

# **How I Did This Story**

*(S7Ep1 of Miseducation Podcast)*

Jose Santana

# October 2022 – January 2023

## *Learning / Planning Phase*

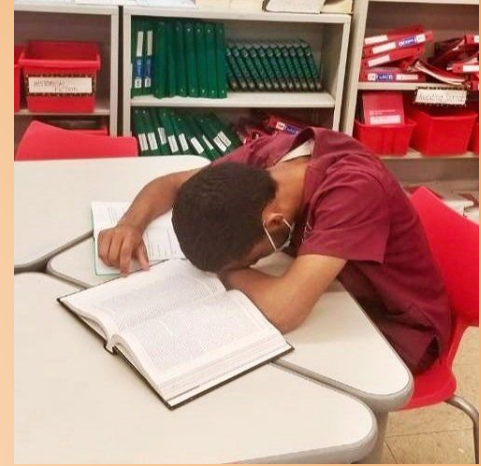
- Learned basics of audio journalism (interviewing, pitching, etc.)
- Familiarized myself with audio and storytelling
- Pitched two issues of interest to fellow students & adults
- Once I chose my issue, I started working on the episode reporting plan
  - Answering questions like...
    - Why is this story important?
    - Why does it need to be reported on now?
    - Why am I uniquely positioned to tell this story?
  - Finding sources with info / data about my issue
  - Brainstorming potential interview subjects



# February – March 2023

## *Tape Gathering Phase*

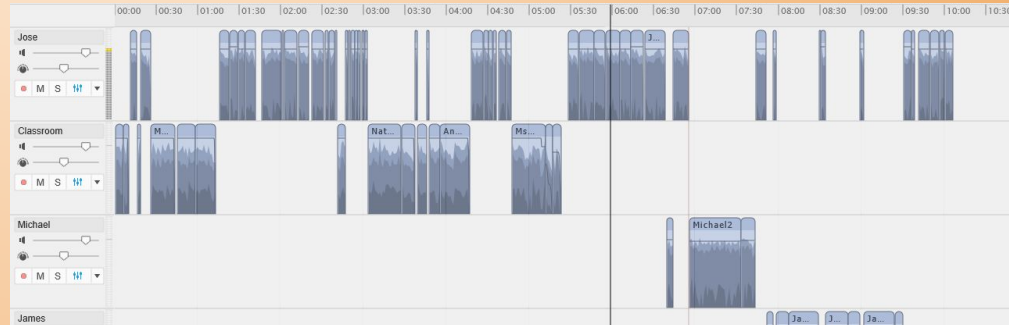
- Found interview subjects and reached out
  - Sleep experts:
    - Michael Gradisar, Head of Sleep Science @ Sleep Cycle
    - James Wilson, CEO @ Kipmate
    - Marco Hafner, Health Economist @ HEOR
  - My school in The Bronx:
    - Ms. Francine Cruz, Head of School
    - Vox pop session with classmates during lunch
- Cutting & organizing tape
- Starting to outline episode / get an idea of where I want everything to go



# March – May 2023

## *Script Writing / Audio Editing Phase*

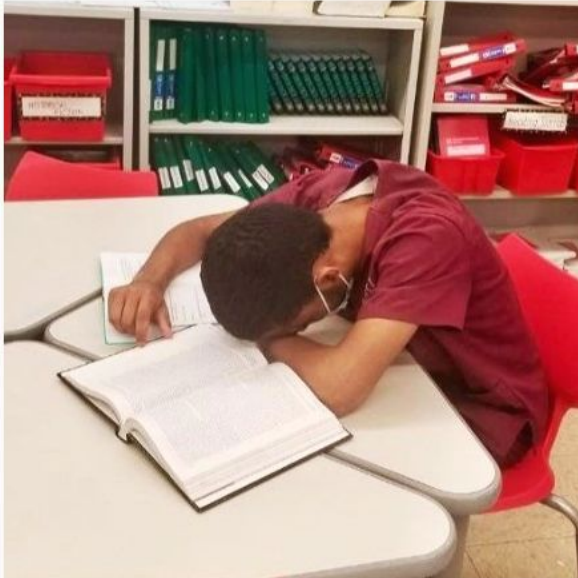
- Finalized episode outline
- Drafting out, editing, and polishing episode script
- Inserting tape into Hindenburg & editing the episode together
- Tracking my narration at Good Studio in Brooklyn
- Finishing episode audio in Hindenburg
- Marketing materials



# June 5, 2023 - *EPISODE RELEASE!*

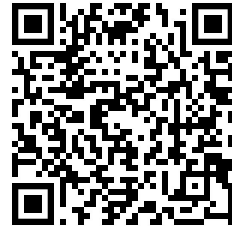
## Ep. 1: Wake Up Call – School Should Start Later

SEASON 7 JUN 5



“What we’re doing to our teenagers is actively creating schedules that make sleep harder. Why would we (do that)?”

— James Wilson, AKA The Sleep Geek



# Responses / follow up since episode release



- Made it on [StartSchoolLater.net](https://www.startschoollater.net)'s 22-23 School Year Student Hall of Fame.
- Cited in an essay from *The Messenger*.
- Republished by *Chalkbeat New York*.
- Had a conversation with my school's new Head of School about the episode beginning of this school year last September.
- Advocated the issue in an interview w/ 3 other students to NYC PS Chancellor David Banks. Sent him my research.



## US Schools Flunk the Start Time Test

[M.themessenger.com/opinion/us-schools-flunk-the-start-time-test](https://www.themessenger.com/opinion/us-schools-flunk-the-start-time-test)

Mary Carskadon, Ph.D., Lynne Lamberg

September 9, 2023

Opinion

THE VIEWS EXPRESSED BY CONTRIBUTORS ARE THEIR OWN AND NOT THE VIEW OF THE MESSENGER





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