

2024

DCI Annual Report

Engaging
for Impact

Results and accomplishments
of the 2023 - 24 academic year



October
2024

Message from DCI

To Our Community,

It has been another productive year for the DCI program, with progress on many initiatives and new connections across campus. We are excited to share this year's highlights in our 2024 DCI Annual Report: Engaging for Impact.

Over the past decade, DCI has evolved from a scrappy start-up to a strong and sustainable program. We continue to build relationships with campus partners, including the [COLLEGE](#) first-year and [ARC](#) residential co-curricular programs, the [Knight-Hennessy Scholars](#), the [TomKat Center](#), Stanford's [Center on Longevity](#), and the [MSx](#) and [CASBS Fellows](#) programs. These opportunities for intergenerational learning and connection enrich the program and the academic environment in myriad ways, from classroom projects and entrepreneurial endeavors to career and leadership advice. We are indebted to Stanford University and to all of our campus partners for making DCI possible - thank you!

We are also indebted to our 400+ member DCI alumni community. Your energy, enthusiasm, and commitment to giving back – to DCI, to Stanford, and to your communities – is inspiring. Thank you for serving as volunteer leaders on campus and beyond, and for being such incredible ambassadors for DCI!

DCI's robust reputation and network resulted in tremendous growth in interest and applicants, with a 27% increase in applications in 2023. The recently launched [DCI Class of 2024](#) includes members from Brazil, India, Peru, Spain, and the UK, with diverse experiences ranging from sustainability and education to healthcare and entrepreneurship. They are an accomplished and driven group that is eagerly embracing the opportunity for transformation and transition that lies ahead.

We hope you will watch and share the new DCI videos with your networks, [Discover Stanford DCI](#) and [Stanford DCI Connections](#), which capture the evolution and integration of the program within the Stanford community.

We look forward to staying connected and to finding new opportunities for learning, impact, and connection with you all. Thank you for your engagement and many contributions to DCI's ongoing success!

Sara Singer and Katie Connor

Faculty and Executive Directors



Vision and Mission

Vision

Stanford's Distinguished Careers Institute (DCI) aspires to create a new model for higher education, offering intergenerational learning, community, and opportunities for impact throughout the lifespan.

Mission

DCI inspires accomplished individuals to thrive in their next chapter by providing opportunities to discover, connect, and contribute through engagement within Stanford's diverse academic community.

Approach

The DCI program provides a year of thoughtful reflection and reinvigoration, which our alumni affirm is a dynamic and "life-changing" experience. We do this through the three pillars of Purpose, Community, and Wellness, by offering:

- Academic discovery and immersion through access to courses and programs across Stanford's seven schools.
- A stimulating and supportive new community of colleagues and a robust network of Stanford faculty and staff.
- Curated programming and resources to support physical, emotional, and spiritual wellbeing.
- Holistic exploration of individual meaning and purpose in later life.
- Mutually beneficial opportunities for intergenerational collaboration, learning, and mentoring.
- Exploration of opportunities for meaningful future endeavors.
- Ongoing learning and engagement with a vibrant alumni network.



DCI Program

The DCI program is built on the 3 pillars of Purpose, Community, and Wellness which are integrated throughout the DCI year. These pillars provide a holistic framework for supporting Fellows as they explore, reflect, and plan for their next chapter. In addition to Stanford courses, the program includes unique DCI-only offerings in memoir, life-design, contemplative practice, physical fitness, and navigating transitions. Fellows work with Faculty Mentors, Purpose Pathway Liaisons, and Wellness Specialists who help them connect with academic resources across campus. Weekly discussions with faculty speakers and Fellows' shared stories of transformative moments in their lives help to create a strong and supportive community that persists beyond the fellowship year.



“

Every pillar of the DCI program has already impacted me in a profoundly transformative way.”

