



# Stanford Diaries

## 2018 Cohort

# **ESOL EDUCATION 2018 COHORT**

Stanford Pre-Collegiate International Institutes

August 7 - 19, 2018



## Stanford – Day 1 | August 9, 2018



**Mahon Rachel** added 10 photos to the album: **Stanford Day 1.** \*\*\*  
August 9 at 7:10 AM



Today began with a buffet breakfast with all sorts of food available including breakfast pizza! This was followed by the first session 'The Message in the Music' in which students analysed some songs to find the meaning between songs. They then used their analysis to make a story of their own using songs as representation. In the afternoon the students were introduced to the Global Solutions Project and put into mixed groups with other delegates. They then began to work on their project by completing a SWOT analysis of their given island. The evening was spent working on the multi-cultural exhibition and getting to know the other participants. If you get a chance, please have a look at some pictures of the day in the album 'Day 1'.







Mahon Rachel added 28 photos to the album: Day 2- 9  
August 2018.  
August 10 at 6:45 AM

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A review of the day from Ali and Talia.....

This morning we attended a class on how to make better decisions, based on how we value different experiences and material objects. We were taught how to make the best decisions possible, and how we should not let irrelevant matters such as mood, and lack of energy cloud our judgement, rather we should look at decision making as a science and think with logos rather than implement pathos. We've been taught to think logically rather than emotionally. Overall it was a great class that raised many philosophical questions, forcing us to think outside of the box for the best solution possible.

This afternoon we studied nature, nurture and epigenetics. We found out how DNA works in our body and more about DNA methylation as well as Nuclei modification research. The professor, Sebastian Gaston, showed the students his personal lab where he has been experimenting on African sickle fish that change colours due to environmental surroundings. After that class we walked around and saw a famous Stanford church and took many pictures, exploring the campus. After this we had a global solutions project meeting where the students went into their assigned teams and worked on their projects. At this very moment the group are sitting down quietly in the hang out room with their books until 9:30 pm.



Epigenetics in action! — in Stanford, California.



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**Mahon Rachel** added 28 photos to the album: Day 2- 9  
August 2018.  
August 10 at 6:45 AM



A review of the day from Semeli and Djan...

'This morning, Dr. Yohannes taught us an Introduction to Clinical Neuroanatomy, which is a study about the brain and the nervous system's anatomy. We learnt all sorts of interesting material, such as the ways brains are split for brain imaging, parts of the brain and their functions, and nervous system diseases. In fact, we even learnt how to spot the difference between healthy and damaged brains, judging by the ventricles, cerebral spinal fluid etc.'

The afternoon was spent in a cryptology lecture where students tried to crack codes and learnt how to make their own keys and ciphers.

'We travelled to the AT&T Arena to "watch" (i.e. yell every time others yelled) the game between San Francisco Giants and Pittsburgh Pirates, where the Giants won. It's safe to say that we have full stomachs and maybe some diabetes type 2. Saying that tonight was truly an American experience would be an understatement. One way to describe it would be through a quote: "It's a magical night my dude" as Ali told Can'





## Stanford – Day 4 | August 12, 2018



**Mahon Rachel** added 31 photos to the album: **Day 4- Saturday 11th August.**  
August 12 at 8:03 AM



Today the students took part in a scavenger Hunt. The students group managed to complete half of the checklist as the locations were hard to locate and spread around the huge campus. In the afternoon the students had some house based activities, some students went to the shopping center, others stayed behind and had a relaxing spa day with face paints and nail painting. Later, the students prepared for the highlight of the day, the multi-cultural exhibition. Layal has written a review below. 'We set up our booth then wandered around the field as we explored the different traditional sweets and food. We also met wonderful people from around the world such as Mexico, China, Japan and Australia. After that, we had a talent show, where some people that were representing their countries performed some traditional dances as well as songs and acts. After all that had ended we wrapped up the night by blasting music which resulted us in dancing as well as 'mingling' with different people from different parts of the world!'



Teaching the Dabka

👍 2

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**Mahon Rachel**

August 13 at 9:00 AM

After an incredibly busy few days since we arrived, today was a well deserved relaxing day for the students. This morning they had some free time to experience the campus. They walked around, stopping at Starbucks and the fountains around campus. In the afternoon we went to the Valley Fair Mall in San Jose. When they returned to the campus they had more free time to explore and get to know some of the students from other countries. Hopefully they'll be raring to go in the morning when they return to lectures!

