

**BECAUSE
OF THEM
WE CAN**

BOX

JUST FOR KIDS

BECAUSE OF DR. ALEXA CANADY

AGES 9-12

BOTWC MINI POSING AS
DR. ALEXA CANADY

THE GREATEST CHALLENGE I FACED IN
BECOMING A NEUROSURGEON
WAS BELIEVING IT
WAS POSSIBLE.

DR. ALEXA
CANADY



THE PATH LESS TRAVELED

Read the text below to learn more about an African American woman doctor who paved the way for many more after her. As you read, use the guiding questions on the opposite page to take notes on the text and think about the events in her life that happened and why they were important. When you finish your reading, answer the questions.



Alexa Canady is a doctor that was born in Lansing, Michigan in 1950. Her father was a dentist and her mother served as an educator. She made history as the first Black female **neurosurgeon** in 1981. This was a notable accomplishment that paved the way for many Blacks and females in medicine but the journey was not always an easy one.

Canady's interest in medicine began in college when she attended a summer program for **minority** students and worked in a **genetics lab**. Before then she was a math major and almost dropped out of college because of her what she calls a "**crisis of confidence**". She often said, "The greatest challenge I faced in becoming a neurosurgeon was believing it was possible". As studies have shown, especially in recent years, there have been some ideas in our culture that have girls thinking they are not as good in math and science. At the time when Canady started her career, there were less than an average of 10% of women graduating medical school.

She graduated from the College of Medicine at the University of Michigan in 1975 and then went on to complete an **internship** at the Yale-New Haven Hospital, the first African American and women enrolled in the program. In 1981 she became the first female African American neurosurgeon in the United States. After becoming a doctor she worked at the Children's hospital. In 2001 she **retired** but later returned to work. Because of her work, she's received many awards and recognition.



What is the most important thing from this paragraph?

What are the steps that she took to become a neurosurgeon?

- 1.
- 2.
- 3.
- 4.

What did Canady do that was really important?

Other Notes:

READ & RESPOND

1. Explain how Alexa Canady became a neurosurgeon?

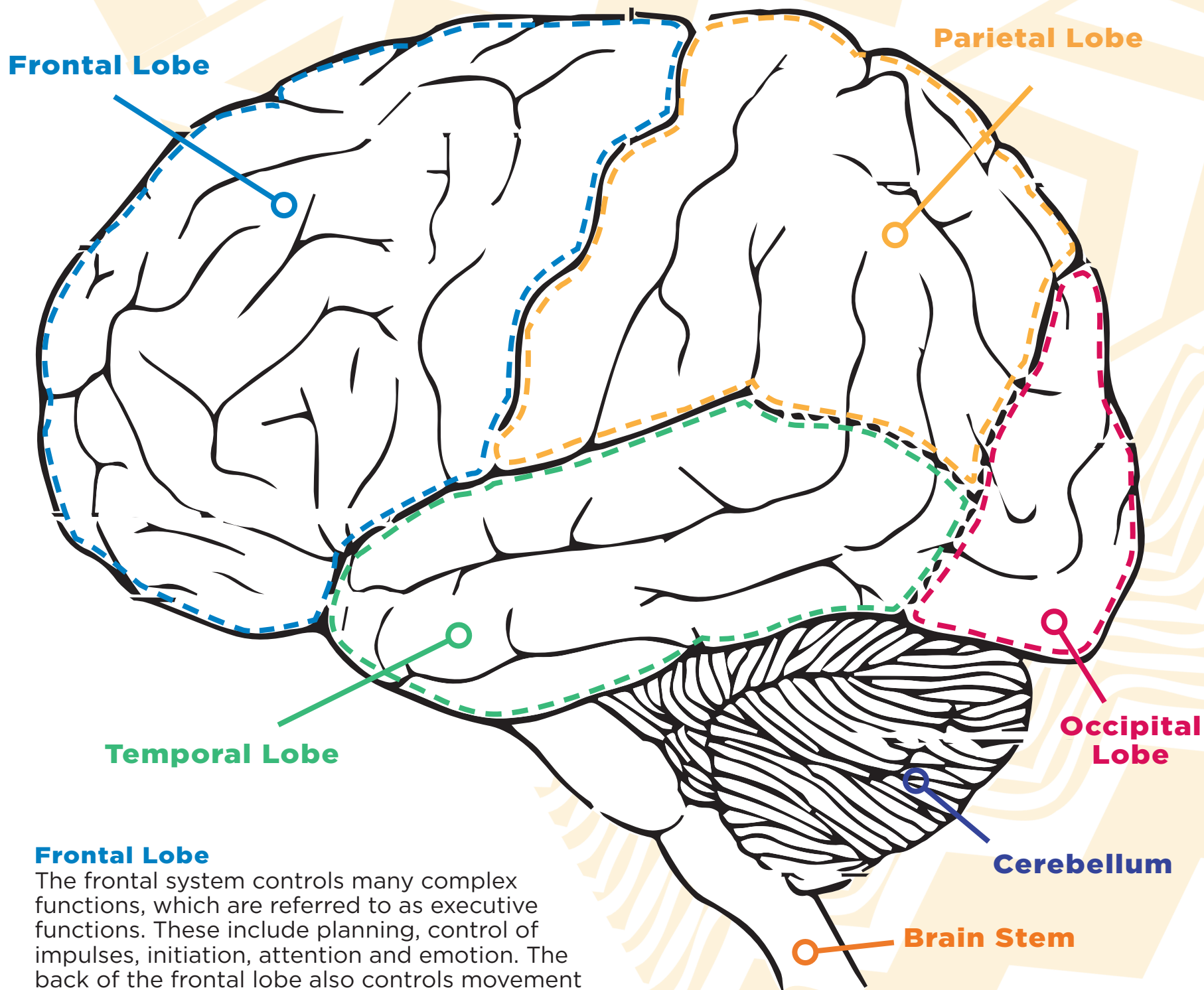
2. Why does the text say that Canady's journey to be in medicine was not an easy one? Use evidence from the text to support your answer.

