



# Using My Skills My Life within a programme of activities

On 23rd March 2019, a STEM Day for Girl Guides was held at the University of York. My Skills My Life was used as part of a wider programme of organised activities.



## What was done?

We began advertising for STEM Ambassadors around 5 months before the event itself via the STEM Ambassador platform and through our local hub. They were offered the option to provide their own activity or to help support the event as a role model. Full briefings were sent out to all STEM Ambassadors ahead of the event with detailed instructions on getting there, the format of the day and what was expected of them. They were also given a tour of the venue on arrival & talked through the day.

After an initial welcome and introductory lecture, the Guides rotated around a carousel of activities provided by some of the STEM Ambassadors. These included extracting DNA from kiwi fruits, growing plants in test tubes, building spaghetti & marshmallow towers, planning & costing HS2 and a screening inside the University's very own Cosmodome. The rest of the STEM Ambassadors were allocated a group to follow round and support with each activity. Each group had at least one STEM Ambassador and one Guide Leader allocated to them.

The day concluded with a My Skills My Life session—giving girls the opportunity to see how the different skills and activities they'd been completing throughout the day fit into STEM careers. All STEM Ambassadors from the day got involved—completing the quiz themselves and chatting to different tables in a carousel fashion. We put initial questions up on the board to give the girls suggestions on what to ask and conversations were soon flowing!



**“My favourite part of today was the quiz at the end (My Skills My Life) because I got to see jobs I would be good at.”**

Guide attendee

To have a go at the My Skills My Life quiz and  
explore the platform, visit [www.myskillsmylife.org.uk](http://www.myskillsmylife.org.uk).