



HPA Vitals

Winter Break Special Edition for '20s

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Five Things for '20s to do over Winter Break

- Apply for summer opportunities (including [PICS Internships](#), [Dale summer awards](#), [SMDEP](#) and our list of suggestions under [Gaining Experience](#)). The [FlexMed application](#) for early admission to Icahn School of Medicine at Mt. Sinai and IDeA application for early admission to Sidney Kimmel Medical Center at Jefferson should also be done over winter break if you plan to apply.
- Pursue [Shadowing Opportunities](#) – break is a great time to spend a few days with a health professional.
- If you're prepared, read up on the [MCAT](#) – if you've already taken bio, gen chem, orgo and physics or the AP equivalents, think about whether you're ready to take the MCAT this summer (about 20 sophomores a year take MCAT this early).
- Consider the [McGraw Center's](#) suggestions for exam prep.
- Borrow a book or two from our library (or buy one or download from your local library to e-read) to inspire you. A few ideas (with amazon e-book links):
 - [Mountains Beyond Mountains](#)
 - [When Breath Becomes Air](#)
 - [The Intern Blues](#)
 - [Final Exam: A Surgeon's Reflections on Mortality](#)
 - [Becoming a Doctor: A Journey of Initiation in Medical School](#)

Question of the Week: Physics & MCAT

Question: I am a sophomore on the wait list for PHY 108. I've finished my other prereqs including Biochem, and have AP credit for Physics. I was hoping to take the MCAT this summer – will I be at a disadvantage if I haven't taken PHY 108?

Answer: There isn't too much Physics that you'll need for MCAT relative to the other premed sciences (approximately 25% of one of the four sections), and you'll have gotten the foundation in AP courses. If you self-study using MCAT books, you'll be fine. Here's the MCAT content outline, for reference: https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/3d/d5/3dd565ad-6605-4d1b-853e-309c96acb4c9/mcat-cp.pdf. We also have MCAT study books in our office if you'd like to read through the Physics content.

Keep in mind that Princeton students didn't have PHY 108 as an option until three years ago, and those with AP took courses like AST 204 or physical chemistry (or went back and took a physics sequence) still did fine on the MCAT! Also, only take the MCAT this summer if you truly feel ready for it. Even with a direct entry path, you could take MCAT as late as May of junior year and still know your score before you apply. Unlike the SAT, the expectation is that you study for and take the MCAT only once.

Archived Questions of the Week of Interest

- [Summer Classes](#)
- [Sophomore Suggestions](#)
- [Making the Most of Meeting with HPA Advisers](#)
- [Choice of Major](#)
- [Studying abroad and Premed](#)
- [When to start thinking about Fellowships](#)
- [If not medicine, then what?](#)
- [Should I drop science and do a career changer postbac?](#)

Considering alternatives to the MD?

HPA Careers of the Month over the past year

- [Physician Scientist](#)
- [Epidemiology](#)
- [Physical Therapy](#)
- [Nursing](#)
- [Physician Assistant](#)
- [Audiology](#)
- [Dentistry](#)

HPA Sponsored Events and Announcements

HPA will be closed December 22-25 and December 29-January 1

HPA appointments will resume on January 8, 2018

HPA Drop-In Hours will resume on January 22, 2018

Student Groups Events and Announcements

See additional [pre-health related student groups](#) on the HPA website.

[Join Princeton's Kidney Disease Screening and Awareness Program \(KDSAP\) Chapter](#)
Application deadline: December 15

Other Campus Events and Announcements

NEW [Birth of Biomedicine Course: CLA 231/HLS 231](#)

NEW [Balancing Work & Play During Winter Break](#) (courtesy of [McGraw](#))
December 15 • 1:30pm - 3:00pm • 330 Frist Campus Center • [RSVP](#)

[Summer Opportunities Study Break](#) (courtesy of [OIP](#))
January 10 • 10:00am - 2:00pm • Louis A. Simpson Int'l Building, Weikhart Atrium

NEW [Career and Life Vision Workshop](#) (courtesy of [Career Services](#))
January 10 • 12:00pm - 1:30pm • Career Services Conference Room • [RSVP](#)

NEW [Making the Most of Reading Week: Planning for Dean's Date & Finals](#) (courtesy of [McGraw](#))
January 10 • 8:30pm - 10:00pm • 329 Frist Campus Center • [RSVP](#)

NEW [Spring HireTigers Meetup and Startup Meetup](#) (courtesy of [Career Services](#))
January 11 • 11:00am - 2:30pm • Frist Multipurpose Room

NEW [Making the Most of Reading Week: Planning for Dean's Date & Finals](#) (courtesy of [McGraw](#))
January 12 • 8:30pm - 10:00pm • 330 Frist Campus Center • [RSVP](#)

Local Area Events and Announcements

[Latino Medical Student Association Northeast Conference](#) (Philadelphia, PA)
February 17 • 8:00am - 8:00pm • Sidney Kimmel Medical College • [RSVP](#)

Undergraduate Internships & Job Opportunities

See additional [clinical](#) and [research](#) opportunities on the HPA website.

