Questions to Consider

1. What interests do you want to explore?
2. What do you hope to learn from the experience?
3. Where do you want to be?
4. How much time do you have and when?

Getting organized ➔ Spreadsheets, bookmarks, folder on your computer
- Save links for applications in future years!

Plan in advance:
- Prepare a general resume and tweak to specific opportunities if needed – Career Development provides tips and samples: careerdevelopment.princeton.edu/guides
- Need letters of recommendation? Ask at least 3-4 weeks in advance ➔ provide letter writers with your resume, application essays, information about where to send their letters, deadlines.
- Need people to serve as references? As in advance (but there’s less time pressure since they don’t need to write anything on your behalf).
- Work ahead of deadlines, especially for programs with rolling admissions.
- Volunteering at a hospital often includes a lengthy application and orientation process. Begin researching this possibility early for your home hospitals.

Types of opportunities
- Research: where you work as part of a team to create knowledge in diverse settings (clinical, bench/basic science, translational, literature review…)
- Volunteering: where you have duties and responsibilities and gain skills and perspective while you participate
- Shadowing: where you watch others work and learn from their example
- Employment vs. internship vs. volunteer – the experience is more important than the title!
- Academic enrichment

Where to look
@ Princeton:
- Helpful lists:
  - HPA Vitals newsletter
  - Office of Undergrad Research: undergraduateresearch.princeton.edu/programs/summer-programs
  - Career Development Center: careerdevelopment.princeton.edu/internships-jobs/princeton-internships

HPA Highlighted Clinical Opportunities – [hpa.princeton.edu/pre-health-prep/clinical-experience/summer-opportunities](hpa.princeton.edu/pre-health-prep/clinical-experience/summer-opportunities)

HPA Highlighted Research Opportunities – [hpa.princeton.edu/pre-health-prep/research](hpa.princeton.edu/pre-health-prep/research)

@ home:
- Volunteer opportunities on hospital websites
- Local college pre-health advising websites
- Local college career services offices
- Local health professions schools

Online:
- Google terms: Summer Undergraduate Research Fellowship (SURF); Summer Undergraduate Research Program (SURP); Research Experience for Undergraduates (REU)
- Link lists and search engines:
  - Summer undergrad research at medical schools: [www.aamc.org/professional-development/affinity-groups/great/summer-undergrad-research-programs](www.aamc.org/professional-development/affinity-groups/great/summer-undergrad-research-programs)
  - MD/PhD focused summer research: [www.aamc.org/professional-development/affinity-groups/great/mdphd-summer-programs](www.aamc.org/professional-development/affinity-groups/great/mdphd-summer-programs)
  - [cirrus.chem.plu.edu/](cirrus.chem.plu.edu/)
  - [undergraduate-research.princeton.edu/programs/summer-programs](undergraduate-research.princeton.edu/programs/summer-programs)
  - [people.rit.edu/gtfsbi/Symp/premed.htm](people.rit.edu/gtfsbi/Symp/premed.htm)
  - [www.naahp.org/StudentResources/SummerOpportunities.aspx](www.naahp.org/StudentResources/SummerOpportunities.aspx)
  - Public Health: [students-residents.aamc.org/attending-medical-school/article/public-health-pathways-2](students-residents.aamc.org/attending-medical-school/article/public-health-pathways-2)
  - [students.tufts.edu/academic-advice-and-support/pre-professional-advising/pre-health-advising/prepare/experiential-preparation/summer-opportunities](students.tufts.edu/academic-advice-and-support/pre-professional-advising/pre-health-advising/prepare/experiential-preparation/summer-opportunities)

