VISION Chapters

About: Founded in 2014 by Harvard alumnus Paul Lewis, VISION works to improve community engagement. Our main event is the Global Health and Leadership Conference at Harvard, which promotes student engagement with global health topics by bringing together Harvard faculty, students, and guests to educate and mentor high school students. VISION encourages students to tackle issues in their local community by conducting evidence-based, cost-effective interventions that are impactful, sustainable, and reproducible initiatives. The conference hopes to help students make a difference and grow as civically minded leaders for the future.

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Starting a Chapter/ Club

Our chapters have 2 main aims for the year: education and community impact.

- Students usually start a club in their school or community
    - The following steps should set you on the right path. Feel free to ask us questions at any time!
    1. Email info@harvardcollegevision.org to let us know that you are starting a chapter.
    2. Sign the Chapter Charter: https://docs.google.com/document/d/1y5wDaoyZQEU6y1gQtirHKE-Hc8TlddOvkt9LNzgPuN4/edit?usp=sharing
    3. Check out the Chapter Syllabus:
    - https://docs.google.com/document/d/1SokZJ7cX2A5TsJM9QcM1fG_X_PvnroQf29r0Ml-HWGc/edit?usp=sharing
    4. Find out from your school the steps to take to start a club (or incorporate into another club).
        - After researching about global health needs you will have great talking points for convincing your school.
        - It can sometimes help to say it is "your project for a conference at Harvard"
        - Usually students call it VISION or Global Health club or some combination
    5. Talk to some friends/ classmates and see if they would be interested in being your vice president / group officer
    6. Create a flyer (example from one of our other chapters below)
        - Canva is a great free resource to use for making elegant posers
    7. Have an introductory meeting welcoming anyone in your school to come.
        - At this meeting describe your vision for your VISION Global Health club. This will build your membership.
- They then work with that club to tackle any global health issue of interest.
- Projects should be cost-effective, evidence-based, and sustainable.
    - They could be:
        - raising awareness (surveys, posters, classes, etc)
        - fundraising (bake sales, candy grams, gofundme, etc). Many students decide to fundraise for cataract surgeries but as you saw at the conference, there are many areas of need that our students tackle.
        - service (Soup kitchen, Food bank, elder home visit, Feed my starving children).

        - programs (topic dependent, but healthy living classes, peer counseling, women hygiene products in the bathrooms, recycling at school).
    - You can see some samples on instagram, in a powerpoint a few of our chapters made, or in our conference booklet (digital copy is free. Just click the "flip" icon).
- Groups create their own set of standards for members to follow (like you can only miss x number of meetings to still be a member or must attend at least y events).
- Groups also set their own goals (ex. Implement 4 projects, raise $500 for 10 cataract surgeries, etc).
- You get to make your own decisions. Many chapters follow this schedule:
    - Week 1: Education meeting:
        - a group member presents on a global health issue (Similar to doing an introduction section for our conference reports).
        - The group discusses how they can make a cost-effective, evidence-based, and sustainable project related to this topic. They then design and plan an intervention (Decide if you are raising awareness, fundraising, doing service, or making a program).
    - Week 2: Planning & Implementation meeting:
        - Students start working on implementing their project (Where will it be? who do you need to email? Do you need to make signs? Do you need to advertise it? Is there anything that needs to be picked up?)
    - Week 3-4: implement the project.
    - Week 5: Education meeting
        - evaluate and reflect on your previous project
        - A different group member presents on a different global health issue.
    - Repeat throughout the year.
- You could write reports for each one if you want and submit them for the 2020 Global Health and Leadership Conference.
    - You can check out last year's projects here
        - https://www.prestophoto.com/bookstore/328497
        - Digital copy is free (just click "flip")
- We have a dedicated team eager to support you:
    - Renee Landzberg <rlandzberg@college.harvard.edu>,
    - Carter Nakamoto <cnakamoto@college.harvard.edu>,
    - Paulina Piwowarczyk <ppiwowarczyk@college.harvard.edu>,
    - Katrina Hon <katrinahon@college.harvard.edu>,
    - Katelyn Li <katelynli@college.harvard.edu>,
    - Paul Lewis <paullewis@alumni.harvard.edu>
- **Requirements**
    - You set your own goal (Example: $500 for the year and $50 per month milestones)
    - You let us know any time you plan to use the Harvard name (Harvard is picky about its trademark)
    - Project will be impactful (bonus points if local, quantifiable, sustainable, and reproducible)
- **Expectations**

