

Our Mission

The mission of the Lang Youth Medical Program is to use the Hospital's resources to inspire, support, and motivate young people from the Washington Heights community to realize their college and career aspirations, especially in the health sciences. We accomplish this mission with a five-point strategy:

1. A culture of support, from peers and mentors, to develop personal resiliency (scholars go on urban explorations and team retreats which build friendship, communication, and trust. They also interact with mentors including doctors, nurses, other medical professionals, and undergraduate, nursing, public health, and medical students.
2. A challenging curriculum to develop intellectual curiosity and academic skills (including dissections, observations of medical procedures, high-level science lessons, debates, and discussions.)
3. Leadership opportunities to develop articulate thinkers (opportunities include Peer Mentoring, Junior Advising, and Leadership Council, and delivering presentations to elementary school students as well as hospital leadership.)
4. Access and exposure to build social and professional competencies (Students learn to network as they listen to guest lecturers and participate in job shadows)
5. Financial incentives to encourage goal setting and planning (such as paid internships and partial scholarships which encourage them to set their sights high and constantly be working towards a bright future.)

Program Description

Each year 12 seventh-grade New York City public school students from Washington Heights who exhibit academic promise and mature behavior are selected to enter the six-year program. Students participate in hands-on science activities and experiments while working alongside professionals in multiple settings in the hospital community. Students have the opportunity to explore particular interests in depth and are encouraged to participate in community outreach around health issues. Upon successful completion of the Lang Youth Medical Program students are eligible for college tuition assistance, contingent on available funding. The program will serve as a model program to encourage replication at other medical centers around the country.

Our Goal

The primary goal of the Lang Youth Medical Program is to provide experiences in an environment that supports and improves the social, personal, and academic development of the Lang Scholars during their six-year enrollment. Simultaneously, we aim to create new connections between the Hospital and the community through the young people in the program.

Staff Profile

The Lang Program Administration consists of a Program Manager and two Coordinators, each dedicated to one Phase of the Program. In addition, the Medical Director serves as a liaison between the Hospital and the Program. The Advisor Staff of approximately 15 is composed of college undergraduates and medical, dental, nursing, public health, and other graduate students. The Lang Program has a group of enthusiastic, committed volunteers ranging from students in the neighborhood to professionals in every field who tutor, lead clubs, and offer job shadows, group tours, and guest lectures, among other activities.

PHASE I PROGRAM: In their first three years in the Lang Program, Scholars participate in a Mini-Medical School Curriculum that follows the progression most medical schools do. Throughout Phase I, there is a strong emphasis on science and literacy skills and every grade works towards a final project in their area of focus.

Year 1: Seventh Grade

The Healthy Human Body

Scholars learn about the normal function of all parts of the human body by organ system. They perform dissections on the heart, brain, stomach, and lungs and become “Organ Experts,” preparing and delivering presentations to elementary school students in their communities.

Scientific Skills

Scholars learn foundational science and laboratory skills such as observation, measurement, and classification, the scientific method, and keeping a lab notebook. These skills help prepare them for more advanced science experimentation in the following two years.

Literacy Skills

Scholars spend time exploring various types of reading, writing, and media including: newspaper articles and editorials, poetry, memoir, short stories, documentaries, and fiction. They learn analysis and critical thinking techniques as they prepare for the summer intensive.

Summer 1: Rising Eighth Grade

Reading-Writing-Thinking Intensive

Scholars spend the summer at Riverdale Country Day School exploring poetry, analyzing select memoirs, and learning to tell their own stories through personal statements and memoirs. They sharpen their writing skills as they engage in free writing, brainstorming, creating outlines, and peer editing. They also create a class blog and spend time playing outdoor sports and other fun activities.

The Intersection of Humanities & Science: Explorations in Ecology

Scholars participate in a curriculum that blends the liberal arts with science, combining reading and writing with the science of ecology.

Year 2: Eighth Grade

The Diseases of the Human Body

Scholars learn about the abnormal function of the human body as they study the different diseases that affect each organ system. They perform laboratory analysis on mock patient urine samples and create treatment portfolios for managing illnesses.

Scientific Skills

Scholars work on research projects, learning to conduct library and internet research, construct outlines, paraphrase information, experimental design, and present data.

Medicine in the Media and Ethics

Scholars engage in reading and discussion about current events and debates on key topics and issues in medicine and health care today. This portion of the curriculum emphasizes critical thinking and group discussion.

Summer 2: Rising Ninth Grade

Exploring Health Careers

In this exciting summer, scholars shadow health professionals—nurses, perfusionists, neurosurgeons, hospital administrators—to gain exposure to the various professional possibilities available in the field of health care. Scholars take group tours of various departments as well as participate in a week of “clinical rotations” through maternity, surgery, emergency department, and x-ray, among others.

College Student for a Week

Scholars spend a week on the Swarthmore College campus in Pennsylvania engaging in a high school preparatory curriculum designed for scholars to enter high school with a college-bound mentality. They read *7 Habits of Highly Effective Teens* and engage in various activities that arm them with positive habits which will guide them towards success as students in their schools and scholars in the Lang Program.

Year 3: Ninth Grade

Preventing, Diagnosing, and Treating Illness

Scholars learn about diagnosing and treating illness through the case study method, taught to them by medical students. They engage in mock patient-physician visits, learn to take vitals, and use the information they’ve learned to create a video project at the end of the year.