- DCI Fellow (DCI Research Interview)

Key Program Elements



- Colloquia
- Community Dinners
- DCI Memoir Course
- dciX
- Designing Your Life
- Engagement & Opportunities Fairs
- Faculty Fellow Dialogues
- Faculty Mentors



- Fitness Sampler Class
- Friday Seminars & Workshops
- Life Transformation Reflections
- Pre-DCI & Orientation Programs
- Purpose Pathway Liasons
- Second Adventure Retreat
- Transition Workshops
- Travel Learning Experience



Purpose

Fellows select a broad academic theme or “purpose pathway” to guide their coursework in an area that they want to delve more deeply into during their fellowship year and possibly pursue post-DCI.

9 Purpose Pathways



Arts and the Humanities



Business, Leadership and Entrepreneurship



Education, Teaching and Learning



Energy and the Environment



Engineering Sciences and Design



Health and Healthcare



Human Rights and Social Justice



International Studies and Programs



Social Sciences, Policy and Public Service

Travel Learning Experience - Health and Longevity



Members of the DCI Class of 2023 participated in a travel learning experience focused on the Dutch healthcare system. Participants engaged with leading scholars, explored innovative health practices and policy, and experienced the rich culture of Amsterdam. Highlights included visits to the Hogeweyk Dementia Village, the Kroller-Mueller Museum, and interactive sessions at renowned universities.

Stanford DCI Connections

“The ability to step out of your comfort zone and embrace the situation and get comfortable being uncomfortable has led me to the most amazing experiences.”

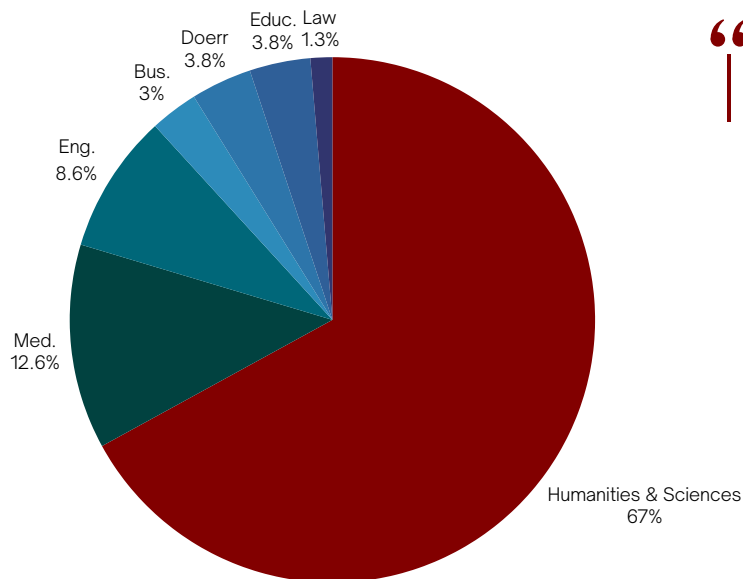
Susan Vobejda
DCI Fellow (2023)



Community

DCI provides many ways for Fellows to connect during their fellowship year, enabling strong cohort bonds and lifelong friendships. Fellows actively engage with Stanford students and faculty in the classroom and in a number of extra-curricular engagement opportunities. Additionally, Fellows and alumni are actively engaged with the Stanford community via Community Dinners, virtual Colloquia, and a Community Celebration, which provide ongoing opportunities to connect and learn.

DCI Course Participation by Stanford School, Academic Year (AY) 23/24:



“ I enjoyed the social community of DCI...Each and every member of the cohort made an effort to contribute to the group’s strong cohesiveness, which was such a gift, and I was so lucky to be part of this group!”

- DCI Fellow (2023)

2023-24 Community Events:

- Fall 2023 Colloquium - “Navigating New Waters in Higher Education: Recent changes and potential impacts at Stanford & beyond” with [Rick Banks](#), [Richard Saller](#), [Debra Satz](#), [Martin Shell](#), and [Isaac Stein](#).
- Fall 2023 Community Dinner - featuring the [The Stanford Mendicants](#).
- Winter 2024 Colloquium - “Promise and Perils of AI,” [Johannes Eichstead](#), [Jeff Hancock](#), [Rohini Kosaglu](#), and [Michal Kosinski](#).
- Winter 2024 Dinner - “Life Lessons in Transition” with [John Etchemendy](#), Provost Emeritus, Patrick Suppes Family Professor in The School of Humanities and Sciences, and the Denning Co-Director of Stanford HAI.
- Spring 2024 Community Celebration - The Future of Democracy featuring [Ian Bassin](#), [Ben Ginsberg](#), [Pam Karlan](#), [Josh Ober](#), [Christine Sun](#) & others.
- Spring 2023 DCI Commencement - Launching the Class of 2023!

