

2025 Teen Wellness Connection Application Instructions and SAMPLE Application

There is **one** required part to a complete application to the UCSF Teen Wellness Connection. *All components are submitted online.*

1. Application with Essay Section

Sample application below

**Application Deadline:
Sunday, March 2nd at 11:59pm**

Personal Information	
First Name:	Middle Name:
Last Name:	Preferred Name:
Birthdate:	
Home address:	
Home phone:	Cell phone:
School email:	Personal email:
Gender:	Pronouns:
High School:	Grade:
Are you part of the College Track Program?	
How did you hear about SEP's summer program?	

Family Education	
Parent/Guardian 1:	Parent/Guardian 1 Highest level of education:
	Were they educated in the US?
Parent/Guardian 2:	Parent/Guardian 2 Highest level of education:
	Were they educated in the US?
Do you have a sibling who has attended or is attending college?	
If so, how many siblings have attended or are attending college?	

Household Information

How many people line in your household (including yourself)?	How many are children/dependents (including yourself)?
Use the space below if you feel additional information about your household/living arrangements would be important to let us know (i.e. joint custody, more than one household, recently moved, etc):	
Do you or your family qualify for any of the following programs?	
<input type="checkbox"/> Low Income Home Energy Assistance Program (LIHEAP) <input type="checkbox"/> CalFresh/SNAP <input type="checkbox"/> Supplemental Security Income (SSI) <input type="checkbox"/> National School Lunch Program <input type="checkbox"/> Medicaid/Medi-Cal (under age 65) <input type="checkbox"/> Cash Assistance Programs for Immigrants	<input type="checkbox"/> Women, Infants, and Children (WIC) <input type="checkbox"/> CalWORKSs (TANF) or Tribal TANF <input type="checkbox"/> Medi-Cal for Families (Healthy Families A&B) <input type="checkbox"/> Bureau of Indian Affairs General Assistance <input type="checkbox"/> Earned Income Tax Credit <input type="checkbox"/> I and/or my family do not qualify for any of these programs
Do you experience / have you experienced homelessness or housing insecurity?	
Are you or have you ever been in the foster care system?	

Languages, Ethnicity/Race, Disability
What is your English language proficiency?
Languages spoken fluently:
Languages spoken at home:
What is your ethnicity?
What is your race?
Do you have a disability?
What is the nature of your disability?

School History

Elementary school:

Middle school:

High school:

More About You

Extracurricular Activities

Please list any activities that you have been or are currently involved in (i.e. school clubs, church, sports, work, caretaking, volunteering, community groups, etc.). Include any STEM programs you are doing or have done.

Please tell us more about one activity you participate in, a hobby, or something you like to do outside of school. Describe how you got involved and in what way your participation is meaningful to you.

Tell us three things that you're proud of and why. Aim for 100-300 words.

Things to consider: People might be proud of many different things within themselves and their communities/families. Are you proud of your personal or academic growth? Do you have qualities that you admire within yourself? Why are these meaningful to you?

Tell us about three things that are currently (or have been) challenging for you and why. Aim for 100-300 words.

Things to consider: A challenge could be personal, or something you have faced in your community or school. Why are these challenges significant? What have you learned from those experiences?

Describe a situation where you have taken on responsibility. What did you learn from this? Aim for 100-300 words.

Things to consider: Responsibility can show up in our lives in different ways. How are you a responsible person? Do you hold responsibilities within your family or your community? Do you have a job with specific responsibilities? Do you have a role at school or in extracurricular activities where you have to be responsible?

The Teen Wellness Connection Program requires a lot of working as a team. Think about a time that you were part of a group (club, sports team, school project, committee, church group, etc). How did you contribute to your group? What was a challenge your group faced and how did you overcome it?

Reference

Please provide the name of the person serving as your reference.

Reference First Name:

Reference Last Name:

Reference Email Address:

Essay

Please write a brief* essay describing:

- Why you are interested in this program.
- Why you are interested in public health and/or science
- What your interests, motivations, and aspirations are.

If applicable, please describe any social, cultural or educational barriers that have challenged your ability to pursue your personal and/or career goals.

Also consider including the following:

- What would you like to gain from the program?
- What makes you stand out from other students who may be applying to the program?

****Please limit your essay to 500 words.***