



Girl Scouts®  
Where Girls Grow Strong™

# GIRL SCOUTS



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## Career Explorations 2009

Career Explorations is a one-day Girl Scout event sponsored by Duke Energy at McGuire Nuclear Station, allowing girls the opportunity to attend classes to gain exposure to future career opportunities. Class opportunities include energy, electricity, internet safety, communications, public speaking, emergency preparedness, personal safety, environmental specialties, engineering and more.

WHO:	Girl Scouts in grades 7-12 and their leaders
WHAT:	Career Explorations 2009
WHERE:	The EnergyExplorium at the McGuire Nuclear Station located 7 miles west of Cornelius on North Carolina Highway 73. (See Map)
WHEN:	Saturday, November 14, 2009
TIME:	9:00 am to 5:00 pm
DEADLINE:	Please register by November 4, 2009
FEE:	\$10.00 for patch, meals and supplies
HOSTED BY:	McGuire Nuclear Station with Girl Scouts Carolinas P2P Council

## *Classes*

Girl Scouts will have the opportunity to attend two of the classes listed below. Class size is limited, so ensure you request four classes in order of preference. **NOTE: Due to class size limitations, signing up for a class does NOT guarantee a spot in the class, and troops will not be placed in the same class.**

## *Courses Offered*

Girls will attend two courses. NOTE: Classes may be added or deleted due to unforeseen obligations of our volunteer instructor staff.

### ***Personal Safety and Self-Defense***

Representatives of the Huntersville Police Department and the American Taekwondo Association will instruct students on how to secure their personal safety through interactive demonstrations.

### ***Alcohol and Substance Abuse Awareness***

Members of the Huntersville Police Department will lead an engaging discussion on the effects of alcohol and substance abuse. With the aid of a golf cart and visually-impairing glasses called "Beer Goggles" girls will simulate driving while being in an impaired state.

### ***Electrical and Civil Engineering***

Students will learn about the field of Electrical Engineering and Civil Engineering. An interactive session is planned which will explore career options in these engineering fields. Famous engineering marvels and failures will be presented, and hands-on activities will give students an opportunity to create their own engineering marvels.

### ***Nuclear and Mechanical Engineering***

Students will learn about the field of Nuclear Engineering and Mechanical Engineering. An interactive session is planned which will explore career options in these engineering fields. Hands-on activities will give students an opportunity to create their own engineering marvel and they will get to experience the additional precautions taken when working in a nuclear environment.

### ***Communicating Effectively***

The ability to speak eloquently is an invaluable tool for every career. This class will help students hone their verbal and nonverbal communication skills and give them useful tips on how to speak and present themselves well.

### ***Chemistry***

Ever wondered what goes on inside a real science lab? Duke Energy chemists will take you inside an actual chemistry lab and instruct girls on the fundamentals of Chemistry. Students will conduct many stimulating and unusual experiments.

### ***Emergency Preparedness***

Instructors will teach students what to do in case of an emergency. This course will be a brief introduction to CPR readiness, first aid and disaster response. A highly interactive course, students will learn valuable, life-saving skills.

### ***Geology and Environmental Science***

Students will get a close look at the Earth by studying its living and non-living elements. Geologist and engineer Steven Irminger will give students a brief discussion on the fundamentals of geology. Topics will include rocks and minerals, volcanoes, earthquakes, geologic history, and career options. He will also show students his extensive rock collection. A professional will then explore Earth's living organisms through a guided walk of the nature trail.

### ***Energy and Sustainability***

Students will learn about 'green homebuilding,' like composting, through several hands-on activities. Girls will be taught several techniques to be environmentally-friendly in their daily lives.

### ***Health, Fitness and Stress Relief***

Stress is an inevitable element of life. Success is learning how to deal with it. Our yoga instructor will give students tips on how to manage stress and secure mental health. A health and fitness expert will also coach the troops on nutrition and fitness. The instructors will then discuss career options in the health and fitness industry.

### ***Astronomy 101***

Students will explore stars, planets, comets and galaxies through a visually compelling and informative presentation by a member of the Piedmont Amateur Astronomers club.

### ***Auto EmPOWERment***

In today's world, waiting alongside the road for a knight to change your car's tire is not a safe option. CPCC instructor Connie Volt will give the girls the ability to be self-reliant when it comes to car maintenance. Through an informative demonstration, girls will learn how to change a tire, check oil and basic visual inspection techniques to maintain a vehicle.

### *Girl Scout Leaders*

Leaders will be assigned to classes and expected to attend and assist as needed.

### *Meals*

Lunch will be provided at the scheduled time.

### *Check-In Time*

Career Explorations 2009 kicks off at 9:00 am on Saturday, November 14. Please, no late arrivals. Classes will start promptly. Troops must meet proper Safety-Wise ratios of adults to girls.

