

PROGRAM:

UW Yakima Valley GEAR UP 4 Families' Parent Academy Trip

OBJECTIVES:

Provide parents and their children in middle and high school the opportunity to visit the University of Washington campus to see firsthand where students live, study and frequently work to help finance their educations.

LOCATION:

University of Washington

DESCRIPTION:

GEAR UP 4 Families is the Parent Involvement Program developed by UW GEAR UP. The trip incorporated parents who had graduated from one of the UW GEAR UP 4 Families' Parent Academies and their middle school and high school-aged children.

The bus driver left from Yakima at 4:30 am to make his first pick-up at Sunnyside – Harrison Middle School at 5:45 am, Toppenish Middle School at 6:00 am, Wapato Middle School at 6:15 am, and Yakima/East Valley at 6:45 am. Juice and pre-packaged pastries were served at Indian John Rest Stop on the way. Two inspirational DVDs were shown during the trip to and back from Seattle. For a majority of the parents this was a first-time trip to the UW campus. Dori and Lorena, GEAR UP staff, pointed out the scenic sights on the trip through the Cascades and along the route to the UW Campus. Seattle's scenic sights were also highlighted.

The bus arrived at the UW School of Medicine at 9:50 am, and was met by Felicity Abeyta, of the UW School of Medicine/Office of Minority Affairs and Diversity. The guests were of Latino, Asian Pacific Islander and Native American ancestry. The UW Latino Medical Student Association hosted the first event. The medical students (three current medical students and two recent UW graduates preparing to attend medical school) gave the guests an example of a medical school class. The subject of the presentation was, "The Effects of Alcoholism on Human Physiology and Mental Health."

The class was exceptionally well taught. The medical students used the Socratic Method, PowerPoint presentations, and a variety of rewards and incentives to keep the participants engaged and on the edges of their seats. The presentation was geared to middle school and high school students, but was so fascinating that the parents in attendance had to be repeatedly reminded that the questions and prizes were for the students and not them. One medical student served as an interpreter for the class, translating from English to Spanish. The class discussed the nature of alcohol, the social and behavioral signs of alcoholism, and the physiological effects, including liver and brain damage. While half of the participants were taught to take vital signs, including pulse rate and patellar reflex response, the other half put on rubber gloves, held and examined normal, preserved human livers and brains, and compared them with cirrhotic livers and brains from alcoholics.

In addition to careers as medical doctors, there was a presentation about twenty-one healthcare careers and training opportunities, which came with a detailed handout produced by the Youth Healthcare Outreach Project, ESD 113, and the Pacific Mountain Workforce Development Council. The participants were also given an introduction to healthy eating, a discussion of the varieties of healthy body images, and the distorted perceptions of body images by advertising, television and other mass media.

The medical students accompanied the guests to the McMahon Residence Dining Hall. Parents and students were given Husky Cards to purchase lunch, a planned experience to better understand student expenditures, and the EFT payment food service transaction process. It gave them the opportunity to learn the cost of a meal and to see the variety of food served. They also had a chance to view the beautifully designed dining facility and saw UW students and dormitory life first hand.

At the end of the lunch, the medical students arranged for the student guests to participate in a so-called “Scavenger Hunt” (actually a knowledge hunt) in the cafeteria, with prizes for the winners. The student guests were given a series of questions. If they did not know the answers they were instructed to ask the cafeteria workers or to guess from what they had learned during the morning class session. The questions were:

- What type of pizza has the most saturated fat?
- Find one cereal with trans-fat (partially hydrogenated).
- Find one cereal without trans-fat.
- What is the healthiest salad dressing?
- How many calories are in 1 slice of pepperoni pizza?
- Which pasta dish is your favorite?
- How many calories does it have?
- What pre-made salad has the most calories? How many calories does it have?
- Find one pre-packaged snack that has no trans-fat.
- How many kinds of fresh fruit are offered?
- How many calories are in the largest soda you could order?
- If you eat 2,000 calories a day, how many sodas could you drink to get all of your calories for a day?
- What other nutrients would your body need if you only drank soda?

From the McMahon Residence Dining Hall, the group walked to Schmitz Hall, and at 1:30 pm met with Andrea Negrete of the Office of Minority Affairs and Diversity, Undergraduate Admissions. Like many of the participants, Ms. Negrete was born in Mexico, and raised in Mattawa, Washington. Andrea addressed her positive experience of coming to UW from a small farming community, much like the students from Yakima Valley. An interpreter was present, headsets were available, and Ms. Negrete’s presentation was in English and Spanish. Copies of her PowerPoint presentation were passed out in both languages.

