

Stanford Medical Youth Science Program

Promoting the representation of ethnic minority and low-income groups in the health professions



ANNUAL REPORT 2003

Mission

SMYSP offers long-term college and career guidance, and university and community-based science and health-related programs to disadvantaged high school students in northern and central California.

History

SMYSP was founded in 1987 as a pilot program by Marilyn Winkleby, an associate professor of medicine, and Michael McCullough and Mark Lawrence, two Stanford undergraduate students who are now physicians. In 1988, the program extended its recruitment to 18 counties in northern California and became a residential program for 24 students. In 1997, SMYSP hired its first executive director to strengthen funding sources and stimulate program growth. What originated as a pilot program has evolved into an established organization comprised of a complementary set of programs that link students from low-income families and schools to the renowned resources at Stanford University and the Stanford University School of Medicine. SMYSP has been supported by generous financial contributions from individuals and local foundations, and in-kind support from Stanford University and the V.A. Hospital.



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Welcome

Dear SMYSP Supporters,

It is our pleasure to serve as executive director and founder of the Stanford Medical Youth Science Program. We are continuously impressed by your generosity and support of the organization and the students we serve. We invite you to celebrate this year's progress and the programs we will initiate in the future.

For 16 years, we have recruited promising high school students from disadvantaged and under-resourced backgrounds and furthered their interest in health and science careers through innovative programming. To date, 357 alumni have graduated from the summer residential program and 83 have completed the College and Health Options: Ideas Creating Excellence (CHOICE) program. Our long-term evaluation shows that SMYSP programs positively impact students' lives, college success, and career choices.

In 2004, we will implement the Minority K-12 Initiative for Teachers and Students (MKITS). This is a new 5-year grant from the National Institutes of Health. MKITS will complement our existing university-based programs and allow us to expand our programs to additional under-resourced northern and central California high schools. MKITS will feature school-based science programs and training for science teachers and counselors.

Our commitment to developing young leaders is an essential factor in addressing health disparities in our communities. With your support, we are certain we will be successful in accomplishing our mission. We hope you enjoy this year's annual report and wish you the very best in 2004.

With warm regards,



A handwritten signature in cursive script that reads "Judith T. Ned".

Judith T. Ned, M.A.
Executive Director



A handwritten signature in cursive script that reads "Marilyn A. Winkleby".

Marilyn A. Winkleby, Ph.D.,
Associate Professor of Medicine
Founder and Advisor

Program Accomplishments

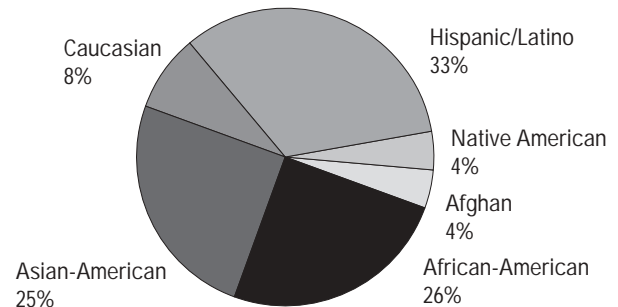
Summer Residential Program

Each summer we select 24 high school students from over 300 applicants from northern and central California to live at Stanford for the summer. These students are from low-income families and have shown resiliency in the face of difficult academic and family circumstances. Many are the first in their families to attend college.

Students live on campus in a large residential house with a staff of 10 Stanford undergraduate students who serve as counselors and role models. One-week theme-oriented workshops highlight the basic sciences, including human anatomy, microbiology, and physiology, as well as fields of practice, such as public health and preventive medicine. The academic dimension of the summer program is complemented by hospital internships that facilitate exposure to contemporary medical practice. The program also focuses on workshops in SAT preparation, writing college essays, applying for college, obtaining financial aid, interviewing skills, and resume writing. Most importantly, SMYSP creates a community of support for students as they continue their education.

357 students have graduated from our summer program and participated in our annual follow-up educational survey. 95% have been admitted to colleges and universities throughout the United States. Among college graduates, approximately 70% have majored in the biological and physical sciences; over 10% are in or have completed medical school, over 30% are in or have completed graduate school, and over 20% are employed in health related jobs.