    - You'll be honest with any funds collected and properly sent to the organization you chose to help.
    - information will be evidence-based
    - project will be cost effective. analyze the cost and the value it adds. (example: if you have an event, be reasonable with purchases: for bakesales go with what is reasonably cheap; if you make a website- go with something free rather than squarespace etc; if you are crowdfunding, go with whatever platform gives you the most per donation.
    - Keep us up to date with how everything is going. Reach out to any member of our team (or info@harvardcollegevision.org) if you have any questions. Our goal is to support you!
- **Instructions**
    - Research
        - get statistics and background info to be able to explain the issue to others and potential solutions
    - Design
        - think about what sort of intervention you want to have related to this issue;
            - example I'll fundraise with bakesales
    - Plan
        - start getting into specifics about this intervention
            - example bake sale on May 12th at noon outside supermarket. Need baked goods, signs, mini flyers etc
    - Implement
        - have your intervention
            - Example Bake sale May 12th
    - share pictures for social media
            - example you and your Bake stand
    - Evaluate
        - Think about what went well and what could be improved.
            - Example cookies were popular. noone wanted donuts. Noon was kind of quiet, but it was more crowded around 1pm.
    - Write a report
            - examples https://www.prestophoto.com/bookstore/328497 and click flip on top left to see projects from other students)

What Harvard College VISION: Global Health Society does for students in good standing?

- summer essays (we read and provide feedback on your writing to help you be a better writer).
- College essays (we read them for students who conducted projects)
- scholarship/ awards (we send out stuff if we hear about them).
- Global Health and Leadership Conference (you get to be a part of the VISION presentation and get a guaranteed acceptance)
- Any other odd thing that one of us decides to send out (ex. Paul Lewis used to have workshops for resume writing, interviewing, writing, etc).
- Access to current Harvard students (Sometimes it is hard to connect with current college students, but you get access to students at Harvard. We're not better than others by any means, but we did something right to get here, so ask us any questions you have).
- Paul Lewis (He usually writes the letters of recommendation and is very detailed with responses to questions)

We have a great team of Harvard students that are happy to help. Additionally, you can reach out to Paul Lewis (our Founder paullewis@alumni.harvard.edu) at anytime.

CAUTION
CUIDADO

Global Health and Leadership Conference

"It changed how I think about global health issues. I no longer look at them from just a medical perspective, but now in a political, economical, and social perspective."

~Adon Goodpaster (Massachusetts)

Contact us

Student Organization Center at Hilles (SOCH)
59 Shepard Street, Box 452
Cambridge, MA 02138
info@harvardvision.org
www.harvardvision.org/GHLCApply

Harvard College Global Health & Leadership Conference 2019

April 6 and 7

Our History

The Global Health and Leadership Conference was founded in 2017 by Paul Lewis (Harvard College Class of 2018) with the goal of educating high school students about global health topics, encouraging community-based projects, and fostering civically minded leaders for the future.

"I feel so encouraged to do more now. I feel inspired from the projects that my peers conduct and also what they can become and form into. I feel like I have a huge support, all the speakers were so open to communication and I feel like that is the same in the field."

~Philippa Schunk (Germany)

The Conference

Enjoy amazing experiences

- **Speakers**

  We are proud to have prominent leaders and innovators in global health who are Harvard faculty, staff, fellows, and guests.

- **Workshops**

  Current Harvard undergraduates deliver presentations on leadership and advocacy.

- **Poster Session**

  Undergraduate and Graduate students present on interventions, research, and case studies in global health.

- **Community Projects**

  High school students can implement a concrete intervention to improve their community. Current Harvard students mentor students and provide guidance.

- **Presentations**

  High school students conducting a community project deliver presentations at the conference about the work, impact, and outcomes of their community intervention.

- **Case Study Competition**

  High school students compete in teams to analyze a global health topic, write a report, and deliver a presentation.

