

## GUIDING PRINCIPLES

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- Many graduate students and postdocs would like to do something to promote women in astronomy and help create a female-friendly workplace, but their time for such activities is limited.
- CSWA has generated this list of suggestions which was inspired by the comments of attendees of the “Women in Astronomy III” conference held Oct 21-23, 2009, College Park, MD.
- Women and men are equally talented and deserve equal opportunity.
- Full participation of men and women will maximize excellence in the field.
- We can all make a difference, one step at a time.

*For details or for more copies of this brochure, please visit the AAS/CSWA website:*

<http://www.aas.org/cswa/>

*What Can I do?  
was inspired by attendees of the  
“Women in Astronomy and Space Science 2009:  
Meeting the Challenges of an Increasingly Diverse  
Workforce” conference held  
Oct 21-23, 2009, College Park, MD.*

*Brochure Design: J. Schmelz (U. Memphis).  
Images courtesy of the  
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Cover Art: P. Tyler (S P Systems, Inc.)  
Cover Quote: Margaret Mead*

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## WHAT CAN I DO?

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Suggestions for graduate students & postdocs for promoting women in astronomy & creating a female-friendly workplace – making a difference one step at a time

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*Presented by the*

**American Astronomical Society (AAS)**

**Committee on the Status of Women in Astronomy (CSWA)**

Never doubt that a small group of committed citizens can change the world. Indeed, it is the only thing that ever has.  
- Margaret Mead



## PASADENA RECOMMENDATIONS

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1. Get your department/company/organization to endorse the Pasadena Recommendations.

Start by going to the web site to check the endorsements:

[http://www.aas.org/cswa/pasadena\\_endorse](http://www.aas.org/cswa/pasadena_endorse)

Not there? Links to the full set of recommendations as well as a summary brochure are available at the top of the page.

Note: it is not important that all the recommendations are currently followed; it is important that the principles are supported.

## BROCHURE

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2. Create a brochure of the family-friendly policies. For an example, here's one from STScI:

<http://www.aas.org/cswa/STFam.pdf>

## CSWA-SPONSORED AAS SESSIONS

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3. Invite your department chair/boss/research supervisor to attend a CSWA-sponsored session and/or Town Hall at the next AAS meeting.

This information is available on the AAS meeting web site.

## AASWOMEN

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4. Get a friend/colleague to subscribe to AASWOMEN, CSWA's weekly electronic newsletter.

Simply send e-mail to majordomo@[aaas.org](mailto:majordomo@aaas.org), with message in the BODY:  
subscribe aaswlist  
your\_email\_address

## STATUS

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5. Get your friends/colleagues to read STATUS, CSWA's semiannual publication.

It consists of original and reprinted articles on topics relating to women in astronomy, in science and/or in society. Then get together to discuss an article.

<http://www.aas.org/cswa/STATUS>

## AAS WORKSHOP

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6. Attend a career development workshop at an AAS meeting.

## POSTDOC SOCIALIZING

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7. Put together an e-mail list of the postdocs in your department/research group and invite them all out for coffee.

Suggestion from:  
Amber Straughn (GSFC)

## LUNCH TALK

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8. Present a lunch talk in your department/research group summarizing the info and outcomes of the Women in Astronomy III conference.

Suggestion from:  
Laura Lopez (UCSC)

## JOIN A GROUP

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9. Join the Women in Astronomy/Physics/Science group in your department/research group. Such a group doesn't exist? Start one!

Suggestion from:  
Sonali Shukla (Penn State)

## SUGGESTIONS?

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10. Make a suggestion to add to this list. Send it to:  
AASWOMEN@[aaas.org](mailto:aaas.org)