



Science Olympiad & Social Impact

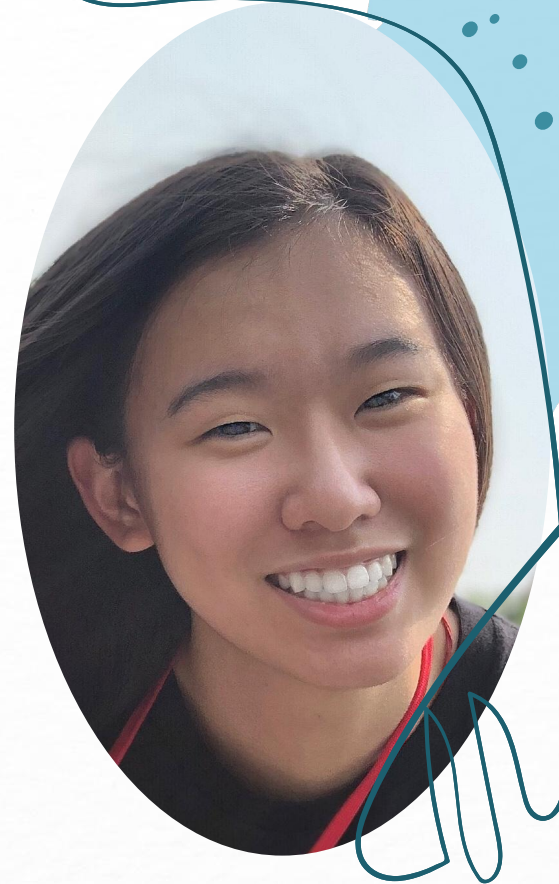
Stephanie Wang

Momentum Learning



Who am I?

- Incoming freshman at Harvard College studying Molecular and Cellular Biology and Government on a pre-med track
- Competed in Science Olympiad for 6 years
- Founder of Project Unmasked
- Author of Epidemiology Unmasked
- Co-Founder of Kid Teach Kid



A bit about me

STEM

- Research Science Institute (RSI) '21 scholar
- 3x Science Olympiad national champion and 18x national medalist, 80+ total medals
- 3x USA Biology Olympiad semifinalist
- 2x Math Prize for Girls + 4x AIME

Social advocacy

- Coca-Cola Scholar, Prudential Emerging Visionary
- Project Unmasked + Epidemiology Unmasked: reached 5,000+ students, received ~\$10k in seed funding, featured on Times Square, recognized by Congress, implemented in 6 states
- Lobbied Congress in DC, interned with state senator



01

Science Olympiad

How to do well in Science Olympiad



Read books

Textbooks are the starting point to gain vast amounts of knowledge.



Talk to fellow scientists

Collaborate on notes, hold meetings, and share interesting ideas.



Compete

Motivate yourself to fulfill your utmost potential to learn more.

How To Prepare



01

Find resources

Read textbooks, watch online videos, read helpful websites (i.e. Wikipedia)



02

Create notes

Note-taking skills help you review the material and remember it well. Try to **REMEMBER** the material as you make notes.



03

Take practice tests

Take them under real contest circumstances (timed, no ctrl+F in notes)

Books to read

Biology

Chemistry

Physics

Introductory

Textbooks in your high school's biology class

Modern Chemistry

Giancolli Physics, HRK Edition 1

Intermediate

Campbell's Biology (the best one)

Chemistry: The Central Science

Purcell's E&M, Morin

Advanced

Specialty books, i.e. Albert's Molecular Biology, Raven's Plant Biology, etc.

Specialty books, i.e. Claydon's Organic Chemistry

Blundell's Thermo, Krane's Modern Physics

Scioly Note-Taking Skills



Paraphrase

- Use abbreviations that you can understand but don't overdo it
- If you must copy-paste, read through it first & delete jargon



Use Microsoft Word

OneDrive is a good way to share with partners

Highlighting System

Have a color for different levels of topics, i.e. blue - headings, green - subheadings, yellow - definitions

