



ABOUT THE PROGRAM:

The [Teen Research Internship Program \(TRIP\)](#) is a hands-on learning program for high school students who are motivated to explore their interests in science and medicine. At its core, the program aims to foster a love for science whilst building resiliency, communication, and critical thinking skills outside the traditional confines of school.

The program is split into three phases, including Project Design, Experimentation, and Communication. During the Project Design phase, students use their creativity and curiosity to develop potential research questions surrounding the impact of diet, inflammation, and environmental stress on organismal health, development and behavior, while learning basic lab and problem-solving skills. During the Experimentation phase, students perform experiments, learn to collect and analyze data, and, most importantly, learn how to think through and overcome failure. In the final phase, students present their findings to the scientific community, their peers and their family in a scientific symposium where they gain insight into the real world and big picture applications of their work. Beyond the lab, students also receive one-on-one mentoring with Fox Chase faculty; they learn team building and leadership skills, get exposure to careers in science and become part of a family of driven and curious students. Stories from our past students can be found on TRIP's official webpage (<http://www.tripinitiative.com/blog>), Facebook and Instagram pages (@TRIPInitiative).

PROGRAM REQUIREMENTS:

1. Philadelphia-area students who will be at least 14 years of age by January 13th, 2024 and are currently enrolled in grade 9-12 are eligible to apply to TRIP.
2. Completion of at least one high school Biology or Chemistry course is preferred, but not required.
3. Students must commit to attend ALL days of the program (including the symposium) in either Session A or B.

LETTER OF RECOMMENDATION:

The letter of recommendation is due by 11:59 pm on Monday, October 9th and should be written and submitted by the recommender. The letter can come from, but is not limited to, the following individuals: High school administrator (Assistant Principal, Principal, etc.), high school teacher (math, science, English, art, etc.), coach, minister or clergyman from your place of worship, or a supervisor from a current/previous job, club or volunteer position.

The letter should: 1) state the length and capacity that the recommender has known the applicant, and 2) contain an assessment of the applicant's strengths and weaknesses with specific examples that



support participation in the TRIP program. If applicable, letters should be written on official school letterhead.

The official letter of recommendation should be submitted by the **letter writer** through the online form (<https://forms.office.com/r/AwhbhaNZ6m>) or e-mailed directly from the letter writer to Dr. Alyssa Leystra at tripinitiative@gmail.com with the subject line: "TRIP@WTHS'24 Letter of Recommendation - APPLICANT'S NAME".

APPLICATION REVIEW TIMELINE

Applications and letters will be reviewed by a panel of program staff and alumni in October and November. Following review, qualifying applicants will interview with program staff in early December. Final decisions will be made by the end of December 2023.

Please direct all questions to Dr. Alyssa Leystra at tripinitiative@gmail.com. Please use "TRIP@WTHS'24" in the subject line of all emails regarding the 2024 TRIP program.



Essay questions for 2024 TRIP@WTHS Application

1. Why do you want to participate in the TRIP Initiative? How will this experience benefit your goals for the future? *Limit your response to 250 words or less.*
2. What is a scientific discovery or concept that interests you? How did learning about it change your thinking? *Limit your response to 250 words or less.*
3. Do you participate in extracurricular activities through your school? If you answered YES, describe up to two of your most influential activities as well as your role in each activity. Be sure to explain WHY you found each activity to be influential. *Limit your response to 250 words or less.*
4. How do you spend your time BEYOND of school? *Do not include information on school-sponsored activities like sports/theater/clubs. Do you work, volunteer your time, babysit your siblings, etc. Limit your response to 250 words or less.*
5. If you were given a free week to do with whatever you wanted (and money was no object), what would you do and why? *Limit your response to 250 words or less.*
6. You work in a lab studying the progressive muscle wasting disease, muscular dystrophy. To study the disease, the lab generated mutant mice that express the same mutation that causes muscular dystrophy in humans. Early examinations of the mice show no signs of muscle wasting as compared to non-mutant mice. However, the lab technician tells you that the mutant mice tend to die on Thursdays, while the non-mutant mice, who live in the same conditions (food, water, temperature, light/dark cycle, cage size) do not die on any particular day of the week. List three questions that you would ask to try to discern why the mutant mice die on Thursdays. *Limit your response to 250 words or less.*
7. What's your favorite word and why? *Limit your response to 250 words or less.*
8. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story. *Optional; limit your response to 250 words or less.*