Ms. Negrete stated that her parents did not have formal educations, but they wanted her to have an opportunity to attain higher education. She discussed the importance of parents encouraging their children to have high aspirations, and the economic benefits of receiving a college degree.

Ms. Negrete spoke about the six public universities, and the ten private universities in Washington State, and the differences between public and private universities. She also discussed the community colleges in the state, and discussed how it is possible to transfer from community college to university after two years. Internships with major Washington-based companies and Work-Study opportunities were also an important part of her presentation. She discussed academic prerequisites for attaining admission, and the annual costs of attending the University of Washington. Ms. Negrete also introduced several Websites, including information on applying to UW, the pre-college programs of the UW Office of Minority Affairs and Diversity, financial aid websites, and assistance for applying as an undocumented student and qualifying for HB 1079 in order to pay for instate tuition.

Ms. Negrete's presentation was completed at 3:00, and Student Ambassador, Ms. Marlene Del Cid, from the Office of Minority Affairs and Diversity, began a walking tour of the university for the guests. Included in the tour were visits to the magnificent Suzallo Library, the engineering buildings, the HUB, the QUAD, and other locations along the way. At 4:25 pm, Ms. Del Cid guided part of the group to the Husky Bookstore for shopping time. Others chose to explore the campus or to enjoy the view of Mt Rainier from the fountain and the surrounding rose gardens.

After visiting UW, the bus took the group to Seattle's International District. At nearly 6 pm the group arrived at Sun Ya Chinese Restaurant for a banquet of food experiences the meal was served family-style, round tables of eight to promote conversation. Each dish was described including ingredients and preparation; several different condiments were also taste tested, and many of the participants used chopsticks for the first time. At 7:15 dinner was completed and the group had a walking tour of the International District and a visit to Uwajimaya, an East Asian supermarket and bookstore. At 8:15 pm the bus departed for Yakima Valley, and did not arrive at the first stop in Yakima until nearly three hours later. The bus driver dropped off his last passengers at past midnight, and his long day did not end until an hour later.

IMPLEMENTATION TIMELINE:

PREPARATION ACTIVITIES:

All the parent participants attended and graduated from one or more of the Parent Academies to qualify for the event. The program coordinators, Dori Peralta Baker and Lorena Silva, made arrangements for transportation, and worked out the scheduling with the various concerned parties at the University of Washington, and with Sun Ya Chinese Restaurant. Their cell telephone numbers were available in case of emergencies, and they made certain that the participants filled out and returned their Photo Release and Acknowledgement of Risk Forms. Planning was based upon the 38 who signed up for the trip. Several parents and students were unable to participate because of a fatal farming accident and the drowning of two youth in the Yakima River. These tragedies affected many families in the Yakima Valley communities.

FOLLOW-UP ACTIVITIES:

The parent participants completed a Parent Survey. The survey data will be referenced for planning future campus tours.

COSTS OR COST CONSIDERATIONS:

The major project cost considerations were the following:

Chartered Bus w/Bathroom	\$ 1, 196.53
Bus Breakfast Pastry/Juice, Snacks, Drinks & Fruit	83.81
Husky Lunch Cards (estimated \$8 X 40)	320.00
Total Estimation for Trip	\$1,600.34

CONTACT INFORMATION:

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ATTACHMENTS:

Planning Timeline

RESOURCES:

Itinerary of UW Yakima Valley GEAR UP Parent Academy Trip
Parent Survey Form

Planning Timeline:

August	Initial scheduling & planning.
January	Latino Medical Student Assn. was contacted for date options.
February	The University of Washington's Office of Minority Affairs/Diversity was contacted to coordinate the campus tour with the Student Ambassador and Undergraduate Admissions offices.
April	A preliminary meeting with coordinators from the School of Medicine was held and Husky Lunch Cards were purchased and picked-up at that time. Husky lunch cards picked up and dinner venues and price quotes were researched. The itinerary was sent to coordinating departments to ensure allotted time and presenter commitments were in agreement. A copy of the itinerary was emailed to WSU notifying Genoveva Morales-Ledesma that 12 seats were being held until May 6th for WSU GEAR UP parents. The chartered bus arrangements were made.
May	Information on the tour and necessary forms was given out to the Parent Academy Class two weeks prior to the trip. Phone and email parent communication continued until the Friday before the trip to remind parents and to answer their questions. Cell phone numbers for key personnel were exchanged for additional coordination during the tour.