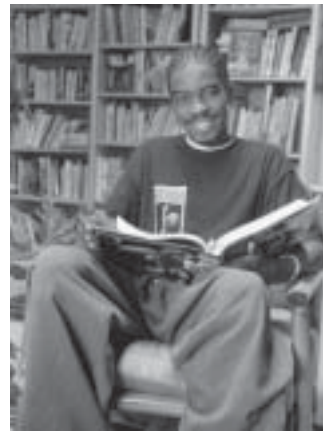
**ETHNIC BACKGROUND OF 2003
SUMMER PROGRAM PARTICIPANTS**



Summer 2003 Highlights

- Students had lunch discussions with Stanford University President, John Hennessy and Stanford University School of Medicine, Dean Phillip Pizzo
- Students presented research projects on important public health issues including Severe Acute Respiratory Syndrome (SARS), Obsessive Compulsive Disorder (OCD), and transmission of disease by animal vectors.
- Stanford University medical students and health professionals served as mentors
- Students received individualized and group college admissions guidance
- Student SAT scores increased by an average of 97.5% as a result of weekend SAT classes





College and Career Workshops

The College and Health Options: Ideas Creating Excellence (CHOICE) program was created to expand the mission of SMYSP through collaborative partnerships with 13 public high schools in the San Joaquin Valley (Manteca, Modesto, Stockton). CHOICE provided two college and career based workshops for 83 low-income high school students that encouraged, supported, and motivated them towards higher education and careers in the health and medical professions.

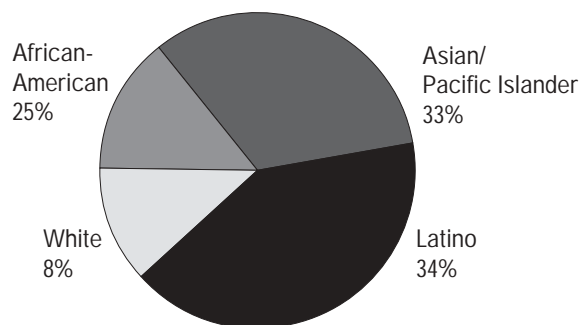
Phase I of the CHOICE program (2000-2001) was completed and reached 23 students from Modesto. Phase II of the CHOICE program (2001-2002) was completed and reached 35 students from Modesto and Stockton. Phase III of the CHOICE program (2002-2003) was completed and reached 25 students from Modesto, Stockton, and Manteca.

The students who participated in CHOICE were all from low-income families and represented diverse ethnic and cultural backgrounds. Many were the first in their families to be interested in applying to college. Through CHOICE, we provided students with individualized counseling

and advising about the college process (financial aid, types of colleges, completing college applications, types of scholarships, writing personal essays/statements). Students also participated in hands-on health and medical demonstrations (anatomy lab, surgery simulation, sleep disorders).

The workshops provided an atmosphere where students felt comfortable asking questions and received positive feedback from qualified health and college admissions professionals. CHOICE students will continue to receive long-term academic mentoring from SMYSP staff throughout their undergraduate careers.

ETHNIC BACKGROUND OF 2000-2003 CHOICE PARTICIPANTS





Summer Program Replication

In its' third year, the SMYSP summer replication program at the University of California San Diego, School of Medicine has proven to be an effective addition to the School of Medicine's outreach initiatives. The UCSD summer program is adapted to the needs of community college students from the San Diego and East Los Angeles areas. Success of the UCSD program was due, in part, to the dedication of 12 UCSD undergraduates who served as staff members for the summer sessions (2000-2003). The summer curriculum included lectures on prerequisite courses for graduate and professional schools, college course selection advising, academic skills counseling and standardized test-taking strategies workshops.

Thus far, twenty-one students from the first three years have transferred and are enrolled at four UC campuses (16 at UCSD; 2 at UCI; 1 at UCLA; 1 at UC Berkeley) and one attends the University of San Diego. Seventeen students who are currently

attending community colleges are all enrolled in Transfer Admission Graduation (TAG) and/or University Link programs, and eleven students are scheduled to enroll at UCSD within the next year (Fall 2004), four the following year (Fall 2005) and two shortly thereafter (Spring 2005). Funding from the California Endowment supports the replication project.

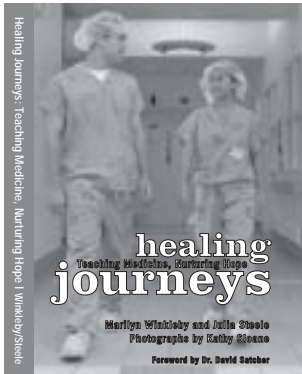
2003 SMYSP Student Distribution

Our students are recruited from northern and central California. The students who participated in the summer residential program and CHOICE workshops were from the following counties.

