

Thank-you for your interest in The Guthrie-Koch PKU Scholarship and Merit Awards!

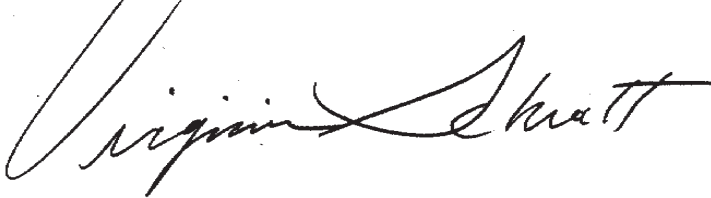
Notes to potential applicants:

- Please see page 2 for information about eligibility and other details of the program. The awards are for undergraduate students only.
- Applicants need to download the entire application that follows, then complete it by hand and return it to me at National PKU News with a postmark no later than **October 15** to be eligible for this year's awards. If you have extenuating circumstances that make this deadline impossible for you to meet, please contact me in advance and I will consider your situation.
- For the four letters of recommendation that are required for your application (1 from your PKU treatment center and 3 others), you will need to add the date by which you would like the person writing the letter to respond (in designated space at the bottom of the forms that are found at the end of this application). Also, be sure to request your transcripts (including standardized test scores) far enough in advance to receive them in time to enclose with your application.

The scholarship committee very much looks forward to receiving your application. It will be our privilege to bestow on each winner not only a financial award, but your story will also appear in National PKU News and you will receive a framable certificate of recognition. If you are one of the winners, you will be joining an elite group of young people, and will have this very special honor to remember and inspire you for the rest of your life.

Please contact me via e-mail (schuett@pkunews.org) or telephone (206-525-8140) if you have any questions as you work on the application. I look forward to receiving your completed application in October.

Sincerely yours,

A handwritten signature in black ink that reads "Virginia Schuett". The signature is fluid and cursive, with the first name "Virginia" written in a larger, more prominent script than the last name "Schuett".

Virginia Schuett, MS, RD

Chairperson, Guthrie-Koch PKU Scholarship and Awards Committee

Director and Editor, National PKU News



The Guthrie-Koch PKU Scholarship

This higher education scholarship program honors the memory of Dr. Robert Guthrie and Dr. Richard Koch, two remarkable men who shaped the course of PKU diagnosis and treatment. The scholarship program was started by National PKU News after Dr. Guthrie's death in June 1995. When Dr. Koch died in September 2011, we added his name to the program. The first scholarships were awarded for the 1998-99 academic year.

History of the scholarship program:

Dr. Guthrie developed the newborn screening test for phenylketonuria (PKU) in 1961. He then worked tirelessly for more than thirty years to establish newborn screening programs in the US and many other countries. Every family of a child with PKU born after the mid-1960's in a country where newborn screening is done has reaped the benefits: more than 20,000 of their children have been saved from devastating mental retardation caused by untreated PKU. Early screening and a special diet have allowed these young people to grow up normally and lead full, productive lives.

Dr. Richard Koch, a long-time colleague and friend of Dr. Guthrie, died on September 24, 2011. We decided to honor him by adding his name to the scholarship program. Dr. Koch dedicated his entire career of more than 50 years to identify, treat and help find a cure for PKU. His work was always at the forefront of PKU treatment and research. Dr. Koch was the principal investigator on two large collaborative studies on PKU children and maternal PKU that forever changed how PKU was treated. He also lobbied tirelessly for newborn screening for PKU. He dedicated his life to PKU and never stopped working for the cause that he believed in. He was also a kind and caring physician who gave his "all" for PKU patients and their families.

There is no question that young people with PKU bound for higher education programs owe this opportunity to early screening and treatment. Without early PKU identification, they could be living in institutions or group homes for the retarded instead of planning to attend college or technical school. It seemed fitting to establish a scholarship program in memory of Dr. Guthrie, whose test made their achievements possible, and to add Dr. Koch's name when he died, a beloved leader in PKU treatment and research.

From its start in 1989, Dr. Guthrie was a member of the Board of Directors of National PKU News and Dr. Koch was a consultant to National PKU News for medical issues. National PKU News is a nonprofit organization devoted to bringing news and other information to families living with PKU. Beyond their single-minded dedication to preventing the mental retardation caused by PKU through screening and proper treatment, throughout their lives, Dr. Guthrie and Dr. Koch were devoted advocates for families living with it. National PKU News was started with the strong support and encouragement of both of these amazing men.

