



BREAKING THROUGH! Helping Girls Succeed in Science, Technology, Engineering and Maths

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Breaking Through, supports parents of girls in developing a higher profile and level of inclusion in the Science, Technology, Engineering and Maths areas of the curriculum. The authors' intention is to highlight the importance of STEM areas to their readers and to inspire greater action to help girls of all ages to break down the perceptions of studying and working in these areas that have, in history, been dominated by males.

The first section of this text explains and explores current research, reports and studies that underpin their recommendations for girls' involvement in STEM experiences. Many of the suggestions and recommendations are based on the U.S. government structures and education system. Throughout the book there are many strategies, activities, questions and guidelines included that would support parents and other influential adults in a girl's life in a positive and directed manner. Quotes from girls and women working in the STEM areas are included throughout the book.

Underpinning *Breaking Through*, as a resource for parents, is the importance of engaging girls using their personal interests to connect activities to STEM learning approaches that can be included in family outings and projects. The concept of developing a girl's growth mindset is another aspect that threads through the book. The authors also recognise the needs of disabled and gifted girls in a specific section. The importance of role models and mentors is strongly addressed in many of the sections of *Breaking Through*.

The impact of bias is addressed and this is an aspect that relates directly to the classroom environment and also the impact that teachers and the learning programs can have on girls throughout their school education.

Breaking Through would be a useful resource for teachers to read when incorporating STEM subjects into their teaching programs. By building and maintaining a clear focus on how they can continue to support girls in exploring and using the STEM subjects, teachers will help to break down gender-based barriers and encourage greater confidence in girls.