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Mahon Rachel added 21 photos to the album: Day 6-Monday \*\*\*  
13th August.  
August 14 at 10:23 AM



This morning the students attended 'Being a Leader' with Chloe Good and were taught some strategies for leadership. The seminar was based on the premise that to be a good leader we must know ourselves and be able to confront our fears in order to overcome them. There were many fun activities in the session including leading the group in a dance session and staring into each other's eyes for a slightly uncomfortable amount of time!

After lunch students attended a 'Business and Entrepreneurship' with Raj Bhargava, followed by a panel discussion with some leading figures of Stanford and Silicon Valley who have worked for startups such as eBay, google, Firefox and crypto currency. They answered questions from students and gave advice on how to succeed in the tech industry.

Chris gives his view below.

'We had a class this afternoon on Business and Entrepreneurship. The most interesting thing about the class was the fact that we got to make our own mini company that sells backpacks. It was really fun because we got to think creatively about solutions to problems. After that we had lunch and then went to an Entrepreneur Panel where a few leading figures spoke about their experiences in entrepreneurship and then they answered some of our questions.'

Another great day!



Power poses!



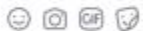
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Mahon Rachel added 43 photos to the album: Day 6- Tuesday \*\*\*  
14th August.  
August 15 at 10:27 AM