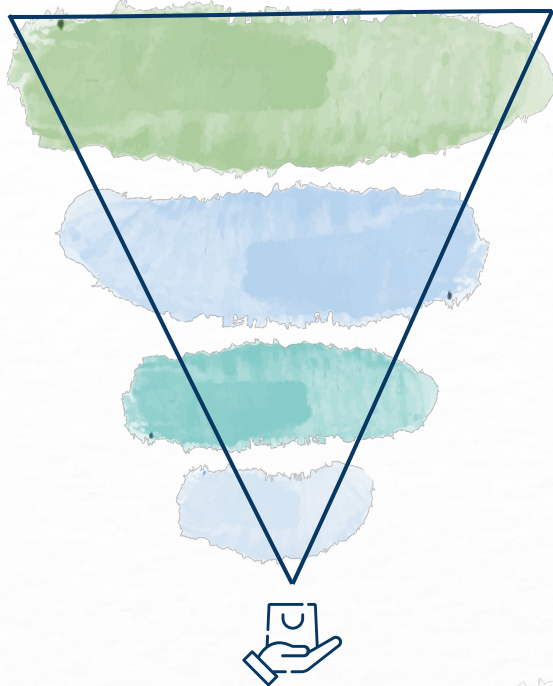


Space-saving formatting

- use textboxes
- reduce the margin size (min. printable is 0.17)
- single spacing
- turn off image compress



Competitions



- 01 Invitational**
Practice contests throughout the year
- 02 Regional**
Anyone in the region can compete
- 03 State**
Selected teams per region compete
- 04 National**
1-2 teams per state compete



02

Social Impact

My Advocacy Journey



Writing my book

1. Disseminate knowledge
2. Disrupt misinformation
3. Promote personal health responsibility

Used by 3,000+ students & official textbook in classrooms

stephanie-wang.org/book



Launching Project Unmasked

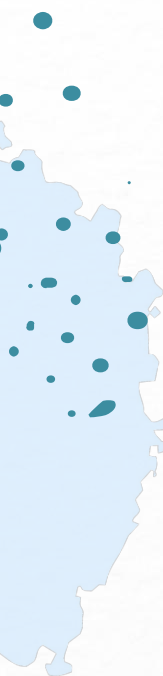
1. ~\$10k in grant funding from Prudential, Hershey's etc.
2. Mission to spread public health literacy through education
3. Advocates for curricular & legislative changes



projectunmasked.org

What advocacy can entail

Project Unmasked is dedicated to public health education advocacy.

- 
1. Providing support & resources to underprivileged or under-resourced areas
 2. Creating educational programs
 3. Fundraising for a positive social cause
 4. Engaging & mobilizing others to make a difference
 5. Creating something new to address an existing inadequacy

Theme: changing the status quo for the better





1. Start local.

**Reach out to those you know
about a cause you are passionate
about.**



2. Media recognition.

This is invaluable for getting your message out to the world.

3. Reach out to people in charge.

- **Teachers, community leaders, adults, larger organizations**



03

Time Management

Big Picture Strategies

1. Have a vision and stick to it
2. Find enjoyment in productive activities
3. Learn how to prioritize certain activities over others
4. Know when to drop an activity
5. Stay consistent in your efforts & daily routine
6. Set ambitious yet reasonable goals every time you begin an activity
7. Know how & when to ask for help

Small Picture Strategies

1. Prevent distractions from social media, texts, etc. when working
2. Use website blockers and time limits if necessary
3. Have an organized, accessible calendar
4. Write out daily and weekly to-do tasks and goals
5. Stick to a relatively consistent daily routine
6. Give yourself **productive breaks** when working

Questions

1. How did you find research opportunities?
2. Which grade did you start your research?
3. How did you find research opportunities? How did you prepare for the science Olympiad? Any suggestions for incoming 9th grader?
4. What grade did you start to prepare for the science Olympiad? And how did you prepare it?
5. My kid's school says Science Olympiad is very time-consuming, so they don't allow kids to be in Science Olympiad and Robotics teams at the same time. But my kid loves both. Do you think it is worth giving up Robotics for the Science Olympiad?
6. How to come up with original research ideas?
7. How to find mentors who can help you in research?



Questions?