### *Check-Out Time*

Troops should plan to leave at 5:00 pm.

### *Registration*

**Registration for all councils will be handled by the EnergyExplorium staff.**

Registration will begin on October 13, 2009, and end November 2, 2009, or until all slots are filled.

NOTE: Only participants who are able to attend the entire event should register. Please remember, “no shows” take the spots of those wishing to attend. Do not register girls unless you are sure they will be able to attend. **Please notify us of cancellations as soon as possible.**

Return your registration form and payment to the EnergyExplorium:

Please make all checks payable to **Girl Scouts of the Carolinas P2P**. Return to:

**EnergyExplorium  
MG03E  
McGuire Nuclear Station  
13339 Hagers Ferry Road  
Huntersville, NC 28078  
Attn: Girl Scouts**

**If you have additional questions, contact the EnergyExplorium at 1-800-777-0003 or 704-875-5600.**

**For course and registration information, contact  
Hailey Wilson at 980-875-4915  
hailey.wilson@duke-energy.com**

# McGuire Nuclear Station Directions

## From Charlotte I-77

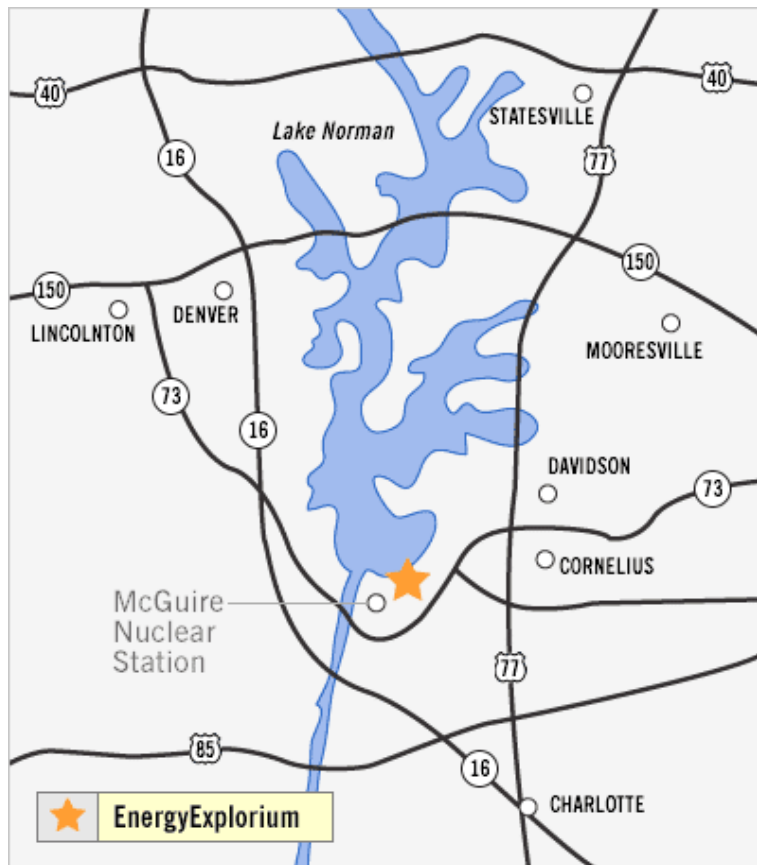
Take I-77 to Hwy. 73 (exit 25). West on Hwy. 73 (toward Birkdale Village). Go approximately five miles to the stoplight at McGuire Nuclear Station. The EnergyExplorium is just past Southlake Christian School and Church. Turn right into plant entrance. Stay in right lane and follow signs to the EnergyExplorium.

## From I-485

Take I-485 to Hwy.16 (exit 16). West toward Newton. Exit east onto Hwy. 73 toward Huntersville. Go approximately five miles to the stoplight at McGuire Nuclear Station. Turn left into plant entrance. Stay in right lane and follow signs to the EnergyExplorium.

## From Mooresville I-77

Take I-77 south towards Huntersville to exit 25. Turn right off the interstate ramp and follow Hwy. 73 west approximately five miles. The EnergyExplorium is just past Southlake Christian School and Church. Turn right at stoplight for McGuire Nuclear Station and follow signs to the EnergyExplorium.



## From Charlotte Hwy. 16

Take Hwy. 16 North towards Denver. Take Hwy. 73 exit and turn right off interstate ramp. Follow Hwy. 73 towards Huntersville. You will pass Cowans Ford Dam on your left and the next stoplight you come to will be the McGuire Nuclear Station entrance. Turn left into McGuire and follow signs to the EnergyExplorium.

**Please do not follow the directions provided by MapQuest  
or other Internet mapping programs.**