



HPA Vitals

Winter Break Special Edition for '21s

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Five Things for '21s to do over Winter Break

1. Read "Preparing for a Career in the Health Professions" (pdf) – available on the [HPA website](#).
2. [Pursue Shadowing Opportunities](#) – break is a great time to spend a few days with a health professional.
3. Apply for summer opportunities (see FAQs about [Finding a summer 'internship'](#) and our list of suggestions under [Summer Opportunities](#)).
4. Consider the [McGraw Center's](#) suggestions for [exam prep](#).
5. If you might be home over the summer, reach out to local hospitals to find out how to volunteer – sometimes the application process is long and planning for it in advance can help.

Question of the Week: MCAT..?

Question: A friend of mine who's a first-year told me he's planning to start studying for the MCAT over the vacation and it stressed me out! Should I be thinking about the MCAT already?

Answer: There is definitely no requirement to think about the MCAT yet! The earliest you'd be taking it is the summer after sophomore year (and only a small handful of students take it that early) -- the most common time to take it is the summer after junior year. But, we know that some students just feel more secure knowing some basics about the exam. If this is the case for you, here are some resources to use:

- HPA's MCAT Handout provides an overview: https://hpa.princeton.edu/sites/hpa/files/2016_mcat_preparation.pdf and an [MCAT FAQ](#)
- The AAMC, the organization that administers the MCAT, has a content outline that includes every topic that will be tested: <https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/>
- Khan Academy has partnered with the AAMC to produce free MCAT study materials: you could use their resources to read a sample passage from the [CARS \(Verbal Reasoning\)](#) section, or do a couple of [Chemistry questions](#) on materials that you've learned in Gen Chem: <https://www.khanacademy.org/test-prep/mcat>
- Read some advice from past students on when and how they studied for the MCAT to get a sense of the timing and strategy: <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/how-i-prepared-mcat-exam/>

Archived Questions of the Week of Interest

- [The Basics of Medicine](#)
- [Summer Classes](#)
- [Making the Most of Meeting with HPA Advisers](#)
- [Getting Academic Help](#)
- [Premed after Graduation](#)

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 from 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 [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 deadlines: 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 Summer 2018 REU Program in Nanoscience](#) (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)
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

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

NEW [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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FINISHED WITH YOUR MCAT BOOKS? DON'T WANT THEM ANYMORE?

DON'T THROW THEM AWAY!

PLEASE DONATE THEM TO THE HPA LIBRARY FOR YOUR PEERS TO USE.

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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