[The Student Activities Funding Engine](#)
For students looking for funding for internships

NEW [Princeton Internships in Civic Service: Children's National Health System Nursing Dept](#)
Second Round application deadline: ASAP

NEW [Princeton Internships in Civic Service: Ombudsperson/Risk Department](#)
Second Round application deadline: ASAP

NEW [Zoetis Internship Program](#)
Internships in Molecular Microbiology, Veterinary Services, Clinical Research and more...

[Health Career Connection Public Health Summer Internship Program](#) (Oakland, CA)
Application deadline: December 20

[NYU School of Medicine Summer Undergraduate Research Program](#) (New York, NY)
Application deadline: January 1

[NYU Langone Project Healthcare Summer Volunteer Program](#) (New York, NY)
Application deadline: January 7

[Summer Research Experience Program in Cancer Science at Roswell Park Cancer Institute](#) (Buffalo, NY)
Application deadline: January 10

[Baylor COM Summer Medical and Research Training Program](#) (Houston, TX)
Application deadline: January 10

[Dale Summer Awards for Princeton Sophomores](#)
Application deadline: January 10

[Mayo Summer Undergraduate Research Fellowship Program](#)
Application deadline: January 12

[Feinstein Institute Summer Research Intern Program](#) (Long Island, NY)
Application deadline: January 15

[NIH Department of Bioethics Post-Doc/Post-Bacc Fellowships](#) (Bethesda, MD)
Application deadline: January 15

[Global Health Corps Fellowships](#) (various locations)
Application deadline: January 17

[2018 Summer ORISE Fellowship Opportunity at CDC](#) (Atlanta, GA)
Application deadline: January 18

NEW [AMPHS Clinical Practice Training Spring Session](#)
Application deadline: *early* January 19, *regular* February 2

[MD Anderson Summer Undergraduate Research Program](#) (Houston, TX)
Application deadline: January 19

[2018 AFRL Repperger Research Internship Program](#) (Belcamp, MD)
Application deadline: January 21

[Summer Clinical Research Volunteer Program in Pediatrics](#) (Hackensack, NJ)
Application deadline: January 22

[CDC Public Health Scholars Internships](#) (6 locations)
Application deadline: January 31

[Merck Summer 2018 Chemistry Internship Program](#) (various locations)
Application deadline: January 31

[Summer Institute in Biomedical Informatics at Harvard Medical School](#) (Boston, MA)
Application deadline: January 31

[Child Mind Institute Clinical Research Program](#) (New York, NY)
Application deadline: January 31

[Children's Hospital of Philadelphia Research Institute Summer Scholars Program](#) (Phila, PA)
Application deadline: January 31

[Penn State College of Medicine Summer Undergraduate Research Program in Cardiovascular Disease](#) (Hershey, PA)
Application deadline: February

[Amgen Scholars Fellowship for students interested in the MD/PhD](#) (Various locations)
Application deadline: February

[Rutgers Summer Undergraduate Research Fellowship \(SURF\)](#) (New Brunswick, NJ)
Application deadline: February 1

[UCLA Summer Program for Undergrad Research](#) (Los Angeles, CA)
Application deadline: February 1

[UCSF Summer Research Program](#) (San Francisco, CA)
Application deadline: February 1

[Stanford School of Medicine Summer Research Program](#) (Stanford, CA)
Application deadline: February 1

[Short-Term Research Education Program to Increase Diversity in Health-Related Research \(STRIDE\) Fellowship at the National Heart, Lung, and Blood Institute](#) (Bethesda, MD)
Application deadline: February 1

[Undergraduate Summer Research Fellowship](#) (Bethesda, MD)
Application deadline: February 1

NEW [MMCRI Summer Student Research Program](#) (Scarborough, ME)
Application deadline: February 1

[U Michigan Medical School Undergraduate Research Academy](#) (Ann Arbor, MI)
Application deadline: February 1

[Overlook Summer Internship Program with Atlantic Health System](#) (Summit, NJ)
Application deadline: February 1

[Einstein College of Medicine Summer Undergraduate Research Program](#) (New York, NY)
Application deadline: February 1

[Memorial Sloan Kettering Summer Undergraduate Research Program](#) (New York, NY)
Application deadline: February 1

[Mt. Sinai School of Medicine Summer Undergrad Research Program](#) (New York, NY)
Application deadline: February 1

[Rockefeller University Summer Undergraduate Research Fellowship](#) (New York, NY)
Application deadline: February 1

[Summer Research Program in Biomedical Big Data Science](#) (New York, NY)
Application deadline: February 1

[Summer Undergraduate Research Fellowship \(SURF\)](#) (Cincinnati, OH)
Application deadline: February 1