Speech Skills

Incorporating writing, reading, articulation of ideas, and public speaking, Speech Skills is a critical piece of the ninth grade curriculum. Scholars practice forms of expression such as oral presentations, argumentation, and debate, exploring various forms such as oratory, humorous, and dramatic interpretation. They each select a particular style to focus on and perform at a final speech event for parents and friends of the Program.

Peer Teaching

Each week in the final year of Phase I, a scholar selects a topic in advance to research and present to his or her fellow classmates. This teaches scholars that the best way to learn difficult concepts is often by preparing to transmit that knowledge to others. It builds leadership skills and also contributes to the collaborative spirit of the team as they continue learning to feel a responsibility to their team members.

Re-Application Process

Upon successful completion of the first three years of the Lang Program, scholars go through a re-application process which includes presentation of a portfolio as well as short essays reflecting on their experiences thus far and a renewal of their commitment to Program.

PHASE II PROGRAM: In their last three years in the Lang Program, scholars participate in a College Preparatory Curriculum that interweaves writing and public speaking skills with community and global health issues. Throughout Phase II, there is a strong emphasis on community service, citizenship, professionalism, preparation for the college application process, and building skills for success in college.

Year 4: Tenth Grade

Urban Community Health

Scholars take what they have learned during the past three years and apply the knowledge and skills to the exploration of local community and public health initiatives. Using northern Manhattan as their backdrop, they study specific diseases and social and environmental determinants that increase health risks for diverse, and often underserved, urban communities. They also research the Hospital's and community organizations' efforts to address these challenges and learn to create their own public health initiatives. Each year culminates with a Lang-sponsored event that aims to raise community awareness of increased health risks in Washington Heights and provide education and information to promote healthy life choices.

Year 5: Eleventh Grade

Global Health

Moving beyond the scope of their local community, Scholars learn about specific diseases and health risks that affect the larger global community. Scholars "travel" to different countries, learn about common diseases prevalent to each area, explore the social and environmental risk factors that contribute to the diseases, and research the local and global efforts to address these health issues. Scholars display the information that they learn at a Lang Global Health Forum.

College Preparation

As juniors, scholars begin to prepare for the college application process with one-on-one counseling sessions and at least one trip to visit colleges. Lang Scholars also receive free professional PSAT preparation.

Year 6: Twelfth Grade

College Counseling

During the first half of the year, seniors receive one-on-one counseling on the college application process. Counselors help them select colleges that meet their academic and professional goals. In addition, Scholars participate in essay writing, interview, and financial aid workshops.

College Readiness

The second half of the year is dedicated to getting our Scholars ready for the social, financial, and emotional aspects of college life. Advisors conduct workshops on topics like, *Eating Healthy on a Budget*, *Dealing with Peer Pressure*, and *The Truth About Alcohol & Drug Use*.

"The ability to work with many different aged kids has allowed me to notice the actions made, along with the patient's feelings towards living in the hospital and how it affects them personally." –Danissa Salazar, Social Work Intern

"It has been everything and more than expected. My goal is not only to provide a meaningful experience for Lilibeth but to also be an overall positive influence in her life. Lilibeth has been very engaged, responsive and a delight to mentor." - Miriam Torres, Community Health Outreach Mentor

Summers 3, 4, 5: All High School Students

Internships

During Summer Program, rising 10th, 11th and 12th grade Lang Scholars begin the High School Internship Program. The High School Internship Program has been designed to give Scholars a better understanding of the medical and non-medical professions at NewYork-Presbyterian Hospital (NYPH) and beyond and to inspire them to see themselves as the future leaders of the healthcare. Aligned with our philosophy of cultivating young professionals, our internship program provides meaningful, practical experiences in different healthcare-related fields, while developing our Scholars' professional skills. Each year Phase II Scholars apply for an internship position in various NYPH departments and organizations serving the Washington Heights community. The High School Internship Program calls for a four (4) to six (6) week commitment and culminates in a project that benefits the Hospital or the Washington Heights community. On Fridays all Scholars participate in career building and college access workshops. Internship mentors work with Lang Staff to develop specific scopes of work for each internship site, as well as schedules for each Scholar to ensure that this is a meaningful experience for both the mentor and the Lang Scholar. Our Scholars have interned in the following NYP departments and programs: OBGYN, Oncology, Community Health and Outreach, Reach Out and Read, Angels on a Leash, WIN for Asthma, the Center of Radiological Research, and the Cancer Research Lab.

"It was so rewarding just to be linked to this exciting and fine program! But also, because I understood what an important program this is, and quite an opportunity, it was rewarding to see how seriously everyone took this internship, from Migdalia to the other students I was able to meet at the final presentation." – Karin Swiencki, R.N. Adult Oncology Mentor

"[What I found most rewarding as a mentor] was watching the scholars gain self confidence in their ability to interact with patients. Also it gave me great pleasure to see how much the scholars enjoyed reading to the children and how the little ones looked up to them." -Emelin Martinez, Reach Out and Read Mentor

CLASS OF 2009 COLLEGE ACCEPTANCES

College of New Rochelle
College of St. Rose**
CUNY Brooklyn
CUNY City College
CUNY Hunter College
CUNY Lehman
CUNY Medgar Evers College
CUNY Queens
Eastern Nazarene College
Newbury College*
Pace University
Sacred Heart University*
St. John's University
Suffolk University**
SUNY Albany
SUNY Stony Brook**
SUNY New Paltz
Syracuse University
Vanderbilt University* **
Wheaton College



(*) denotes scholarship

(**) denotes attending

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