3. Why do you think Canady said, "The greatest challenge I faced in becoming a neurosurgeon was believing it was possible"?



KNOW YOUR MIND

Get to know your brain! Color in the different sections below, and learn what they do.



Frontal Lobe

The frontal system controls many complex functions, which are referred to as executive functions. These include planning, control of impulses, initiation, attention and emotion. The back of the frontal lobe also controls movement of the opposite side of the body.

Parietal Lobe

The parietal lobes provide sensory information to the brain such as touch, pain and temperature.

Temporal Lobe

The functions of the temporal lobes include hearing, memory and learning.

Brain Stem

Helps regulate certain involuntary actions of the body, including heartbeat and breathing.

Occipital Lobe

The occipital lobes help us understand what we see. They interpret the color, shape and how far we are from what we look at.

Cerebellum

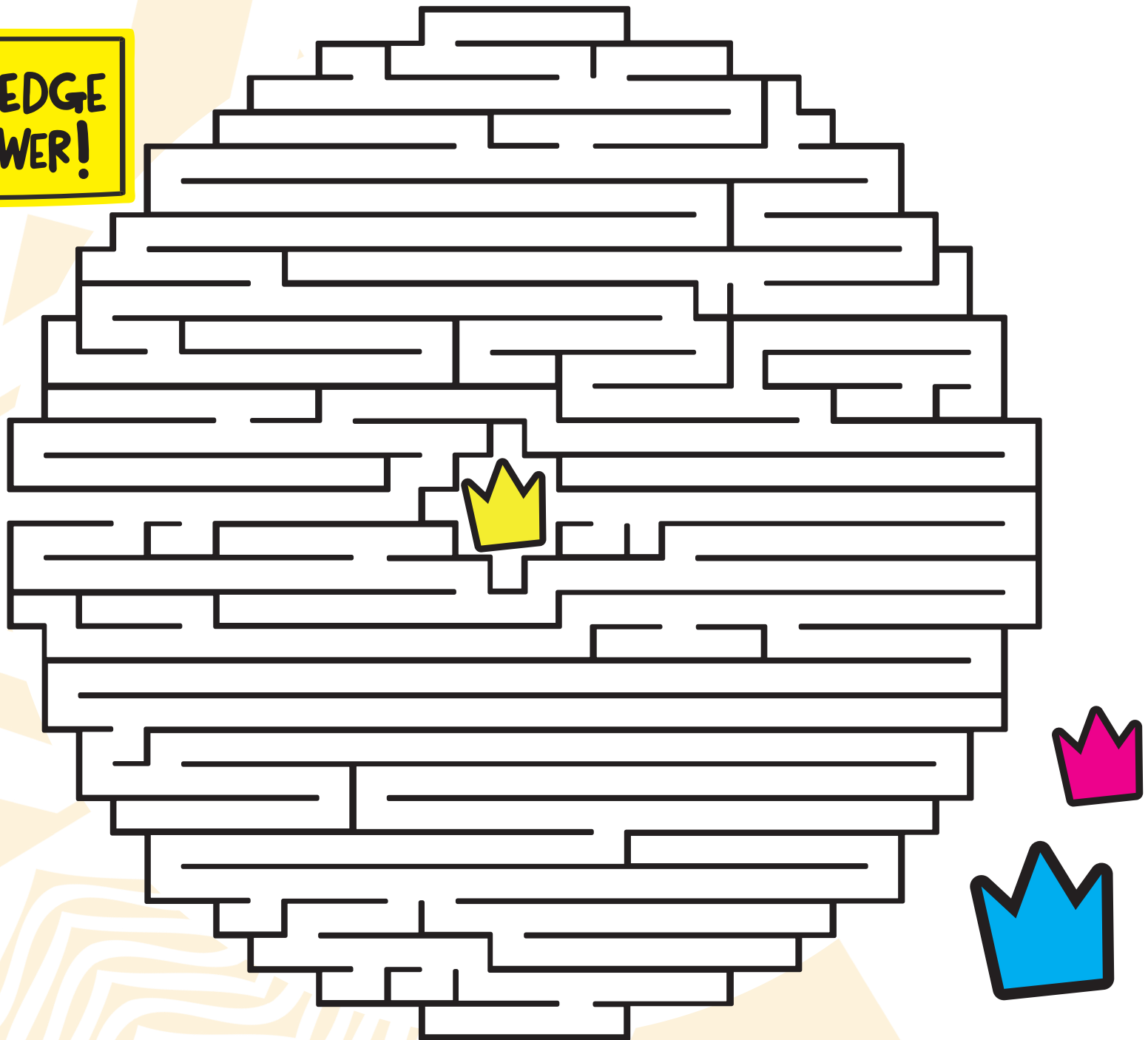
This part of the brain is responsible for coordinating voluntary movements. It is also responsible for a number of functions including motor skills such as balance, coordination, and posture.



