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Who Are the Healthy Teen Scholars?

Welcome to the Healthy Teen Scholars learning community! Our group is comprised of a diverse group of graduate students from different backgrounds with different health interests! We work with DC youth at both Dunbar and Anacostia High Schools. Our community partners are Ms. Dooley, a physics teacher at Dunbar, and Mr. Jackson, an EMT instructor at Anacostia. This is our third year working with Anacostia and our first working with Dunbar. The high school students are a spirited group who are challenging, motivated, and funny. Many of them are interested in health-related careers and improving their overall professional development. As mentors, we supported the students throughout the year while they developed their respective clubs and have increased their exposure to different health fields and professionalism.

Why this community?

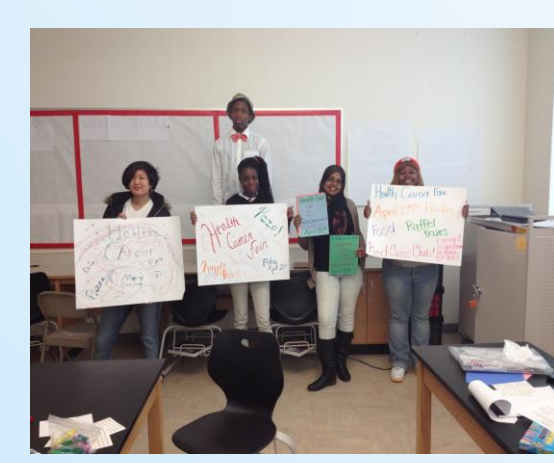
High school students are at a special age. By this time, students have enough life experience to know what interests them or even what their future career goals might be. High school is a time when teachers and mentors play an increasingly important role as sources of support. Students need encouragement to pursue their goals and guidance to help them see that there *is* a path and that obstacles can be overcome. With the help of our coaches and advisors, we hoped to provide inspiration, exposure, and advice to our Healthy Teen Scholars. It was an honor and a privilege to work with these students as they continue on their path to be future leaders in their community.



AIDS Walk 2013



Our Team!



Career Fair Posters

Starter Project: What We Did and How We Did It



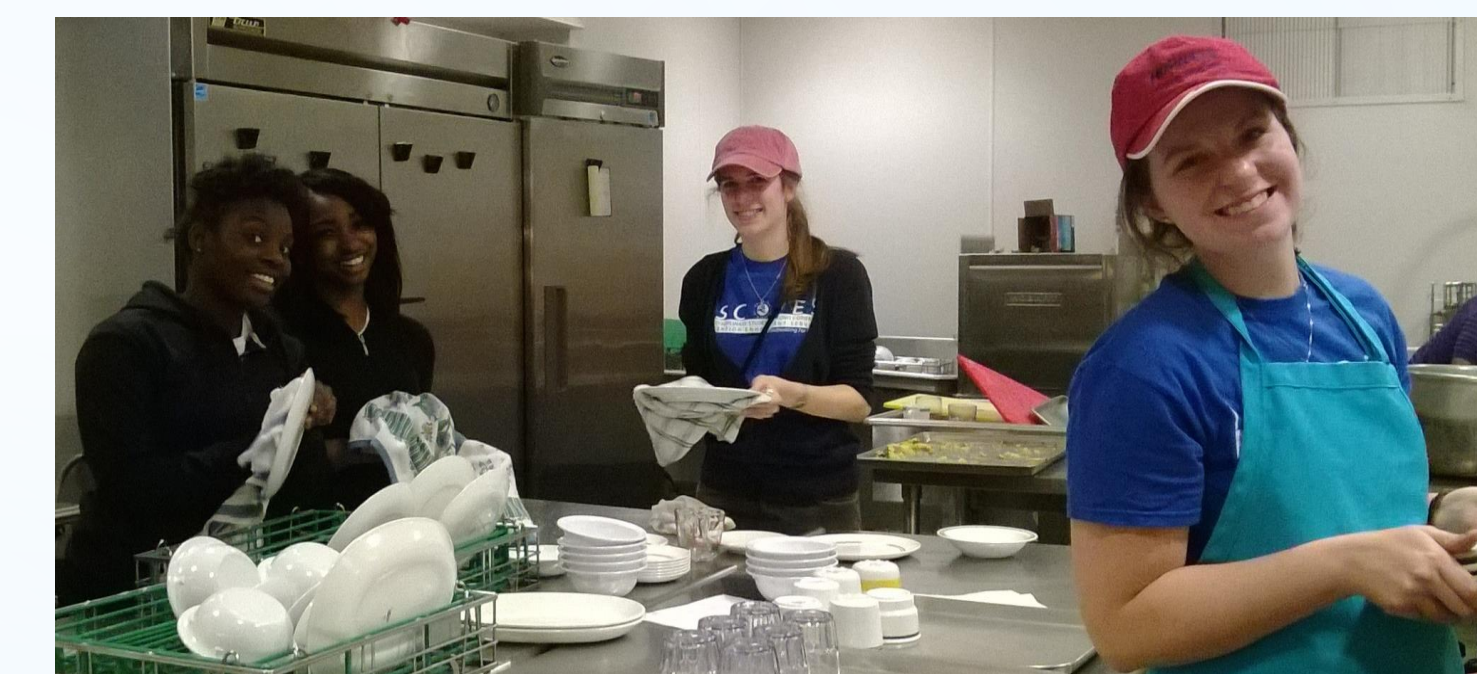
Our activities this year included:

- Human Genome Exhibit at the Smithsonian
- Whitman Walker AIDS Walk/5K Run
- GWU Minority Health Conference
- UMC Capitol Hill Eat with the Unhoused
- Anacostia Health Career Fair
- Dunbar Blood Drive



Field trip with students to explore the Human Genome exhibit

Eat with the unhoused event: cooking up a full meal!



Recommendations for the Future

- 1) Give 100% of what you have to ISCOPE so you get the whole experience
- 2) Establish an effective communication method with your teammates and community sites ASAP
- 3) Be prepared for plans to change
- 4) Build relationships with your teammates, coaches, and students
- 5) Plan Plan Plan! Plan the entire year out, and then establish team leaders to be the head of planning for each event

What We Learned

Being a part of an inter-professional service-based team has not only allowed us to further explore our own values, culture, motivations, and communication styles, but also those of our teammates and community partners. While this process has been incredibly enriching and rewarding, that is not to say it is without its own unique set of challenges. Part of this experience has been learning how to overcome challenges. With clear expectations, accountability, and flexibility we were able to come together as a team, work toward a common goal, and better appreciate the power of effective communication, which became the pillar of our success. Moving forward, we hope to carry these skills into our future health careers, as well as our most valuable lesson learned: to be in the moment and able to stop and appreciate the privilege we have to work with and to learn from each other and our community partners.

Kudos

- Ms. Dooley and Mr. Jackson – for their dedication and constant encouragement to their students
- Shawneequa and Joelle –for providing their wise words of wisdom and introducing unique project ideas
- Angie, Donna, and Sarah – for their outstanding commitment to the program and help guiding us through any obstacles that our team faced
- The students and participants – for their participation, engagement, and curiosity
- GW School of Medicine and Health Sciences and the Milken Institute School of Public Health – for their resources and making the ISCOPE Healthy Teen Scholars group possible

What Changed in the Community

The 2013 Healthy Teen Scholars group faced the unique challenge of working with two transitioning Red Cross Clubs. While our leaders at Anacostia High School worked with a new advisor in charge of an existing Red Cross Club, our team members at Dunbar High School worked to create a new Red Cross Club chapter with a veteran advisor.



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Communication between school administrations, advisors, and team members was initially a barrier, best illustrated by the last minute cancellations of our football game bake sale fundraisers.



Students attend GWU Minority Health Fair

Meetings, emails, texts, and special events have helped us establish meaningful and lasting relationships with students and teachers. What a difference a school year has made!



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