasking, departmental politics and other issues that are common in their scientific career.”**

**Find resources online**

Visit [www.mpowir.org](http://www.mpowir.org) and find resources for your early career:
- Relevant articles about women in science
- Job opportunities on the blog
- Information about our events and programs
- Surveys for graduate students
- Guides on mentoring
- Career profiles of female scientists

**Explore career opportunities**

**NASA MPOWER Speaker Series**

Become familiar with the research conducted at the NASA labs, network with NASA scientists and inform them about your research. Each year, two junior researchers are chosen to give a seminar at either JPL or Goddard.

“It was really fascinating to see first-hand satellites prior to launch. Until this point, my nearest encounter with the tool I base my science upon was photographs. I gained a deeper appreciation of the tremendous engineering and testing efforts that go into mission preparation.”

**NOAA MPOWER Internship**

Work with a NOAA scientist on a project of joint interest for 8 to 10 weeks. Each year, two junior scientists will be chosen for a paid internship at AOML, GFDL or PMEL. The students will be supervised and mentored by a designated NOAA researcher.

MPOWER sponsors events at national meetings such as Fall AGU and Ocean Sciences. These town hall meetings are open to all and focus on professional development topics such as alternative careers in oceanography and dual-career couples.
The centerpiece of the MPOWIR program is the Pattullo Conference. This two and a half day mentoring conference focuses on the current and planned research programs of the junior scientists in attendance.

Join us for the next conference October 2015 in Warrenton, Virginia.

"I felt that this conference was a very important step in my career."

"Outstanding meeting. I am leaving with more confidence in myself and a much better idea of where I want to go in my career and why I want to do it. Thank you so much!"

Conference Goals:
• To bring junior women and senior scientists together to share experiences, advice and concerns.
• To build community networks with peers and senior scientists.
• To get feedback on your current research.
• To raise awareness of issues confronting junior women.

*We gratefully acknowledge our sponsors: NSF, DOE, NOAA, NASA, and ONR.*