Wellness

The DCI program provides educational and navigational support for Fellows seeking to explore their physical, emotional, and spiritual fitness. Fellows can participate in lectures, classes, workshops, and activities utilizing the vast resources of the university. They are also encouraged to map out plans to improve their health and wellness through engagement in healthy lifestyle behaviors, and by setting challenging yet achievable goals each quarter.

“The [DCI Wellness program] has dramatically changed my life. My feeling of wellbeing and my desire to keep going and improving has bloomed in this encouraging environment.” -- DCI Fellow (2023)

AY 23 / 24 Wellness Speakers & Programs

Mindfulness	Fitness Classes	Longevity	Tai Chi	Spirituality
Bone Health	Cognitive Health	Women’s Health	DCI Hiking Group	



8 Wellness Specialists



DCI Fellows invited to serve as speakers & volunteers across campus in:

- AI in Healthcare
- Healthcare Innovation Lab
- Longevity Ambassadors
- Medicine & the Muse
- Stanford Biodesign



73% of the Class of 2023 enrolled in wellness-related courses.



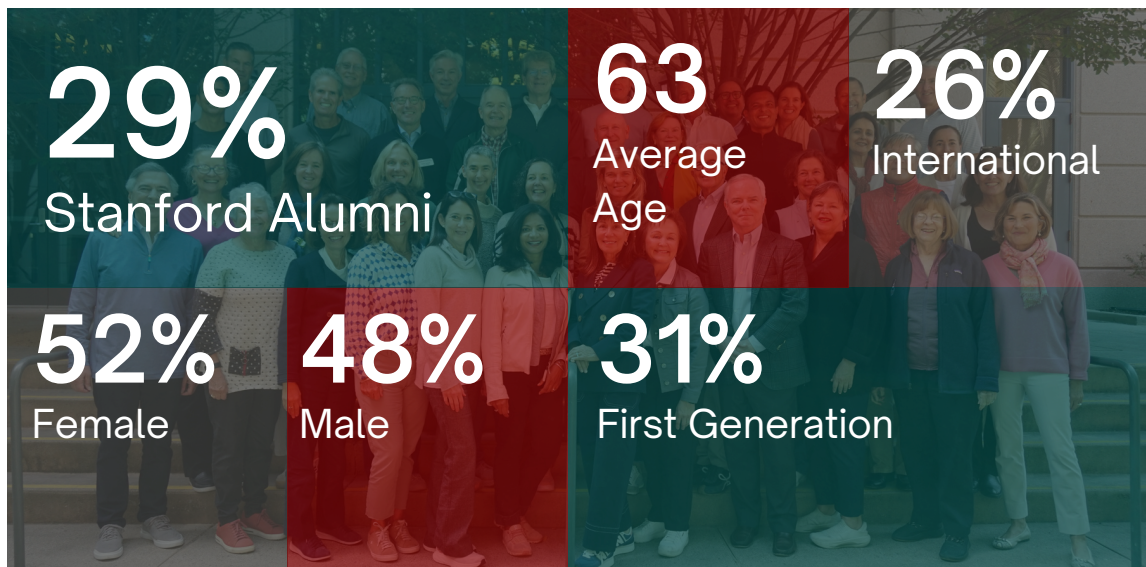
6 Healthy aging talks



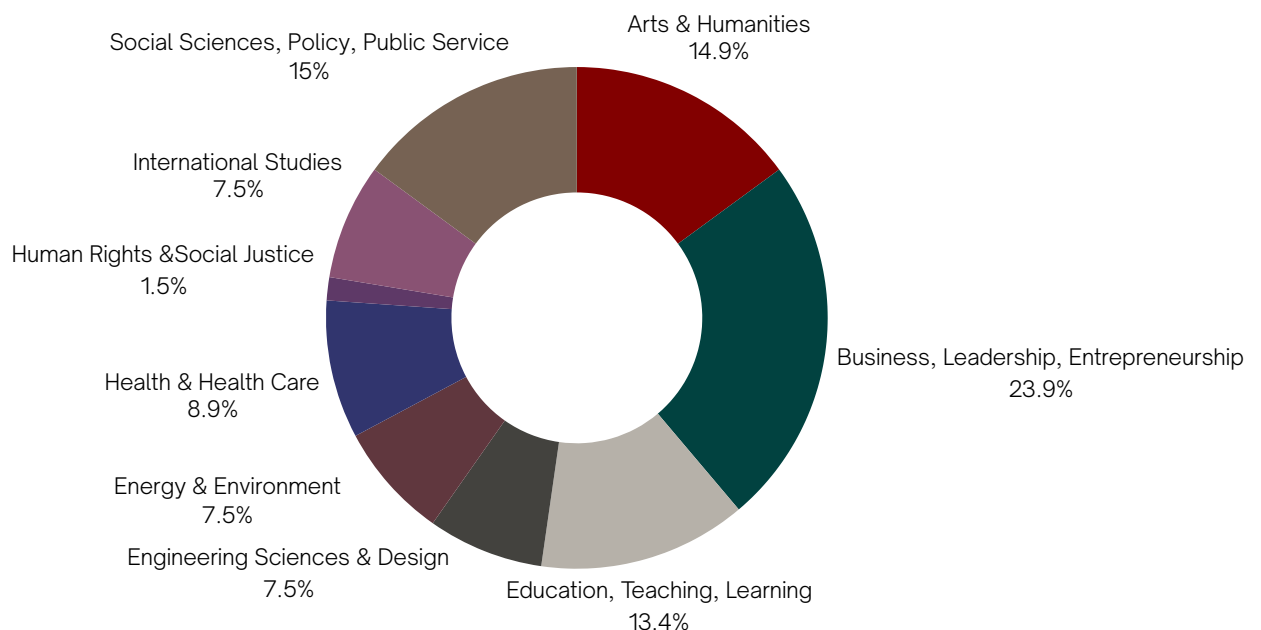
Class of 2024

The 40 members of the DCI Class of 2024, who joined us on-campus in September, include leaders in sustainability, education, healthcare policy, marketing, and entrepreneurship. They bring diverse perspectives and interests to the program and the classroom and plan to pursue a variety of purpose pathways throughout the year.

Demographics



Selected Purpose Pathways





The DCI Community

The Distinguished Careers Institute was launched in 2013 and welcomed its first class of 31 Fellows and Partners in 2015. Since then, over 422 Fellows and Partners with diverse backgrounds and experiences have come to DCI from across the globe to learn, explore, reflect, and connect as they prepare to contribute in their next chapters.

At a Glance:

21%

of DCI alumni are
Stanford alumni

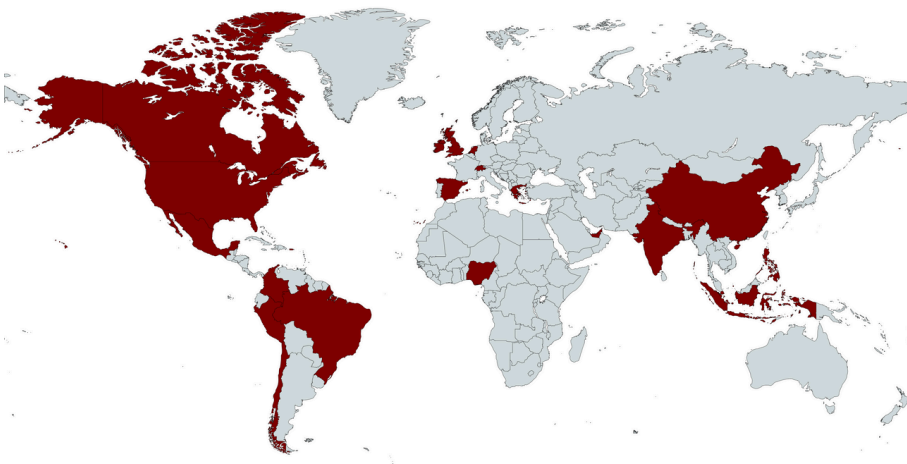
52%

Female

94%

of alumni report
volunteering on a
monthly basis

Geographic Distribution, all Classes:



16%

International












84%

Domestic

Engaging on Campus

Under the umbrella of dciX, community and intergenerational engagement are key components of the DCI experience. As our community has grown, we have expanded dciX engagement opportunities to encompass 11 Learning and Impact Groups (LIGs), formerly Special Interest and Affinity Groups. These groups provide ongoing learning and connections for contribution and impact post-DCI. The program's intergenerational engagement activities connect Fellows and alumni with students as project mentors, coaches, and speakers, providing strategic expertise, as well as invaluable career advice and connections, to over 10 student organizations in the past year.

Learning & Impact Groups

 DCI on Boards	 Health and Wellness	 Racial Justice and Equity Initiatives
 DCI Speaks	 Longevity Innovations	
 DCI Writes	 Impact Investing	
 DCI Ideaworks	 Salon Speaker Series	
 Democracy	 Sustainability, Climate, and Energy	

150 DCI Fellows and Alumni Engaged in dciX Programs, AY23/24.

Student Impact

Number of **Undergraduates** Engaged in dciX Intergenerational Programs with DCI, AY23/24:



Number of **Graduate Students** Engaged in dciX Intergenerational Programs with DCI, AY23/24:



“
If I had to describe the DCI Fellows in one word, it would be generous.”

- Iris Ung (student)

94 events across all Community Engagement initiatives

Transitions

In the past year, DCI introduced new courses and activities to support Fellows' transitions to what's next, such as Ikigai and Science of Action workshops, an Opportunities Fair, and expanded [DCI Transition Resources](#).

Transition Programs and Partners Focused on:



Board Service



Career Re-entry



Democracy



Social Impact



Mentoring



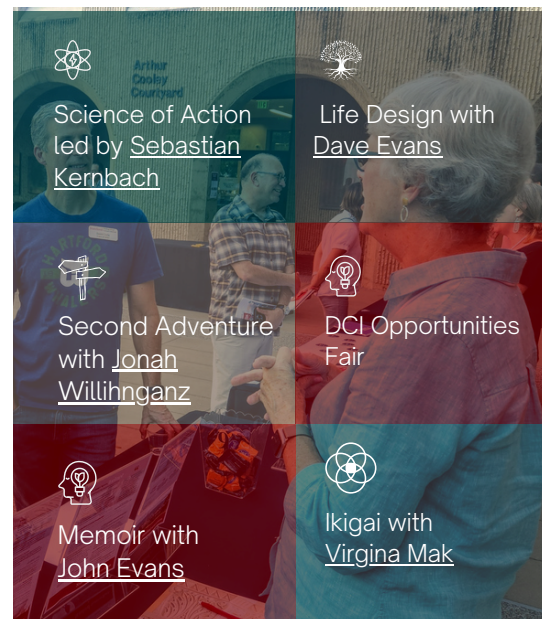
Volunteering

[CLICK HERE](#)

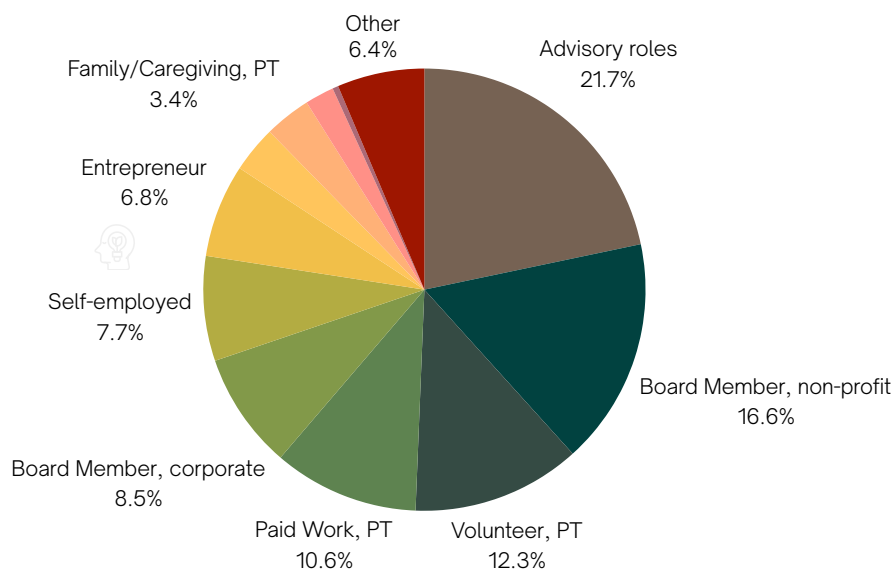
Transitions Resource

Share a transition opportunity

DCI Transition Programs



Post-DCI, Fellows are Serving in...



“[The Science of Action workshop] provides very practical approaches... Hands on activities were fun and helpful for illustrating how to implement methodologies and get started.”

- DCI Fellow (2023);
Science of Action Participant

Inspiring Individuals

The DCI year offers a transformative experience, allowing Fellows to expand their horizons and discover new directions for their next chapter. DCI alumni are making an impact in healthcare, racial justice, education, and sports (see below). [Profiles of Impact](#) showcase how our alumni are contributing globally.



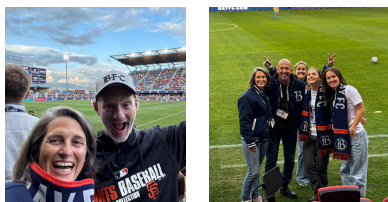
Becca Van Dyck

Former COO, Meta Reality Labs; DCI Fellow (2022)

Classes taken during Stanford DCI year: sports writing, sports business management and “Design Your Life” program.

Post-DCI: Implemented the “Design Your Life” program to turn her passion for soccer into a vocation.

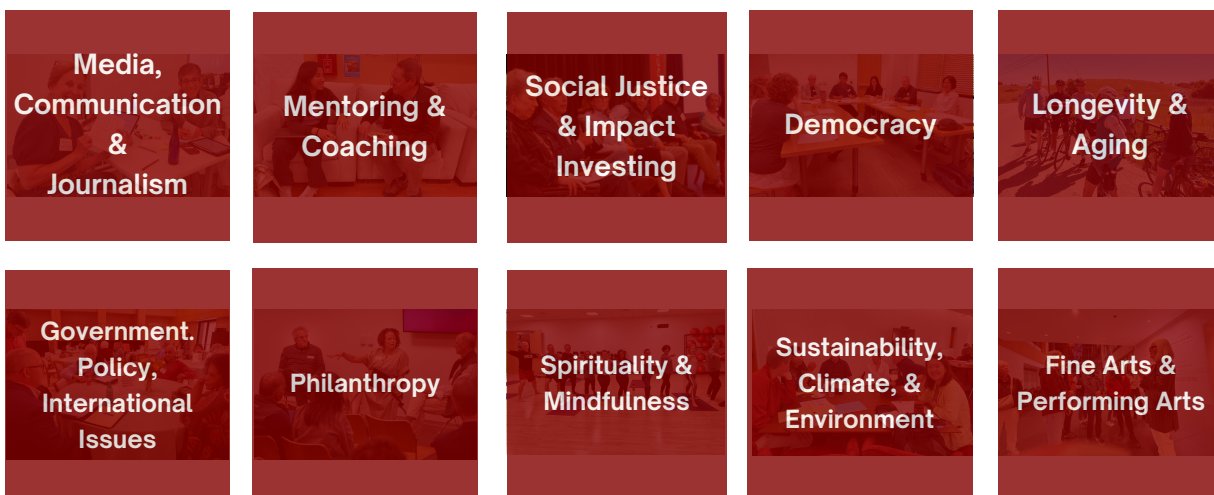
Today: Becca was a key player helping bring Bay FC, a new Women's Soccer League expansion team, to the SF Bay Area.



“DCI allowed me to change my way of thinking about time and pace and what's important...I have a new found or renewed interest and emphasis on some of the basic fundamentals of life.” - Becca Van Dyck, DCI Fellow (2022)

81% of Alumni *indicated their primary interest area changed* as a result of their DCI year.

Top Passions & Interests Fellows Discovered or Re-discovered through DCI



Transforming Institutions

A number of Stanford Institutes, Centers, and Programs have identified opportunities for DCI Fellows to mentor, coach, and advise Stanford students on diverse topics, including career choices, life-work balance, and entrepreneurial ventures. Through these meaningful engagements, Fellows and students benefit from a deepened sense of purpose, mutual learning, and community building, contributing to Stanford's broader mission of preparing well-rounded, socially conscious leaders for the future.

DCI Campus Partners



Stanford
Women on Boards

Knight-Hennessy Scholars
Stanford University



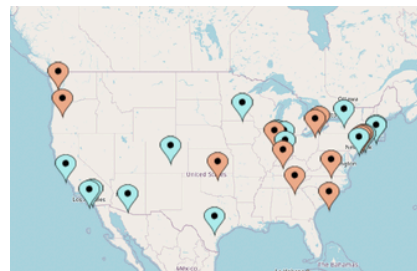
JSK JOURNALISM
FELLOWSHIPS

Stanford | **VPUE**
Vice Provost for Undergraduate Education

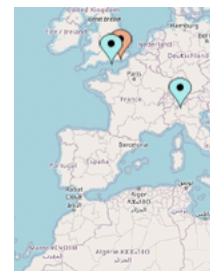


Nexel Collaborative

DCI works with other institutions that have or are launching midlife transition programs, as a founding member of the [Nexel Collaborative](#). Nexel members share resources and best practices with a growing number of programs across the globe. Key areas for potential cross-institution collaboration include shared research initiatives, conference presentations, and alumni connections and programming.



17
Established Programs



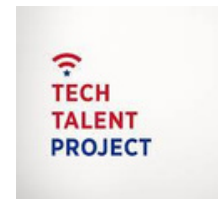
13
In development

Contributing to Communities

DCI alumni contribute to a broad range of organizations and opportunities post-DCI.



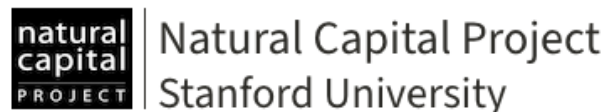
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MUUS
CLIMATE
PARTNERS

Stanford | Women on Boards

Candid.



Natural Capital Project
Stanford University



DALAI LAMA FELLOWS



Rancho Feliz
Charitable Foundation, Inc.





BLUE OCEAN BARN

92NY



DENVER art MUSEUM

CENTRAL PARK CONSERVANCY

Paraply



the stanford storytelling project

Senior Poverty Prevention Project



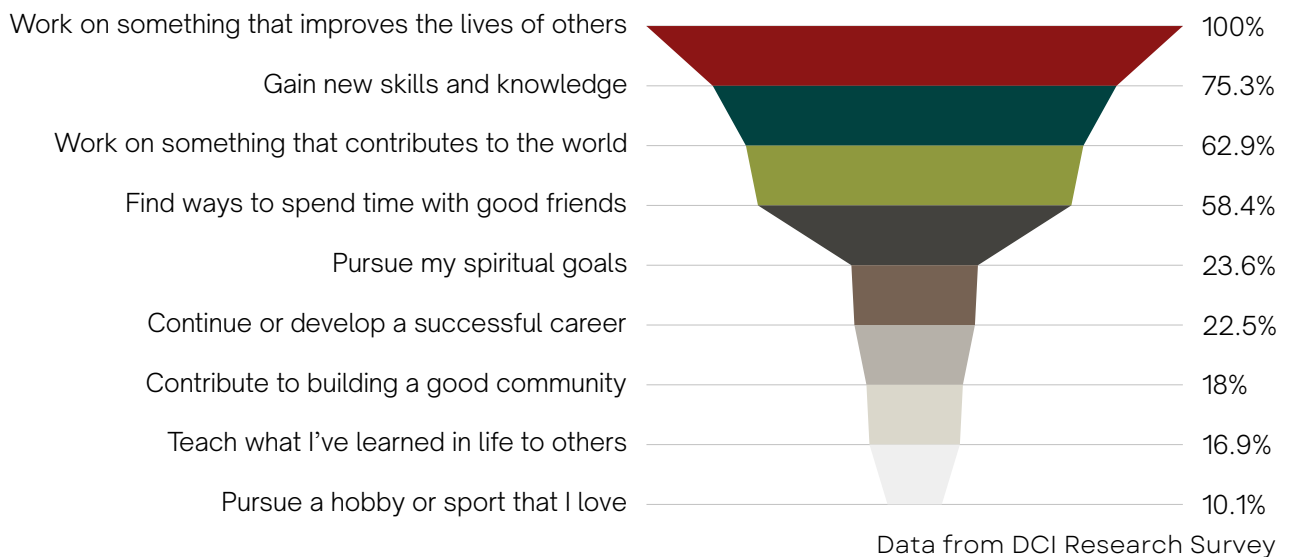
Yale SCHOOL OF MANAGEMENT



Research

DCI uses a longitudinal, mixed-methods research approach to evaluate the impact of DCI on program pillars, intergenerational learning, and society. By participating in research, DCI Fellows provide essential data to inform our understanding of the program's effect on a range of topics from purpose to intergenerational and social engagement, wellness through the lifespan, and more. Our initial analysis of 11 years of research surveys and interviews provides evidence of the benefits of this type of program. This data will allow us to better understand the most impactful components of the program and may drive future research collaboration across Stanford and with other institutions launching mid-life transition programs.

Reported Primary Goals of DCI Fellows Prior to Starting DCI



Reflections from DCI Fellows and Alumni

“

My DCI peers have played the most important role in shaping how I think about my goals and plans for post-DCI. They have become new role models for me. I'm no longer comparing myself to a corporate ladder that needs to be climbed. Instead I'm comparing myself to my DCI peers who are experimenting in inspiring ways.”

- DCI Fellow (Research Interview)

“

Embracing the role of a student once more has been truly rewarding. A time of great change and growth: a time to learn, to make new friends, to improve my skills, to explore new interests, to enjoy life in a different way.”

- DCI Fellow (Research Interview)

“

There's a renewed sense of who I am and what I'm doing and why I'm doing it. I can't tell you enough how important that a year was for me to discover who I am and what I want to do next.”

- DCI Fellow (Research Interview)

DCI Thanks You!

We appreciate the tremendous generosity of our alumni, faculty partners, and donors. Your many contributions have allowed DCI to grow and flourish at Stanford, facilitated the program's continuous improvement, and enabled us to innovate and serve as a model for other institutions. We would not be where we are today without your commitment, involvement, advocacy, and support!

DCI Advisory Council

Isaac Stein, co-chair

J. Taylor Crandall, co-chair

David deWilde

David Gensler

Lofton Holder

Jere B. King

Kim Collins Parizeau

Anju Patwardhan

Laura Peterson

Thomas S. Schreier, Jr.

Jane Shaw

Liz Snowden

Ned Spieker

Marsha Vande Berg

Anna L. Waring

Faculty Mentors

Bruce Cain

Rob Dunbar

Patty Gumpert

Kevin Grimes

Roberta Katz

Scotty McLennan

Abbas Milani

Faculty Partners

Dave Evans

John Evans

Jonah Willihnganz

Purpose Pathway Liasons

Tom Byers*

Gordon Bloom

James Campbell

Tom Ehrlich

Anna Grzymala-Busse

Kate Maher

Pam Matson*

Matt Snipp *

David Stevenson*

Wellness Specialists

Dianne Child

Mark Clapper, MD*

Nikki Downing

Anne Friedlander, PhD

Christopher Gardner, PhD

Scotty McLennan

Tiffany Steinwert, PhD

Sarah Meyer Tapia, PhD

Note: Includes participants in AY23-24* and AY24-25



Stanford Distinguished Careers Institute

A place to...

Discover

 dci.stanford.edu/

Connect

 dci-information@stanford.edu

 Connect with a Fellow

 Apply (September 1 - December 1)

Contribute

 Support DCI

 Share a transition opportunity