Innovating youth global health education through evidence-based community interventions and civic engagement

Paul Matthew Lewis[1], Courtney Bridgeo[2]

1. Harvard College
2. Harvard Global Health Institute (HGHI)

The trend in modern high school education and college admission focus on high academic achievement in a rigorous course load and community leadership through extracurricular activities. Nearly 80% of college bound high school students participate in some form of volunteer activity and many top ranked universities account for community service in addition to GPA and standardized test scores.[1] Many studies have shown that experiential service learning results in significant, positive effects in youth psychological, social, and intellectual development,[2] yet the high school curriculum lacks the practice of evidence-based, cost-effective interventions that global health programming promotes for innovative solutions to community problems.[3] Service becomes an idea to help others but neglects reflection of a concrete impact. This causes unaware communities to pursue and celebrate inefficient practices, fraudulent work, or voluntourism. In order to promote global health education and civic engagement, the Harvard College Global Health and Leadership Conference (HarvardGHLC) was created to mentor youth to implement the scientific method to carefully research, design, plan, implement, and evaluate a local community project and understand the commitment to global health as a fundamental quality of liberty and equity.[4]

A Harvard College student organized the first annual HarvardGHLC in 2017. The conference was later adopted into the Harvard Global Health Institute programming. In 2017, 50 high school students attended representing 16 US states and 37 high schools. In 2018, 124 students attended

representing 3 countries, 19 US states and 70 schools. In 2017, 130 students attended representing 6 countries, 21 US states, and 68 schools. They are paired with current Harvard undergraduates to create projects in their community. Together, the students combine the scientific method with frameworks from the Global Health and Health Policy secondary to implement interventions.[4] Students first identify and research an issue in their community, prior to engaging in 4 different levels of programming: raising awareness, fundraising, service, and program development. The team encourages students to recognize imperfections in their local moral world and ensures that students learn to make informed decisions with sufficient staff, space, systems, and sustainability when implementing their projects. The 2019 conference featured diverse student projects. A student from a Pennsylvania school implemented a take one-leave one model of women's hygiene products in her school after recognizing the impact of menstruation on female education. A student from Connecticut raised awareness about orthopedic concerns related to heavy backpacks that resulted in improved locker access in her school after recognizing the crucial stage of musculoskeletal development in adolescents. A student in Kyoto, Japan talked with local physicians and counselors and created a peer mental health counseling program within his school after recognizing the high suicide rate as well as reports of strong stress in Japan. These samples reflect the community centered, evidence-based, and cost-effective interventions that the HarvardGHLC works with students to create. After writing a detailed report that includes student research, methods, results, and reflection, students gather at Harvard for a weekend to present their projects with peers, network with others for expanded ideas and reflection, and learn from Harvard undergraduates, faculty and external experts about global health projects and frameworks. Students often leave the conference inspired to create global health clubs in their school to assist their peers in following similar methods.

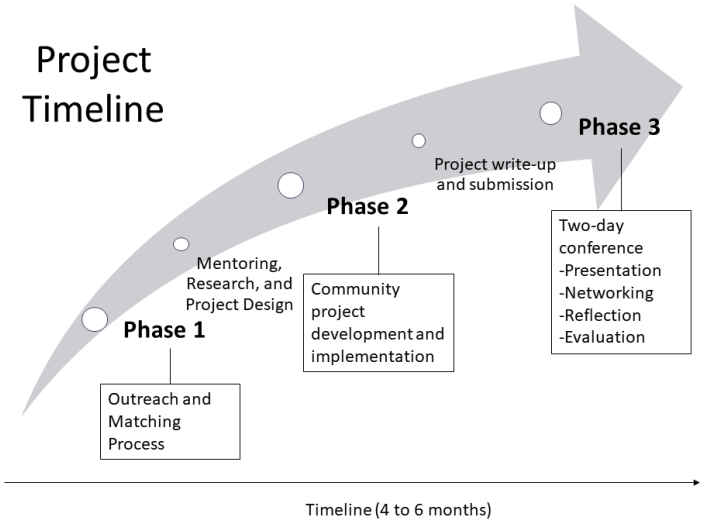

Figure 1: Project Timeline for students creating community interventions.
Students are paired with a Harvard student mentor to tackle a global health issue of their choice. They research, design, plan, implement, and evaluate their projects in the months leading up to

the annual Global Health and Leadership Conference. They then present their projects, network with their peers, and reflect on the successes and innovative approaches of others.

References:

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3. Billig, Shelley; Root, Susan; and Jesse, Dan, "The Impact of Participation in Service-Learning on High School Students' Civic Engagement" (2005). *School K-12*. 4.
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4. Farmer, P., Kim, J. Y., Kleinman, A., & Basilico, M. (2013). *Reimagining global health: an introduction* (Vol. 26). Univ of California Press.