HPA Summer Experiences Workshop

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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](https://chemistry.princeton.edu/undergraduate/summer-research-opportunities-princeton-students)
  - Molecular Biology SURP
    [http://molbio.princeton.edu/undergraduate/research/summer-research](http://molbio.princeton.edu/undergraduate/research/summer-research)
  - EEB Field Program
  - Physics Summer Research Opportunities
    [http://www.princeton.edu/physics/undergraduate-program/summer-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/
ADDITIONAL OPPORTUNITIES

- AAMC Summer Undergraduate Research Programs (SURP)
  https://www.aamc.org/members/great/61052/great_summerlinks.html

- AAMC Public Health Pathways

- 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:


- 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/](https://students-residents.aamc.org/choosing-medical-career/article/six-ways-make-most-your-summer/)


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.