

Good morning, ladies.

It was a late night but I hope you join me in celebrating the close of the 41st year of Shirley's Learning for Life program. I had an absolute pleasure being with you, and I hope to see many of you throughout the year ahead on and off campus.

As promised, four faculty from the medical school offered the cap to our series with attention to outcomes research, an area where Northwestern has been at the forefront nationally.

Stephen (what adorable triplets he has!) spoke about skeuomorphisms (things that we create--light bulbs to look like candles--based on the ways things were in the past) and highlighted the need to reinvent mental health and reimagine the future using the unique affordances of technology. Michelle, Michael and Mary then walked us through examples of the potential of technology focused on niche audiences: Michelle on a smartphone app designed to help young sexual minority men to manage symptoms of anxiety and depression. Michael on the value of technology to self-monitor health behavior. And finally, Mary on using text messaging to improve rates of STD testing among college students to increase HPV (human papillomavirus) vaccination among young gay and bisexual men.

Thank you for joining me on this journey.

We are learning for life,
rdm