Alameda, Contra Costa, Fresno, Madera, Marin, Mendocino, Merced, Monterey, Napa, Sacramento, San Benito, San Francisco, San Joaquin, San Luis Obispo, San Mateo, Santa Clara, Santa Cruz, Solano, Sonoma, Stanislaus, and Yolo

SMYSP Looking Ahead

Our Book



Healing Journeys: Teaching Medicine, Nurturing Hope, has just been published! This book is filled with inspiring stories and vivid photography—it is an ideal gift for the general public as well as educators, students,

mentors, and health professionals. The book follows the lives of 16 of our summer program participants; it is the story of their journeys and our program that nurtures their hopes of becoming healers. The book recounts students' experiences as they immerse themselves in the worlds of medicine, science and higher education, showing how college becomes not only a reality but also a stepping-stone to making a difference in their communities. As program founder

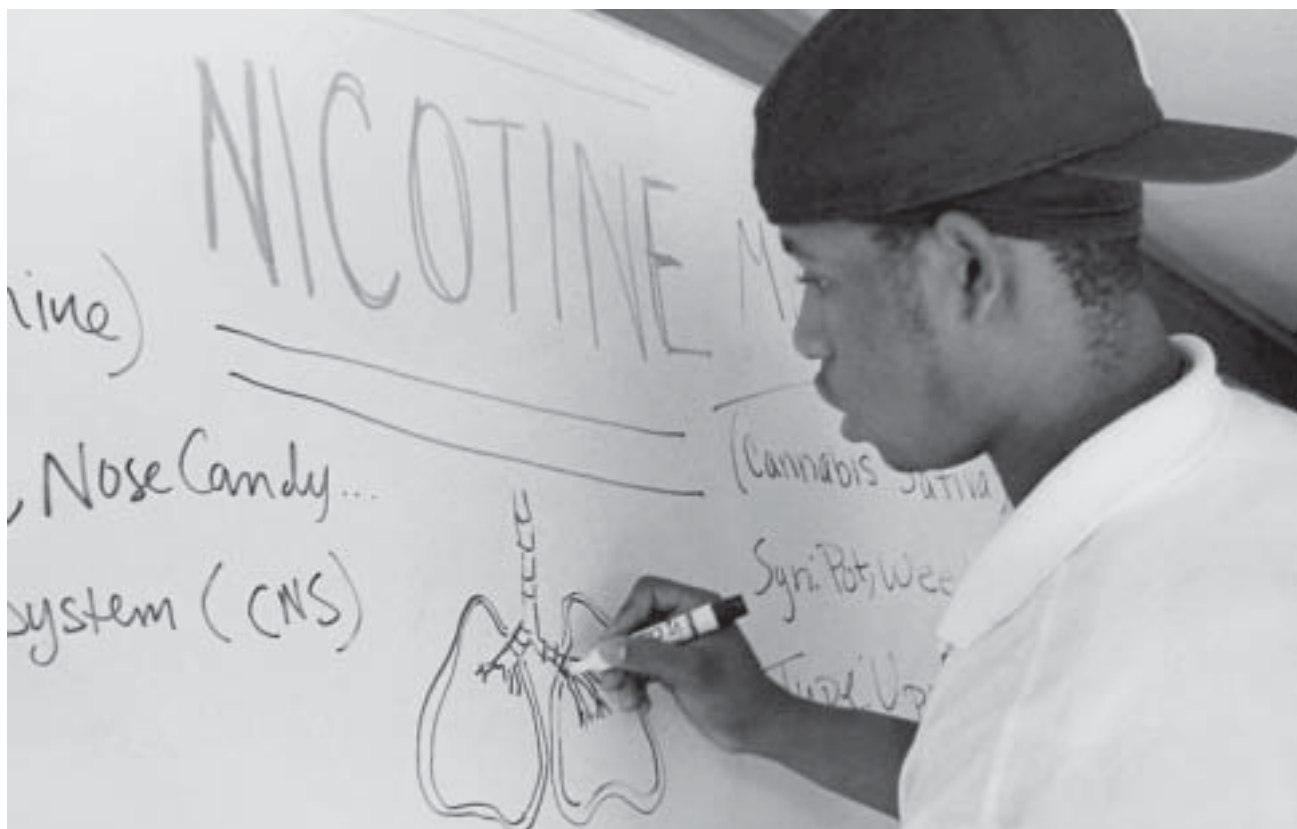
Dr. Winkleby says, “Their stories speak of hope and reaffirm the power of education.” The book also highlights key aspects of the program, allowing one to see how this strong mentoring program supports students, the intellect (and humor) of the participants, and the generous support of faculty, staff, and students.

The book was co-written by Dr. Winkleby and journalist Julia Steele. Dr. David Satcher, former U.S. Surgeon General, wrote the foreword and photographer Kathy Sloane contributed powerful images of students. We are deeply appreciative of funding support from the Irvine Foundation, the California Wellness Foundation, and the California Endowment.

