



HPA SUMMER EXPERIENCES WORKSHOP

Allison Smith

Associate Director,

Health Professions Advising

GOALS

- Think about ways that summer opportunities enhance your understanding of healthcare professions, and help you develop as a person and future healthcare professional.
- Discuss ways to find available opportunities that most appeal to you.
- Hear from peers about their summer experiences.



WHERE DO SUMMER EXPERIENCES FIT IN YOUR PATH TO MEDICAL SCHOOL?

- Admission to medical school involves a holistic review process.
 - Strong academic credentials.
 - Test scores.
 - Involvements outside of the classroom.
 - Meaningful clinical experience.
 - Core personal competencies.



CORE COMPETENCIES

○ **Interpersonal**

- Service Orientation, Social Skills, Cultural Competence, Teamwork, Oral Communication

○ **Intrapersonal**

- Ethical Responsibility to Self and Others, Reliability and Dependability, Resilience and Adaptability, Capacity for Improvement

○ **Thinking and Reasoning**

- Critical Thinking Skills, Quantitative Reasoning Skills, Scientific Inquiry, Written Communication

○ **Science**

- Living Systems and Human Behavior

<https://www.aamc.org/initiatives/admissionsinitiative/competencies/>



IMPORTANCE OF SUMMER OPPORTUNITIES

- Explore your interest in the healthcare professions
 - Help you determine if a career in the health professions is right for you.
 - Gain health-related experience and skillsets.
 - Establish connections with mentors in the field.
- Explore you.
 - Cultivate established interests and identify new areas for exploration.
 - Develop as a leader, learn to think on your feet in professional settings, enhance communication skills, engage your desire to work with and serve others.



IDENTIFYING THE “BEST” EXPERIENCES

- Ask yourself why you are pursuing an opportunity.
 - How does this position speak to my interests?
 - What do I hope to learn from the experience?
 - Will this experience allow me to develop skills that will be important in my future career?
 - What qualities do I hope that these activities will demonstrate about me?



MORE QUESTIONS

- Would I like to continue my academic studies over the summer?
- Is there a particular geographic setting I'd like to be in?
- Is there a specific population I'm interested in working with?
- Does exploring a combination of activities sound appealing?
- Would I like to pursue a position through a program or on my own?
- How do financial needs factor into my choice?
- Are there particular time constraints I'm facing?



SAMPLE SUMMER ACTIVITIES PURSUED BY PRINCETON STUDENTS

- Researcher, Stanford Hematology Lab (Palo Alto, CA)
- Volunteer and translator at Maimonides Medical Center and research at SUNY Downstate Medical Center (New York, NY)
- Camp counselor, Camp Holiday Trails: A Camp for Children with Special Needs (Charlottesville, Virginia)
- PICS intern with Children's National Medical Center (Washington, DC)
- Researcher, Mayo Clinic (Rochester, MN)
- Studying at Beijing Normal University through Princeton-in-Beijing
- RHINO Poetry Magazine Intern (Evanston, IL)
- Cognitive Neuroscience Research at Princeton.
- Unite for Sight Eye Care Outreach Volunteer (Ghana)
- Pharmacology research at Merck KGaA (Germany)
- National Cancer Institute Internship (Bethesda, MD)
- Market research at Phu Hung Securities and volunteer at orphanage for children with physical disabilities (Vietnam)
- Our Lady of Lourdes Medical Center Public Health Summer Intern (Camden, NJ)
- Neuroscience research at the Pasteur Institute (France)



SAMPLE SUMMER ACTIVITIES PURSUED BY PRINCETON STUDENTS

- Travel to Russia on a US Department of State Critical Language Scholarship Award
- Children's Hospital of Philadelphia Research Institute Summer Scholars Program (CRISSP) (Philadelphia, PA)
- Intern at Pennsylvania Oncology Hematology Associates (Philadelphia, PA)
- Research at NIH and shadowing at the National Eye Institute (Bethesda, MD)
- HIV research with National Institute of Medical Research (Mwanza, United Republic of Tanzania)
- Glioblastoma research through Swedish Neuroscience Summer Internship and shadowing at the Ivy Center for Advanced Brain Tumor Treatment. (Seattle, WA)
- Hospital for Special Surgery Physician Shadowing (Uniondale, NY)
- Global Health Internship researching health disparities, shadowing, and volunteering (Ghana)
- Intern with Statewide Housing Coordinator for Long Term Care Reform in the Office of the Governor (Chicago, IL)
- Volunteering and shadowing at Newark Beth Israel Medical Center (Newark, NJ)
- IIP with Genesis Foundation (Gurgaon, India)
- Research in a biotechnology lab and shadowing at UCSF (San Francisco, CA)
- Volunteer at YWCA's Cornerstone Community Kitchen (Princeton, NJ)
- Orange Key Tour Guide (Princeton, NJ)
- Research at Fox Chase Cancer Center (Philadelphia, PA)



SAMPLE SUMMER ACTIVITIES PURSUED BY PRINCETON STUDENTS

- PICS Intern with Montefiore Medical Center
- Holy Name Medical Center Emergency Room Scribe (Teaneck, NJ)
- Engineers without Borders trip leader (Ghana)
- Medical Mission Trip (Guatemala)
- Sales Associate at East New York Eye Care and shadowing
- Summer Medical and Dental Education Program (SMDEP) at Duke University (Durham, NC)
- Intern with US Senator Sherrod Brown (Washington, DC)
- Volunteer at local hospital and SAT tutoring
- Riding Counselor with Girl Scouts Camp (St. Paul, MN)
- Conducted public health survey evaluating water use, hygiene, and impacts on health through a Health Grand Challenges grant (Kenya)
- EMT (Trumbull, CT)
- Intern with Wellbody Alliance (Sierra Leone)
- Nuclear Stress Technician at the Naples Heart Institute (Naples, FL)
- Volunteer and translator at Boston Medical Center (Boston, MA)
- Shadowing orthopaedic surgeon at Mid Rivers Surgery Center and manager at the Boat House restaurant (St. Louis, MO)
- Intern at Towers Watson Reinsurance Brokers (London, UK) and shadowing in the Pediatric Intensive Care of North Shore LIJ (New Hyde Park, NY)