CREATING YOUR OWN PATH

Creating your own path in life is sometimes like a maze. It can have challenges and blocks but you can make it to the finish line. Solve the maze below!

**KNOWLEDGE
IS POWER!**



GLOSSARY

Neurosurgeon - a doctor who performs operations that involve cutting into someone's body in order to repair or remove damaged or diseased parts, particularly the nerves.

Minority - a group of people who are different from the larger group in a country, area, etc., in some way (such as race or religion.)

Genetics Lab - a place where the scientific study of how genes control the characteristics of plants and animals occurs.

Crisis - a difficult or dangerous situation that needs serious attention.

Confidence - a feeling or belief that you can do something well or succeed at something.

Internship - a position as a student or trainee who works, sometimes without pay, at a trade or occupation in order to gain work experience.

A PATH TO WELLNESS

Doctors and nurses use math a lot in their professions. They use them to do everything from reading data to determine illness to deciding how to prescribe medicine. Think like a doctor and answer the questions below.

| POUNDS | OUNCES |
|--------|--------|
| 1 | 16 |
| 2 | 32 |
| 3 | 48 |

| MILLILITERS | LITERS |
|-------------|--------|
| 1000 | 1 |
| 100 | 0.1 |
| 10 | 0.01 |

| PINT | FL. OUNCES |
|------|------------|
| 1 | 16 |

| PINT | QUART |
|------|-------|
| 2 | 1 |

1.) You have an object that weighs 42 pounds. What is the object's weight in ounces (oz)?

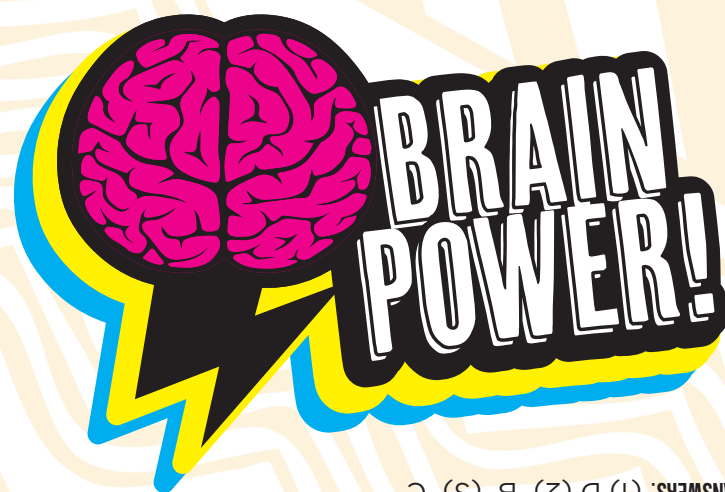
- A. 26.5 oz
- B. 129 oz
- C. 670 oz
- D. None of the above

2.) How many Liters (L) is the same as 140 Milliliters (mL)?

- A. 0.014 L
- B. 0.14 L
- C. 1.40 L
- D. None of the above.

3) In a 24-hour period, Mr. Johnson drank 6 fl oz of orange juice, 2 quarts of water, and a pint of milk. What was her total 24-hour intake?

- A. 102 fl oz
- B. 54 fl oz
- C. 86 fl oz
- D. 28 fl oz



ANSWERS: (1) D (2) B (3) C

TAKE THE PLEDGE

I WILL HONOR
THE SACRIFICES OF
MY ANCESTORS.

I WILL BELIEVE
IN ME.

I WILL PURSUE
MY DREAMS.

I WILL HELP
OTHERS ALONG
THE WAY.