[U Penn Summer Undergraduate Internship Program](#) (Philadelphia, PA)
Application deadline: February 1

[Pediatric Oncology Research at St. Jude Children's Research Hospital](#) (Memphis, TN)
Application deadline: February 1

[Vanderbilt MSTP Summer Research Program for Undergraduates](#) (Nashville, TN)
Application deadline: February 1

[Vanderbilt Summer Science Academy](#) (Nashville, TN)
Application deadline: February 1

[Vanderbilt Undergraduate Clinical Research Internship Program](#) (Nashville, TN)
Application deadline: February 1

[Vanderbilt University Medical Center LGBTI Health Internship](#) (Nashville, TN)
Application deadline: February 1

NEW [Cancer Research Summer Undergraduate Fellowship](#) (Austin, TX)
Application deadline: February 1

[Baylor College of Medicine DeBakey Summer Surgery Program](#) (Houston, TX)
Application deadline: February 1

[MD Anderson Science Park Summer Program in Cancer Research](#) (Smithville, TX)
Application deadline: February 1

[Diversity Summer Health-Related Research Education Program \(DSHREP\)](#) (Milwaukee, WI)
Application deadline: February 1 ([video](#))

[JACK's Summer Scholars Program \(pediatrics\) at VCU](#) (Richmond, VA)
Application deadline: February 1

[Virginia Comm. University SOM Summer Academic Enrichment Program](#) (Richmond, VA)
Application deadline: February 1

[Harvard Chan School of Public Health Internship in Biological Sciences in Public Health](#) (Cambridge, MA)
Application deadline: February 5

[2018 Regenerative Medicine Summer Internship Opportunities](#) (various locations)
Application deadline: February 5

[Vanderbilt University NSF- Research Experience for Undergraduates \(REU\) program in Nanoscience and Nanoengineering](#) (Nashville, TN)
Application deadline: February 15

[Rutgers Neuroscience Summer Undergraduate Research Program](#) (Piscataway, NJ)
Application deadline: February 16

[Center for Engineering Mechanobiology REU](#) (St. Louis and Philadelphia)
Application deadline: February 16

[The 2018 CNF & PARADIM Summer 2018 REU Program](#) (Ithaca, NY)
Application deadline: February 21

[Baltimore Health Immersion at Loyola University](#) (Baltimore, MD)
Application deadline: February 25

[Tufts Adventures in Veterinary Medicine Program](#) (North Grafton, MA)
Application deadline: late February

[Detroit Mercy Dental Summer Enrichment Program](#) (Detroit, MI)
Application deadline: March 2

NEW [Camp Promise](#) (Coventry, CT)
Application deadline: March 5

[Cleveland Clinic American Center for Reproductive Medicine Summer Internship Program](#)
Application deadline: March 16

[UVA Summer Medical Leadership Program \(SMLP\)](#) (Charlottesville, VA)
Application deadline: April 15

[Project Horseshoe Farm Undergraduate Internships](#) (Greensboro, AL)
Application deadline: rolling

[Summer Internship in Patient Storytelling at Planned Parenthood](#) (Washington DC)

[Cooper Academic Associate Program – Emergency Medicine](#) (Camden, NJ)

[Pediatric Oncology Education \(POE\) Program](#) (Memphis, TN)
Rolling application deadline: Rolling, Apply Early!

[National Institutes of Health Summer Internship Program](#) (various locations)
Application deadline: Rolling, Apply Early!

[Summer Health Professions Education Program](#)
Rolling application deadline: Apply now!

[Verify Life Sciences - Summer Internships](#)

Educational Opportunities

NEW [Facebook Live: FlexMed Decoded](#)
December 19 • 12:00pm - 12:30pm • Facebook

[Mt. Sinai FlexMed Early Assurance Program for Sophomores](#) (New York, NY)
Application deadline: January 15

[Hopkins School of Nursing Open House](#) (Baltimore, MD)
January 27 • 9:00am - 12:00pm • 525 North Wolfe Street

[HMS Summer Institute in Biomedical Informatics](#) (Cambridge, MA)
Application deadline: January 31

[GHIC 2018: Global Health & Innovation Conference](#) (New Haven, CT)
April 14-15 • Yale University

[Biomedical Sciences Lab Summer School](#) (Bristol, UK)
Application deadline: April 30

[Destination Vet Summer School](#) (Bristol, UK)
Application deadline: April 30


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WE WELCOME MCAT AND ANY OTHER USED TEST PREP BOOKS.
THANK YOU!

Vitals is a weekly newsletter sent out to interested pre-health students, alumni, and campus collaborators. The newsletter will include campus events, internship/job postings, the Question of the Week, and other important news items. We encourage those of you involved in health-related work/organizations on campus to share information that you think will benefit pre-health students.. Please email us by Wednesday at 5pm if you would like any information included in Vitals.

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