

# 2021 HONORS FELLOWSHIP

## PUBLIC HEALTH & MEDICINE PACKET



### Overview

Congratulations for being accepted into the The GLA Honors Fellowship in the Public Health & Medicine Concentration!

This Fellowship is about gaining insight into the differences between public health and medicine, the reasons why they are each critical to the success of health outcomes large and small, and how they can be used to overcome the greatest health obstacles of the modern day.

While you're on your program as an Honor Fellow, speak to program staff and experts in the field and learn about their perspectives on health and wellness in their communities and the world at-large, as well as the personal challenges and struggles that make what they do count.

Your final project will be an essay that will challenge you to tackle new concepts in a meaningful and insightful way.

### Pre-Program

While preparing for your upcoming GLA program, you'll want to do some research into what constitutes public health, and how it is both similar to medicine as well as its own unique field. Consider how the health and wellness outcomes in your home

community may also differ from places close and far, based on economic, social and environmental factors.

While the pre-program reading and viewing is 100% optional - your pre-program assignment won't be graded or any work turned in - the best final essays frequently draw from the material you learned prior to travel, in combination with reflections on programmatic content. You won't be tested on this material, but it will have an impact on the quality of your final project.

#### ASSIGNED CONTENT TO READ/VIEW BEFORE YOUR PROGRAM:

- *The Schism Between Medicine and Public Health* (YouTube) - In this TEDx Talk, the inaugural associate dean for the School of Medicine and Public Health at the University of Wisconsin explains the differences between Public Health and Medicine, and provides unique insights into both that are foundational points of knowledge for anyone considering a career in either area.
  - Watch this TEDx Talk on YouTube: [LINK TO VIDEO](#)
- *Why Pandemics Activate Xenophobia* (Vox) - This article features a look into the history of pandemics as seen through the lens of Columbia University professor Merlin Chowkwanyun, and how pandemics can lead to social and political backlash against communities and subgroups based on fear, prejudice and unfounded propaganda.
  - Read this article on Vox: [LINK TO ARTICLE](#)

### **On-Program**

Once you're participating in your program, think about what type of final project you would like to do when you finish your program. For Honors Fellows, this takes the form of a reflective essay.

What are you learning about the unique aspects of health care in your GLA travel program's host community, or the community being served by the organization you're collaborating with on your internship? Do you see any areas where the local care system is excelling? How about problems - both immediate and foundational - that are serving as major impediments to care? Are their inequalities at play? Try to ask

questions that allow you to create a final project that is unique to your experience after you finish your program.

The creativity of your project is completely up to you, and while you should spend most of your time on-program focused on the experience, keep tabs about what you're learning. This will help you later to make your final essay your own and try to develop your personal style that conveys exactly what you want to say about your experience.

We recommend that you keep a daily journal while on your program. Not only will it be a useful reference for your project when you get back from your program, but a daily journal entry will uncover useful questions and ideas to ask the next day.

## **Post-Program Final Project**

Now that you've completed your Global Leadership Adventures program, it's time to pull insights and learnings from your experience and craft your essay.

Writing a well-formed essay is more than just going off of a format and writing what people expect. Be sure to stake out a position and defend it using evidence. You can use insights you developed on-program, add context from your pre-program reading and viewing, and build on that with new critical thinking or additional material you've consumed after your program. And don't be afraid to take some chances!

The most important aspect of your essay is your thesis. What are you trying to convey? Your essay can take any form you think is most appropriate.

**Your final essay should be 3-7 pages in length.**

CHOOSE ONE OF THESE PROMPTS TO WRITE YOUR FINAL ESSAY:

- Compare and contrast public health and medicine, and then make your case for which one deserves greater awareness, funding and workers based on the gaps you address in each area. They're both important, sure. But which one needs a closer re-examination by the greater public as well as elected leaders, and why?

- Choose a common health care outcome you find to be unjust, either local or global, and build a case for why it is overlooked, and why resources should be used to address this inequality?
- Should universal healthcare be a universal right? Or should it be a paid service for those able to afford it? Stake out a position, back up your point of view and make your case.
- Choose your own prompt. Feel free to be creative! If you do, please include your custom prompt at the top of your essay submission so the Fellowship Committee reviewing your final project knows what topic you're tackling.

You must **submit your final project by no later than FRIDAY, OCTOBER 1st** to [fellowships@experiencegla.com](mailto:fellowships@experiencegla.com). Use the subject line FINAL PROJECT FOR HONORS FELLOWSHIP to make sure it isn't missed.

To submit an essay, please send a PDF or Word document to the email address listed above. Include your full name with your submission.

## **Completing Your Fellowship**

The only deciding factors as to whether you've completed your Fellowship are:

1. You participated in a full GLA travel program or virtual internship
2. You submitted your final project to the Fellowship Committee by the deadline
3. You showed critical thinking and displayed a mastery of your subject matter

Otherwise, the amount of time you put into the Fellowship, and any reading or viewing of learning materials, are completely up to you.

Should the Fellowship Committee determine you met all the requirements satisfactorily, you'll be awarded:

- A Certificate of Achievement
- A Custom Metal Fellowship Pin
- A Recommendation Letter from our Executive Director (upon request)
- The title of *Honors Fellow* for your College Applications and Future Resume/CV

At this time, you will be considered an Alumni Fellow in good standing with Global Leadership Adventure.

The Fellowship Committee will review final essays on a rolling basis. We expect to have all Fellowship final project submissions reviewed by Wednesday, December 15th.

Please note that there is no direct staff support for your Fellowship. *This packet has everything you need to complete your requirements as a Fellow.* If you do have any pressing questions that absolutely cannot be answered in this document, you may email [fellowships@experiencegla.com](mailto:fellowships@experiencegla.com), but please note that replies may not be immediate.

Congratulations again on your outstanding efforts, and we look forward to reading your final essay after you complete your GLA program!