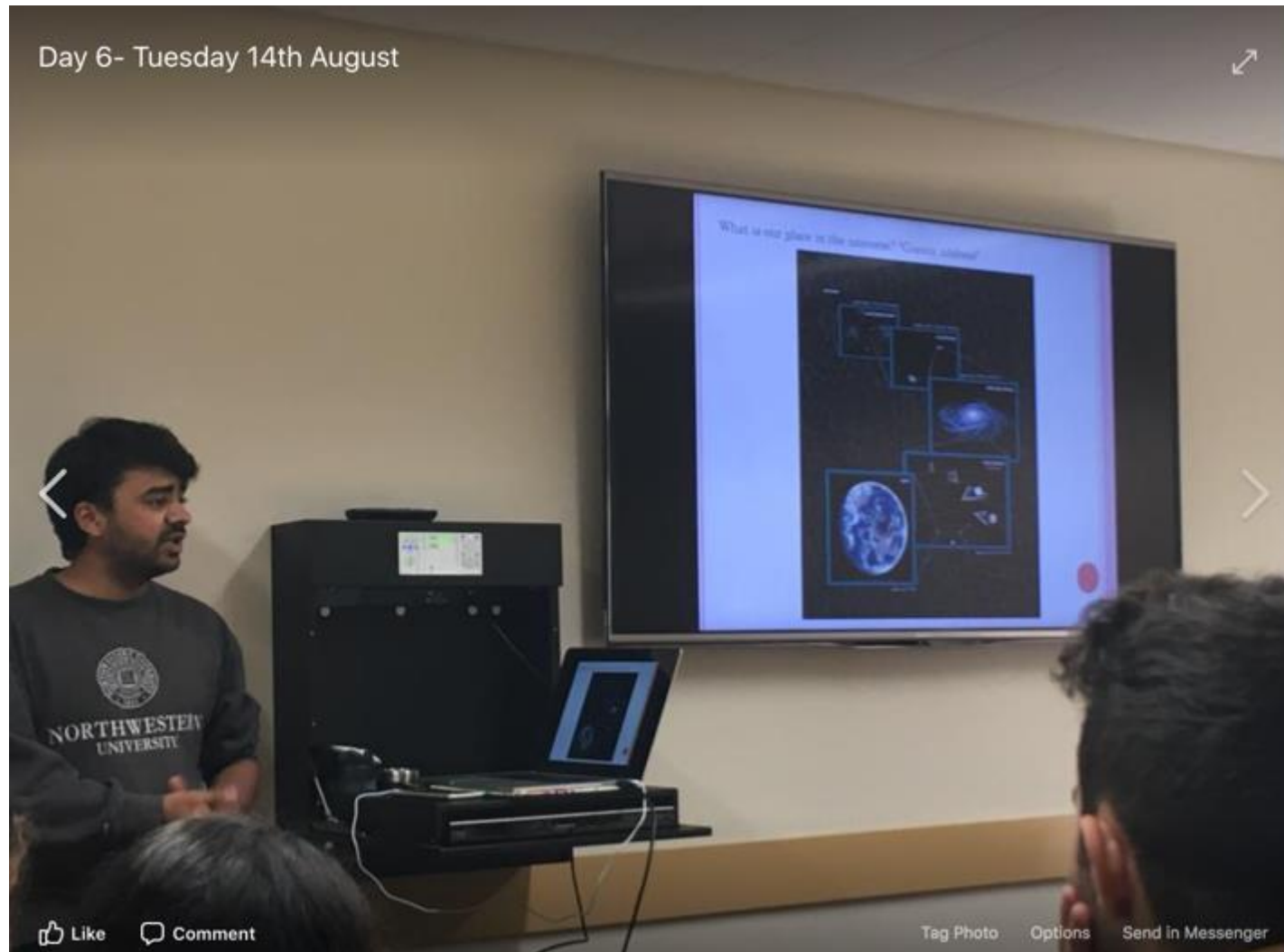


This morning students attended a lecture on Planetary Systems: Earth and the Search for Exoplanets. Though hard going, with many different mathematical and scientific theories, it was a fascinating look at our planet, solar system and universe.

The afternoon session was 'Visual Storytelling in the Digital Age'. After a short introduction to story, lighting and composition (the three aspects of a good photograph) we went all over campus to take pictures to tell our story. Please take a look at these in today's album.

Later in the afternoon there was a talk on college applications with a panel of international students. Many queries and questions were answered giving students a good understanding of the application process.







Mahon Rachel added 21 photos to the album: Day 7-  
Wednesday 15th August.  
August 16 at 9:52 AM



Today begin with a mock trial. Students were given information about a court case concerning a multi-national corporation on trial for human rights abuses. Each student got the chance to be an attorney and either question or cross examine a witness. The students really got into the simulation and soon got the hand of objections!

In the afternoon the students attended a session on the 'Circular Economy'. They made and sold paper airplanes in an activity that taught them that resources are finite and a circular model of economy is better for the consumer and the environment. They then worked in groups to create a business model that worked within a circular economy. Later in the day they worked on their global solutions project in preparation for their presentation on Friday. I'll let Semeli tell you about the evening.

"In the evening, during free time, we played a very, very fun game of volleyball with a few others, as well as met new people. Even Veronica our counselor joined us!! The highlight of the day was definitely burying Djan and Christos in the sand after playing a very very fun game of volleyball with others! Tonight was really fun!"







A review of the day from Layal...

"This morning we attended the visual design class where we were taught about the importance of ideas and how to come up with them in the first place.

The professor that taught us had so much energy even Talia didn't fall asleep in class (progress)!

After we finished with the class, we went on to literature class where we were taught about the art of persuasion, and how to apply it in real life for example how to persuade your parents to get a pet. We also learnt about ethos, pathos, and logos. The rest of the day was put aside for working on the global solutions project in preparation for the presentation tomorrow."



 **Mahon Rachel** ▸ Esol Education  
Stanford Summer 2018 Cohort  
August 17 · 📍

👍 2

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**Mahon Rachel** added 25 photos to the album: Day 10- Friday ...

16th August.

August 18 at 9:58 AM



## Stanford – Day 10 | August 18, 2018

Today the students presented their Global Solutions Project to everybody. There were some excellent presentations including a traditional dance, an acted out history of one island and a rap!

After the group presentations, students were encouraged to go around the room to check out the work of others and they took turns in presenting their posters.

After lunch we made our way to the medical school to the anatomy lab. Sadly, due to a mix up on the schedule, the students were unable to visit the labs but they did get a short presentation about the different technologies they have. Free time in the afternoon was spent packing and cleaning rooms and jumping in some fountains around campus!

In the evening there was a campfire with songs and smores, and American tradition!

Tomorrow we visit San Francisco, we're hoping for good weather so that, unlike the groups who went last week, we can see the Golden Gate Bridge!





 **Mahon Rachel** ▸ Esol Education  
Stanford Summer 2018 Cohort  
August 18 · 📍

👍 6

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1,790 members

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**Mahon Rachel**

August 18 at 10:35 AM



Christian and Djan's group with their rap!





**Mahon Rachel**

August 18 at 10:38 AM



Layal presents for her group (Ali's group too)







**Mahon Rachel**

August 18 at 10:44 AM



Talia presents the island of Bellemay (Semeli's group)



What a great final day! After breakfast we visited the California Academy of Science. Students walked through a rainforest, wandered round an aquarium and met an albino alligator!

We then drove up to, and over, the Golden Gate Bridge, stopping on the other side to take some pictures. We then left to Pier 39 to check out the stores and restaurants and finally get the Hard Rock Cafe tshirt that Christos wanted!

After dinner back at Stanford we had the certificate ceremony followed by cupcakes!

In the evening the music was turned up and the party began!

Jiro, Krish and Anket, students from India led the dancing. A combination of Bollywood and modern moves, truly international. Many sad farewells were said to all the friends that have been made, although these friendships will surely last into the future. But mainly they danced!