Healing Journeys is available from the Stanford Health Promotion Resource Center:
<http://hprc.stanford.edu/store/>

All proceeds from the sale of the book will go to SMYSP to fund student scholarships.





Our New Grant Initiative

SMYSP has been awarded funding over the next five years from the National Heart Blood and Lung Institute a division of the National Institutes of Health. This award will expand our university-based SMYSP programs to include year-round school-based activities. The grant is one of several funded under the Minority K-12 Initiative for Teachers and Students (MKITS) program.

Through MKITS, we will provide school-based academic science programs and curricula at four under-resourced high schools in northern and central California. The four schools have populations of rural Native American, rural Latino, urban Latino, and urban African American students. This new program will allow us to continue encouraging students to pursue advanced studies in the biomedical and behavioral sciences,

thereby increasing the number of health professionals in medically under-served communities.

As part of this new program, we will develop and evaluate a curriculum focused on cardiovascular disease (CVD), the scientific process, health disparities, health careers, the college admissions process, and asset development. The curriculum for both students and teachers will have a broad focus on CVD and public health. It will be distinguished by: hands-on CVD science demonstrations; community-based, culturally-relevant group research projects; interactions with biomedical research scientists; hospital and clinical field placements in the community and at Stanford; mentoring from Stanford faculty and students; individualized college and career guidance; technology training; and long-term student and institutional support. During the program, we will train approximately 320 students overall and 100 students intensively.

Alumni Association

The SMYSP Alumni Association seeks to create a cohesive, diverse community of professionals and aspiring students who sustain and disseminate the goals, attitudes, philosophies, and programs that SMYSP has created. It does so by providing SMYSP alumni with college admissions and higher education guidance, professional networking and career opportunities, and initiatives to further develop and support SMYSP programs. Currently, SMYSP staff and alumni are working together during the alumni association's implementation

phase. They hope to involve a diverse body of alumni with experience in the professional and education fields. Additionally, the Alumni Association hopes to cultivate leadership on the local and regional levels in order to involve as many alumni as possible. Creating a strong alumni association ensures that SMYSP education does not end with high school programs but continues well into college and professional life while also creating a cohesive, close-knit, active community.



Financial Information

We are continuing to build our endowment, which promises to ensure the long-term stability and continuity of SMYSP. We believe that establishing a substantive, permanent endowment will prove the most effective way to sustain the program, establish support for related teaching and educational efforts, and provide a strong academic connection between SMYSP programs and the Stanford School of Medicine. For more information about our endowment initiative, please contact the SMYSP office.

EXPENSES

(September 1, 2002–August 31, 2003)

PROFESSIONAL SALARIES

(full-time & part-time staff) \$114,146

SUMMER RESIDENTIAL PROGRAM

Student Stipends \$30,200

Housing 28,824

Local Transportation 8,611

Field Trips 467

Food 8,178

Educational Supplies 1,400

Photocopying and Printing Services 797

Communication Services 1,750

SAT Workshops 4,995

College and Career Advising 4,760

Repair and Maintenance 23

Student Health Insurance 345

Conference Services 1,971

TOTAL SUMMER PROGRAM \$92,321

CHOICE WEEKEND WORKSHOPS \$19,323

TOTAL EXPENSES \$225,790

INCOME

(September 1, 2002–August 31, 2003)

The California Endowment \$143,490

Ed Littlefield Foundation 30,000

Howard Hughes Medical Institute 25,000

Endowment Interest 27,300

TOTAL OPERATING BUDGET \$225,790

Acknowledgments

Partners

Stanford University
Stanford University School of Medicine
Stanford Hospital and Clinics
Palo Alto Veterans Hospital

Advisors

Jeanne Kennedy
Tom David
John Dolph
Les DeWitt

Individual Donors

Leo Hindrey, Jr.
John Malone
John Doerr
David Perry

Corporate and Foundation

Avant! Foundation
California Endowment
California Wellness Foundation
David and Lucile Packard Foundation
Ed Littlefield Foundation
Genentech
Howard Hughes Medical Institute
James Irvine Foundation
Joseph Garnet Charitable Foundation
Kaiser Family Foundation
MacDonnell Foundation
May and Stanley Trust
Orr Family Fund
Raychem
Roberts Foundation
Syntex
Valley Foundation

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Gina Schiel
Jasmine Smith
Jasmine Teer
Ying Zhang

2004 Summer Directors
Cynthia Gomez
Jasmine Smith

Credits

Photographs by Kathy Sloane
Design by Pat Brito

**If you are interested in learning more about SMYSP or helping support the programs,
Please Contact**

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