Networking / Cold Emailing
- Who to ask?
  - Family connections – personal physicians, family friends and relatives, high school mentors
  - Alumni through the Tigernet or LinkedIn, activities, sports...
    - [alumni.princeton.edu/tigernet](alumni.princeton.edu/tigernet)
    - [www.linkedin.com/school/princeton-university/](www.linkedin.com/school/princeton-university/)
  - Faculty researchers at local colleges, universities and medical schools
    -> HPA Networking Handout: [hpa.princeton.edu/about-hpa/hpa-handouts](hpa.princeton.edu/about-hpa/hpa-handouts)
- Shadowing can be the easiest opportunity to find in this way. Be specific when you reach out to health professionals about your interest, how much time you’d like to spend, and your availability.
  -> HPA Shadowing Handout: [hpa.princeton.edu/about-hpa/hpa-handouts](hpa.princeton.edu/about-hpa/hpa-handouts),
  -> KevinMD shadowing tips ([www.kevinmd.com/blog/2010/06/tips-students-shadow-doctors.html](www.kevinmd.com/blog/2010/06/tips-students-shadow-doctors.html))
  -> AAMC Guidelines ([students-residents.aamc.org/applying-medical-school/article/shadowing-doctor/](students-residents.aamc.org/applying-medical-school/article/shadowing-doctor/))
- If you’re interested in a research or other type of internship experience, write a template email that you can customize to each individual you contact.
Do as much background information gathering as possible so that you can be demonstrate your knowledge of their work in your initial correspondence.

Provide information about your academic background, past experience (even from classes), and availability.

Use a professional but enthusiastic tone in your initial email. Thank them in advance for their consideration and offer to continue the conversation by email or phone (or in person if you’ll be in the area at any point).

It can be hard to secure a paid position this way. It’s a good approach if you can commute from home and perhaps work on the side if you need to earn money over the summer.

This search can take a lot of time and attention to detail! Don’t be frustrated if things don’t work out as planned this year – use it as a learning experience moving forward.

Getting your applications out

- Determine your eligibility – if you aren’t sure whether you’re eligible, consult with HPA or with the program staff directly
- Make sure the timing works with our academic calendar: Spring finals end Saturday, May 25, 2019 and Fall semester begins Wednesday, September 2, 2020.

Summer Science classes?

- **Pros:** allows flexibility in Princeton schedule, opportunity to focus on one subject, often smaller classes may allow more personal attention
- **Cons:** expensive, fast paced, less academic support/resources, may raise red flags to admissions committees, give up time that could be spent on other aspects of candidacy
- **If you do take a summer class:** consult with HPA, choose a four-year school, get preapproval to transfer credits back, do well, take additional courses to support your performance in the sciences at Princeton.

Does it have to be health related?

- If you’re interested in more than one career path, don’t feel that you must do a medical internship. Many students explore multiple career options during summers. But, do some short-term shadowing or gaining a bit of exposure to health care alongside an internship in another area if you can!
- Anything that you do, activities-wise, can help you build the kinds of skills you’ll need as a health professional and demonstrate the competencies that schools seek in their students.

Keep in mind...

- Summer break 2020 is on the short side: only about 12 weeks long.
- You’ll have more hours available during the week than you do when you’re in classes. Many students maintain a 40 hour per week internship and do some volunteering and/or shadowing and/or paid work on the weekends or in the evenings.
- Don’t be afraid to talk with program staff who work with summer opportunities (especially at Princeton!)
– sometimes you can learn more in a quick in-person meeting or info session than you can from websites.

- Keep a journal over the summer and reflect on what you’re learning as you go.

**Programs popular with Princeton prehealth students:**

- Princeton-specific internships:
  - Princeton Internships in Civic Service (Dec deadline): [pics.princeton.edu](http://pics.princeton.edu)
  - International Internship Program (Dec deadline): [oip.princeton.edu/our-programs/international-internship/about-iip](http://oip.princeton.edu/our-programs/international-internship/about-iip)
  - Global Health Program (Dec deadline): [globalhealth.princeton.edu/internships](http://globalhealth.princeton.edu/internships)
  - Community-Engaged Research Internships (Feb deadline): [proces.princeton.edu/students/find-internship](http://proces.princeton.edu/students/find-internship)

- Princeton classes abroad
  - PIIRS Global Seminars – (Dec deadline): Brazil, China, Germany, Greece, India, Italy, Kenya, Poland, Russia: [piirs.princeton.edu/study-learn/global-seminars](http://piirs.princeton.edu/study-learn/global-seminars)
  - Language Programs – French, Portuguese, Italian, German, Japanese, Mandarin, Spanish, Russian (deadlines vary): [www.princeton.edu/oip/sap/programs](http://www.princeton.edu/oip/sap/programs)

