

Educational Outreach: Encouraging the study of SCADA and CPS while Improving Cognitive and Socio-emotional Functioning

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CYBEAR: Berkeley GenCyber Camp 2016





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CYBEAR Testimonials





CYBEAR Camp Overview

<u>2015</u>

- * 4 week program, 22 students
- 50% of the fathers and 36% of the mothers have less than an Associate's Degree
- 95% of the students are from schools where they do not have a computer science class
- * 55% Female
- * 64% Underrepresented

<u>2016</u>

- * 6 week program, 24 students
- 50% of the fathers and 42% of the mothers have less than an Associate's Degree
- Percentage with access to computing classes at their schools: n/a
- * 33% Female
- * 66% Underrepresented



CYBEAR Mentorship





CYBEAR and CPS

Explicit CPS and SCADA units with associated projects

- * <u>LEGO City</u>: Integrated City of Systems and their networking
- <u>Final Projects</u>: Students re-envision these systems to meet the needs of their own neighborhoods utilizing Google Maps





CYBEAR and Building Smart Cities





CYBEAR Family Night





CYBEAR Weekly Newsletters Home

OUNDATIONS OF RESILIENT







CYBEAR campers get "online" using cups and string as a stand-in for communication between computers and servers. Ask your student to describe this game in more detail. 1/25/17

CYBEAR and Social Justice

* Women's Place in STEM
* Edward Snowden:What Does it Mean to be a Patriot

* Affirmative Action
* Religious and Cultural Bias
* Black Lives Matter
* Homelessness
* What Is Ethical Hacking



Intervention: Daily Mindfulness Practice

Increasing Frustration Tolerance and Cognitive Engagement 10 minutes daily

GUIDING QUESTIONS: What is mindfulness? Why practice this? What are possible things you will notice by engaging in these practices? What is it like to be human?

Just Breathe:

- Today we will meet and greet the very thing that keeps us alive, our breath
- What can moderating your breath do?

Breathing Mindfulness:

- · Go over sitting postures (hands, eyes, body-comfort)
- 2 minutes breathing with mentor lead
 - Use counting through this time. You can set a # goal like 25 total breaths
- 2 minutes breathing independently
 - Encourage the learners to count breaths, though they are welcome to try what they believe works for them

MINDFUL BUDDY:

- Today learners will choose a mindful buddy. This is someone they will be with each morning for the next 6 weeks. NOTE: Learners should choose buddies of the same gender.
- Lead question to discuss together:
 - What would you like to be more mindful of?
 - What were your rose and thorns from the breathing exercises and why



Preliminary Intervention Findings

- Across all measures (e.g., Children's Hope Scale, Adolescent Mindfulness Attention Measure, Comfort with Technology Scale) for all demographics, in mean comparison results trended down:
 - * At first there was concern that we had broken the children.
 - * However, results on Draw a Computer Scientist, a qualitative measure, improved corresponding to our findings in our baseline year.
 - Revisiting the literature we found that studies have shown that increased mindfulness results in an increased comfort acknowledging negative aspects of self.
 - As such, our findings suggest that our intervention was successful in supporting our students' development both cognitively and socioemotionally.



Next Steps

- * Plan for summer 2017 (pending GenCyber funding):
 - Refine CPS-focused curriculum (incorporating lessons learned from 2017)
 - * Continue to test the efficacy of interventions
 - Include measures with additional sensitivity to better understand our findings