Who is eligible:

Scholarships are open to any young person with PKU who is on the diet and about to attend or already attending a college, university, or technical school at the undergraduate level (graduate students are not eligible for the awards). *Residents of any country may apply, but the application and letters of recommendation must be in understandable English and an English translation of the transcripts must be made if they are in another language.* Applicants must be accepted to an accredited college, university or technical school before the scholarship is awarded, but may apply for the scholarship before acceptance is confirmed.

Who will review scholarship applications:

A scholarship committee will review all applications. The committee consists of well-known PKU professionals and Guthrie and Koch family members.

Application deadline:

Applications for The Guthrie-Koch PKU Scholarships and merit awards are accepted annually. Completed applications must be postmarked by **October 15** each year for scholarships awarded for the following academic year.

Scholarships and merit awards:

Each year, scholarships and merit awards will be announced **at the end of January**.

The number of awards and the total amount granted in any given year will vary, depending on the number and quality of the applications received and on the funds available.

The award will be sent after receipt of a college acceptance letter or proof of continuing education.

Application forms:

Applicants must submit the completed Guthrie-Koch PKU Scholarship form, transcripts of academic records, the applicant's statement, three letters of recommendation, and a letter from the PKU treatment physician. Letters of recommendation should be from instructors, college staff, employers, etc. (do not ask friends, relatives, or classmates). Academic transcripts are to be sent from the school to the applicant, using the request form provided, and then enclosed with the completed application. Letters of recommendation, using the form provided, are also to be sent to the applicant, in a sealed envelope, and enclosed with the completed application, .

Criteria for evaluating applicants:

The Guthrie-Koch PKU Scholarship committee will consider the following factors for each applicant (not necessarily ranked in order of importance):

- academic records
- educational/career goals
- the applicant's statement
- letters of recommendation
- extracurricular activities and volunteer work
- financial need (financial need will be considered, but is not crucial. You can be awarded a scholarship without having significant financial need)

_____ street address

_____ city state zip

Telephone number _____ e-mail address _____

Please give dates this address/telephone/e-mail may be used: _____

PKU History

Approximate age (in days or weeks) when your PKU was diagnosed _____

Have you ever been off the diet? (give dates if yes) _____

Average blood phe level in past 2 years (mg/dl or $\mu\text{mol/L}$) _____

This is the average of how many blood specimens? _____

How will your PKU medical formula be paid for during your academic career? _____

Other Information

Parent's occupation. Father: _____ Mother: _____

Of which country are you a citizen? _____

If not a U.S. citizen, are you a permanent resident of the US?

yes no

Have you applied for, or are you receiving, other financial aid (scholarships, loans, grants)?

yes no

If yes, give details (name of program, amount requested/granted, etc.) _____

Academic Information

Academic goals:

bachelor's degree master's degree doctoral degree law degree medical degree
 other _____

Expected major/minor _____

If vocational/technical school, name of job-related program _____

School you expect/hope to be attending:

name

street address

city

state

zip

Other schools you are considering (name only): _____

Financial Information

Previous Year's Total Gross Income, Earnings, and Benefits (from federal income tax return):

Parent's Income (if you are a dependent, or receive substantial financial help from them)

\$ _____ in U.S. currency (use current exchange rate if a non-U.S. citizen)

Applicant's personal income \$ _____ in U.S. currency (whether or not you are a dependent)

Do you support yourself? _____

Number of children in the family and ages _____

If you or your family have unusual circumstances, such as PKU medical expenses not covered by insurance, unusual non-PKU medical or dental expense not covered by insurance, a family member who is a dislocated worker, or other unusual circumstances that affect your financial status, please describe below:

This information will be held in strictest confidence. Applicant's signature below indicates that the above financial information is true and complete to the best of your knowledge. (If asked for proof of the information, proof may include a copy of your income tax return.)

Signature _____

Please rate your need for a college scholarship. A "1" indicates without assistance you will not be able to attend college and "7" indicates no particular financial need:

1 2 3 4 5 6 7

List any previous educational experience post-high school:

Name and Location of School Dates Attended Degree Received Financial Aid?

Applicant's Statement

This is a very important part of the application. Through your words, please "paint a portrait" of yourself for the scholarship committee. Please carefully review it for typographical and spelling errors before sending it, and use your best English composition skills!