IDENTIFYING SUMMER OPPORTUNITIES

○ HPA

- Weekly newsletter, *Vitals*
- Gaining Experience page
<http://www.princeton.edu/hpa/opportunities/>
- Archived Questions of the Week on Internships and Volunteering
<http://www.princeton.edu/hpa/faq/internships-volunteer-opp/>
- Shadowing list
- Individual meeting with an advisor.

○ Career Services

- Hire Tigers
<https://careerservices.princeton.edu/HireTigers>
- Internships and job search page:
<http://careerservices.princeton.edu/undergraduate-students/internship-job-search>
- Alumni Career Network
<http://careerservices.princeton.edu/undergraduate-students/making-connections/meeting-people/alumni>



IDENTIFYING SUMMER OPPORTUNITIES

○ Princeton Specific Opportunities

- Princeton Internships in Civic Service
<http://pics.princeton.edu/>
- International Internship Program
<http://www.princeton.edu/oip/iip/>
- Office of International Programs Summer Study Abroad
<http://www.princeton.edu/oip/sap/programs/summer/>
- Health Grand Challenge Internships
<http://www.princeton.edu/chw/education/hgc-internships/>
- Community Based Learning Initiative
<http://www.princeton.edu/cbli/internships-1/>
- Martin A. Dale '53 Summer Awards
<https://odoc.princeton.edu/support/martin-dale-53-summer-awards>



IDENTIFYING SUMMER OPPORTUNITIES

- Department-specific programs
 - Chemistry
<https://chemistry.princeton.edu/undergraduate/summer-research-opportunities-princeton-students>
 - Molecular Biology SURP
<http://molbio.princeton.edu/undergraduate/research/summer-research>
 - EEB Field Program
<http://www.princeton.edu/eeb/undergraduate-studies/programs-of-studies/mbsummer/>
 - Physics Summer Research Opportunities
<http://www.princeton.edu/physics/undergraduate-program/summer-opportunities/>



IDENTIFYING SUMMER OPPORTUNITIES

Association of American Medical Colleges (AAMC)
database of summer programs

<https://services.aamc.org/summerprograms/>



Home MCAT® AMCAS® ERAS® NRMP Financing Your Medical Education Minorities in Medicine Publications

Search Search

Enrichment Programs on the Web

A database resource to help undergraduates locate enrichment programs on medical school campuses.

- If you're an undergraduate and have questions about these or other enrichment programs, please contact your school's premedical advising office or career counseling office.
- If you want to list an enrichment program or have questions about the site, please contact Lisa Jennings at ljennings@aamc.org.

State	Region	Focus	Education Level	Length of Program
All Alabama Alaska Arkansas Arizona	All North MidWest/Central South West	All MCAT Prep Research General Other	All Pre-K to Kindergarten Elementary/Middle/Junior High School Level High School Level Undergraduate College Level	All 4 to 6 6 weeks +

Institution
All

Sort Order Program Name Search

ADDITIONAL OPPORTUNITIES

- AAMC Summer Undergraduate Research Programs (SURP)
https://www.aamc.org/members/great/61052/great_summerlinks.html
- AAMC Public Health Pathways
<https://students-residents.aamc.org/attending-medical-school/article/public-health-pathways-2/>
- Explorehealthcareers.org
<http://explorehealthcareers.org/en/careers/programs>
- Summer Medical and Dental Education Program (SMDEP)
<http://smdep.org/>
- Summer Programs at NIH
<https://www.training.nih.gov/programs>



PERSONAL NETWORK

- Reach out to people in your personal network whose work interests you.
 - Academic mentors
 - Family
 - Physicians
 - Peers
 - Alumni

<http://careerservices.princeton.edu/undergraduate-students/making-connections>

- Making Contacts
- Meeting People
- Networking Techniques



KEEP IN MIND

- Begin your search early
- Deadlines can vary
- Eligibility requirements
- Information sessions
- Resume, draft of cover letter, mock interviews



OTHER RESOURCES

Before you begin, explore resources that can give you a sense of what to expect:

- Princternship blogs:
<http://careerservices.princeton.edu/undergraduate-students/career-programs-fairs-events/princternships/princternship-student-blogs>
- AAMC Six Ways to Make the Most of Your Summer
<https://students-residents.aamc.org/choosing-medical-career/article/six-ways-make-most-your-summer/>
- AAMC Guidelines on Shadowing
<https://www.aamc.org/download/356316/data/shadowingguidelines2013.pdf>
- Fall 2013 *Vitals* “What I did last summer”
<http://www.princeton.edu/hpa/applicants/standardized-tests/2013-14-HPAFallNewsletter.pdf>



MAXIMIZING YOUR EXPERIENCE

- Be flexible.
- Be creative.
- Keep a journal to record your experiences.
- Build and keep up relationships.



FINAL WORDS

- Explore opportunities you are genuinely interested in.
- Keep the personal competencies in mind.
- Reflect on how your experience is contributing to your understanding of the healthcare profession and your future as a healthcare professional.
- HPA is here to help! Check in with an advisor if you are exploring summer opportunities.