Reach out!

stephanie-wang.org

stephanie.wang2004@gmail.com

IG: [@steph.wang04](https://www.instagram.com/steph.wang04)

Linkedin: [linkedin.com/in/stephaniewang2004](https://www.linkedin.com/in/stephaniewang2004)

Momentum Learning Wechat Group



All seminar recordings and slides can be found at: <https://www.momentumlearning.org/open-house>

Join Momentum Learning Wechat groups



MOMENTUM LEARNING

www.momentumlearning.org
info@momentumlearning.org



- ◆ **Best** contest math and coding competition (USACO) preparation classes
- ◆ **Structured curriculum** from the elementary level to the highest Olympiad Math (IMO/USAMO)
- ◆ We use **Zoom** to live-stream classes. **Recordings** are available
- ◆ Over **200** students receive **Distinguished Honor Roll** (top 1%) and **Honor Roll** (top 5%) on AMC8, including **15-20 perfect scores** each year
- ◆ **MATHCOUNTS National** individual round **winner, runner-up**, and multiple students who made **count down** (top12). Team round **National Champion** 3 years in a row
- ◆ Each year, over **260** students qualify for **AIME**, over **60** qualify for **USAMO & USAJMO**, and **4-8** qualify for MOP
- ◆ Team Sweepstake Winner for **CMIMC, HMMT**, and **PUMaC**
- ◆ Over **50** students qualified for USACO **Gold/Platinum** in last 2-3 years
- ◆ Trained the **2nd place** team in **National Science Bowl** and students who made **USABO Finalists** (Top 20 in the country)

MOMENTUM LEARNING

www.momentumlearning.org
info@momentumlearning.org



Scan me to register

Senior Seminars

Register here:
https://www.momentumlearning.org/open-house



Jarvis Xie
Yale '26

June 17 (Friday) 7-8PM CT

How to become a top debater

Peak at Rank #1 among all LD debaters on multiple national metrics
USAMO Qualifier
USACO Platinum Qualifier

June 18 (Saturday) 7-8PM CT

USACO Practice and Strategy

2-time USACO Finalist
USAMO Qualifier
Competitive Programming Initiative Founder



Daniel Guan
MIT '26



Rowchen Zhong
MIT '26

June 19 (Sunday) 7-8PM CT

Learning to Learn: How to Master Three Arts

US Physics Team '22
Blue MOP '21
USAMO HM '21
USACO Platinum

June 24 (Friday) 7-8PM CT

Science Olympiad and Social Impact

RSI Scholar
Coca-Cola Scholar
3-time Science Olympiad National Champion
3-time USABO Semifinalist



Stephanie Wang
Harvard '26



Russell Li
Harvard '26

June 25 (Saturday) 7-8PM CT

Crafting a Productive & Enjoyable HS Career

RSI Scholar
5-time Scholastic National Gold/Silver Medalist
Editor-In-Chief of School Newspaper
Captain of Varsity Cross Country & Tennis Teams

July 2 (Saturday) 7-8PM CT

ASK ME ANYTHING!

3-time IMO Gold Medalist
USA IOL Team Member
Regeneron Science Talent Search 10th Place
2-time MATHCOUNTS champ



Luke Robitaille
MIT '26



Isabella Quan
MIT '26

July 3 (Sunday) 7-8PM CT

Girls in Contest Math

RSI Scholar and Rickoid of the Year
MOP Qualifier
8-time AIME Qualifier/7-time MPFG Qualifier
IEEE CCWC Best Paper Awardee



Amber Luo
MIT '26

July 9 (Saturday) 7-8PM CT

Preparing for USABO and Regeneron

Regeneron STS 3rd Place Winner
RSI Scholar, Top 5 Paper & Presentation
2-time USABO National Finalist
ISEF Grand Prize Winner



Nicholas Wei
MIT '26

July 15 (Friday) 7-8PM CT

My Science Research Journey

ISEF Grand Prize Winner
CSEF Project of Year
USABO Finalist
Paid Research Intern at Stanford

August 13 (Saturday) 7-8PM CT

Balancing Academics and Athletics

4-time AIME/MPFG Qualifier
Maryam Mirzakhani AMC10 Winner
Speedo Sectionals Qualifier
UIL Swimming District Champion



Christine Huang
MIT '26

2442 Settlers Way Blvd
Sugar Land, TX 77479

281-277-9075