On separate paper, typed, please write a narrative/essay about yourself, including each of the numbered topics below. NOTE: Your answer to #3, as you are describing a number of activities, can be presented as an outline, but does not have to be. However, even if you do an outline, commentary about each of the activities is still helpful in giving the committee a more complete understanding about your involvement, so please add more details about an activity when you think it would be helpful. Be specific in your answers.

Your statement should be no longer than *seven typed pages, double-spaced*. Your statement should include the topics listed below. **PLEASE GIVE EACH TOPIC THE SUBHEAD LISTED IN BOLD TYPE.**

- 1) **Why I am Applying for the Scholarship:** Describe why you are applying for the scholarship.
- 2) **My Educational Objectives and Career Plans:** Describe your educational objective(s) and career plans, if known, and what factors/interests have led you in this direction.
- 3) **My School and Community Activities:** Describe your extracurricular activities, such as on-campus student activities, family activities, community activities, clubs, student offices held, sports activities, involvement in musical groups, any involvement you have had with PKU-related activities, etc. Please include any comments you have about these activities and their importance in your life.
- 4) **Honors and Awards I have Received:** List and describe any honors and awards you have received, academic or otherwise.
- 5) **My Work History:** If you are currently employed, state your employer's name, the type of work you do and the hours you work per week or month. Describe any significant work you have done in the recent past but are not currently engaged in.
- 6) **Diet Summary:** Describe your current diet in some detail, and how you cope with it on a daily basis, both at school and at home.
- 7) **My Overall Experience and Attitudes about PKU.** As accurately and articulately as possible, please describe your overall experience with PKU, your attitudes toward the PKU diet both now and in the past, and what influence PKU has had on your life. Please include any pertinent information about your family or clinic and how they have helped you deal with PKU. (Please expand on your thoughts as much as possible).

Letters of Recommendation

We prefer that at least two of the three required letters of recommendation be from school teachers who know you and your work well. One of the three can be from an employer or long time family friend who has observed you in different situations. However, the strongest letters of recommendation usually come from academic sources and thus we prefer to have each of the required letters from a teacher. You are welcome to include one extra letter if you feel it would strengthen your application (just print out an extra rating form to go with it), making a total of 4 letters. This extra letter could easily be from a family friend or employer. All of the the letters need to be accompanied by the rating form enclosed in the application.

Letter from PKU Treatment Clinic

Please request a letter from your current PKU treatment clinic physician or nutritionist. (If you were followed for many years by another clinic, please also include a letter from that clinic.) The letter should briefly describe your PKU history and treatment and include a recommendation for the Guthrie-Koch Scholarship. Include the letter, in a sealed envelope with letterhead from the clinic, when you mail your completed application form. The letter needs to be accompanied by the rating form enclosed in the application.

Check List: Have You Completed the Application As Required?

My application for The Guthrie-Koch PKU Scholarship includes the following (please check off):

- Application Form**, including a recent colored photo
- Applicant's Statement**, typed, double spaced
- Three (or four) letters of recommendation** in sealed envelopes
- Letter from my PKU treatment physician or nutritionist** in a sealed envelope
- Transcripts** (from high school and all colleges I have previously attended) and **college entrance test scores** in a sealed envelope.
- I have mailed all required parts of the application to National PKU News, postmarked no later than **OCTOBER 15** (*except by prior arrangement*).

Please put your completed application, including transcripts, test scores, and letters of recommendation, in a large envelope. All material must be included in the single envelope (not sent separately from various individuals, unless by prior arrangement).

Send to: National PKU News, 6869 Woodlawn Ave. NE #116, Seattle, WA 98115. The application must be postmarked by **OCTOBER 15** unless you have special circumstances that you have discussed with Virginia Schuett, Chairperson of the Guthrie-Koch Scholarship Committee; contact her at schuett@pkunews.org, or tel: 206-525-8140 well in advance of the deadline.

The Guthrie-Koch PKU Scholarship
Request for Official Transcript
and College Entrance Test Scores

Name of school _____
Address _____

Student's name _____
Student's permanent address _____
_____ street address _____
_____ city state zip country

Student's date of birth _____

Student's signature _____ Date _____

Please send a copy of the OFFICIAL TRANSCRIPTS and COLLEGE ENTRANCE
TEST SCORES in a sealed envelope along with this form directly to the applicant
for inclusion in the application form, by _____
(date requested by the applicant)

Thank you!

Your year in school for which the scholarship will be applied:

