



2026 Guthrie-Koch Application

This guide will help you prepare your application before entering the online portal:

- Review Frequently Asked Questions [here](#).
- Diagnosis Verification Form: [Click here to download](#). You will complete this form with your clinic and upload the signed copy in the Supporting Documents section below.
- Recommendation Form: <https://forms.flok.org/scholarshiprec26>. Please share this link with four adults who are not related to you and who know you through your metabolic clinic, school, work, or community activities—for example: your clinic dietitian or doctor, teachers, coaches, club sponsors, work supervisors, or community mentors.
- You will also need to provide a transcript & standardized test scores (if applicable). Make sure to request those in advance.

All materials are due by the scholarship deadline posted on flok.org/scholarship.

Short Answer Questions

The questions below refer to inherited metabolic disorders (IMD). These are also often called inborn errors of metabolism (IEM). How do you call your condition? Do you call it a condition, a disease, a disorder, or just by its name? (200-400 words) *

There are no wrong answers. We're trying to understand how individuals with these conditions think and speak about them to others. What's your short explanation if you're explaining it to someone who has no idea what it is?

Please describe your feelings about having an inherited metabolic disorder (200-400 words) *

For example: What would you like people to understand about living with an IMD? What influence has this had on your life? What challenges and opportunities has it presented?

Tell us about your care journey throughout your lifetime. (200-400 words) *

For example: What kinds of treatments and dietary modifications have you used to manage your condition? What has your experience been like with these strategies?



Managing an IMD can be a significant undertaking. Tell us how you contribute to this process or manage your care independently. (200-400 words) *

How do you plan to handle your care in the next phase of your life? Who else in your family, personal network, or medical team supports you in these efforts?

Describe your extracurricular activities. (400-600 words) *

For example: employment, student groups, family activities, community service, clubs, student offices held, involvement with sports or arts, or any advocacy related to rare disease generally, or your specific condition. Please tell us why these activities are important to you and what impact they've made on your life so far.

Essay Outline

Essay or Presentation (or format of your choice)

This part of the application is a chance to share your thoughts and ideas. You can be creative and try new ways to express yourself. Strong responses show thoughtfulness, care, and curiosity about the topic.

You can choose any format that works best for you. For example, you could:

- Write an essay
- Create a detailed strategic plan
- Record a presentation
- Make a promotional video

If you choose to write an essay, it should be at least 500 words and submitted as a Word or PDF file. If you decide to submit a recorded presentation, we recommend a length of 7–10 minutes.

Prepare your essay, plan, presentation, or video using the following prompt:

What should lifelong healthcare and community support for people with inherited metabolic disorders look like, and how have your experiences or observations shaped your ideas about what matters most?

These are some topics to consider when creating your response:

- Key resources and supports for individuals with IMDs and caregivers across life stages
- Ways to improve access to care, nutrition, and treatments
- Education and awareness opportunities through technology
- Community connection and mental health support



- Encouraging more patients and families to participate in advocacy

Please Note: While AI tools may be used for light support—such as researching, brainstorming, or checking grammar—they should not write or significantly shape your response. Your response should reflect your own ideas and your own voice.