

# Fellowships for Pre-Health Students

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Okay, so what *is* a “fellowship,” anyway?

In the medical world, the timeline is:

- medical school
- residency (specialty)
- fellowship (sub-specialty)

# Okay, so what *is* a “fellowship,” anyway?

*Outside* the medical world, a *fellowship* is a **competitive, fixed-term, mentored or independent, funded experience** (for study, research, teaching, service, internship, or creative project) carried out **domestically or internationally**

Applications typically involve **essays** (personal statements and project proposals), **résumés, transcripts, letters of recommendation,** and **interviews** (*oh! rather like your applications for medical school*)

# Fellowships (*continued*)

Each fellowship opportunity has its own **eligibility criteria** (meaning there's probably something for everyone; *remember that fellowships can be for study, research, teaching, service, internships, or creative projects*)

And . . . you apply **far in advance** (up to one year before the experience would begin)

# Fellowships “warning”

A fellowship is not a “**year off**”!

Instead, it’s a “**year on**” . . . one where you have a particular *goal or goals* in mind

# Why should I do a fellowship?

Consider what you want to *get out of* your first year or two after Princeton:

- *skills* you'd like to acquire
- *experiences* you'd like to have
- *places* you'd like to visit
- *perspectives or horizons* you'd like to expand

Then *connect these elements* with your **longer-term goals**

# How can I best prepare for a fellowship?

Take advantage of the opportunities Princeton has to offer:

- *research* experiences (on or off campus)
- *mentoring and leadership* experiences (as peer tutor or RCA; through extracurriculars)
- *international* experiences (IIP, study abroad, Global Seminars)

**HINT:** These activities will prepare you for *anything* post-Princeton!

# Fellowships continuum

Graduate programs . . . . . Hybrid (*or either*) . . . . . Experiences

Gates Cambridge

Knight-Hennessy (*Stanford*)

Marshall / Mitchell / Rhodes

Schwarzman / Yenching

Fulbright

gold = U.S. citizens only

\* = must apply as Princeton senior

Luce

“Princeton Ins”

Sachs Worcester\*

SINSI\*

Labouisse

Sachs Global\*

Dale\*

High Meadows\*

P-55

ReachOut\*

Nationally competitive

Princeton-only



# For more information . . .

Consult the “Fellowship Advising” section of the OIP website



The screenshot shows the Princeton University Office of International Programs website. The header includes the OIP logo and navigation links for EVENTS, NEWS, MY GPS, and a search icon. The main navigation menu has four items: Who We Are, Our Programs (which is highlighted), Our Students, and Contact Us. Under 'Our Programs', there are four sub-links: Fellowship Advising (underlined), International Internships, Novogratz Bridge Year, and Study Abroad. The breadcrumb trail reads 'Home > Our Programs > Fellowship Advising'. Below the navigation is a large group photo of students and staff. At the bottom of the page, the text 'FELLOWSHIPS' is centered above the heading 'Fellowship Advising'. A small photo credit 'Photo: Sameer A. Khan / Fotobuddy' is visible in the bottom right corner of the photo area.

- Lists of opportunities
- Profiles of past recipients
- WASE calendars
- Calendar of information sessions
- Other advice

*Additional questions?*

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