

Bridging the Gaps



Beyond the Finish Line

Student Interns: *Lindsay Hasson, University of Pennsylvania, School of Dental Medicine*

Academic Preceptors: *Dr. Joan Gluch, PhD, RDH, PHDHP, University of Pennsylvania, School of Dental Medicine*

Community Preceptors: *Ieshia Nelson M.Ed, Associate Director of Community and Culture, Students Run Philly Style*

STUDENTS RUN PHILLY STYLE

Students Run Philly Style is a mentorship organization that serves students in Philadelphia. The organization operates on the core values of courage, effort, and respect to encourage students to achieve their goals. The students work towards their physical fitness goals by training to run races. However, the impact that Students Run Philly Style has on its members goes far beyond faster mile times. Students Run provides students with mentorship and confidence building opportunities that allow them to realize their potential. Students Run builds a community through which students can develop skills to work towards their running and personal goals. <https://studentsrunphilly.org/>

BACKGROUND



According to research done in partnership with Temple University, Students Run Philly Style has been able to analyze the program's impact on students. According to the data collected, students in the program experiences stronger social connections, higher self worth, decreased stress, and increased resilience. This data highlights the importance of the work that this program does for the community beyond encouraging students to get active and achieve their running goals.



TEAM'S EXPERIENCE

The main focus of the work completed during the Bridging the Gaps internship was improving family engagement strategies. To do so, a survey was created to gauge which activities families would be interested in getting involved in and topics that they would like more information on. Additionally, an interactive parent learning platform was created with information on the program, safety information, and tips to help student athletes prepare for a race. Additionally, the internship duties included organizing information for a Leadership Summit Camp and scholarship distribution. The intern also attended two races and assisted with administrative duties to ensure that the event ran smoothly.

ACCOMPLISHMENTS

- Attended two Students Run races with the teams
- Created an interactive presentation to assist parents in supporting their student
- Facilitated scholarship distribution
- Collected necessary forms and sign-ups for summer camp
- Administered a survey to improve family engagement



REFLECTION

My experience with BTG CHIP has had a significant impact on my professional and personal development. I have always known that I wanted to work in pediatrics, but working with Students Run Philly Style has allowed me to experience first-hand the rewards of facilitating positive youth development. Because most of my interactions with the community have been in a healthcare setting, it has been very enlightening to diversify my experiences and learn about the ways in which community organizations help individuals to work towards better health and well-being. Additionally, in terms of my personal goals, this program has shown me how rewarding it is to use something that you love to help others. I have been a runner since I was in middle school and I have really enjoyed being able to give back and help other individuals realize their passion for running, while also gaining experience in community engagement.