- Princeton funding to develop your own internship/project:
  - Dale Summer Sophomore Awards (Jan deadline): [odoc.princeton.edu/support/martin-dale-53-summer-awards](http://odoc.princeton.edu/support/martin-dale-53-summer-awards)
  - Streicker International Fellows Program (Feb deadline): [oip.princeton.edu/our-programs/international-internship/create-your-own](http://oip.princeton.edu/our-programs/international-internship/create-your-own)

- Project Healthcare Internship at Bellevue Hospital (New York): [med.nyu.edu/emergency/education/undergraduates/project-healthcare/bellevue-project-healthcare](http://med.nyu.edu/emergency/education/undergraduates/project-healthcare/bellevue-project-healthcare)

- DeBakey Summer Surgery Program (Houston): [www.bcm.edu/departments/surgery/education/students/summer-surgery-program](http://www.bcm.edu/departments/surgery/education/students/summer-surgery-program)

- Research/academic enrichment at academic medical centers (med school + hospital) e.g.,
  - PICS internships: [pics.princeton.edu/interns/explore-internships/areas-interest/medical-services](http://pics.princeton.edu/interns/explore-internships/areas-interest/medical-services)
  - CRISSP @ U Penn: [crissp.research.chop.edu/](http://crissp.research.chop.edu/)
  - Case Western: [case.edu/medicine/admissions/research/summer-research-programs](http://case.edu/medicine/admissions/research/summer-research-programs)
  - Vanderbilt: [my.vanderbilt.edu/vusrp/](http://my.vanderbilt.edu/vusrp/)
  - Mt. Sinai Biomedical Big Data: [labs.icahn.mssm.edu/maayanlab/summer-research-program](http://labs.icahn.mssm.edu/maayanlab/summer-research-program)
  - Harvard Summer Research program in Kidney Medicine: [hskp.bwh.harvard.edu](http://hskp.bwh.harvard.edu)

- Summer camps for kids with medical needs, including:
  - [www.campholidaytrails.org](http://www.campholidaytrails.org) (Virginia)
  - [www.campqualityusa.org](http://www.campqualityusa.org) (various locations)
  - [www.seriousfunnetwork.org/get-involved/volunteer-openings](http://www.seriousfunnetwork.org/get-involved/volunteer-openings) (various locations)

- Gaining EMT or Certified Nurse Assistant (CNA) Certification
- Tutoring, assisting at local clinics, shadowing, volunteering at hospitals near home
- Tufts Adventures in Veterinary Medicine: [vetsites.tufts.edu/avm/programs/college-program](http://vetsites.tufts.edu/avm/programs/college-program)
- Rutgers Gateway to Dentistry: [sdm.rutgers.edu/pipeline/gateway/gateway.htm](http://sdm.rutgers.edu/pipeline/gateway/gateway.htm)
Opportunities for students from underrepresented / FLi backgrounds

The medical profession recognizes the value of diversifying the physician workforce and many programs support broadening access to health careers for students who are from groups that are underrepresented in medicine (e.g., students who are from educationally- or economically-disadvantaged backgrounds, students with disabilities, students who are LGBTQ+, and students from racial/ethnic groups underrepresented in medicine). Here are a few programs that encourage students from underrepresented groups to apply:

Research Focus

- Penn PASS Program: hpa.princeton.edu/prehealth-prep/sophomore-early-assurance-programs/pennpass (Princeton sophomores)
- Leadership Alliance Summer Programs (one application for up to 3 research sites): theleadershipalliance.org/programs/summer-research
- Amgen Scholars: amgenscholars.com/us-program
- National Institutes of Health Summer Research Training Program: www.niddk.nih.gov/research-funding/research-programs/diversity-programs/research-training-opportunities-students/diversity-summer-research-training-program-dsrt
- Pipeline programs at University of Chicago Pritzker School of Medicine: voices.uchicago.edu/bsddiversity/pipeline-programs-college-students/
- Gateways to the Laboratory Tri-Institutional MD/PhD Summer program (frosh/soph): weill.cornell.edu/mdphd/summerprogram/application.html?name1=Application&type1=2Active
- Travelers Summer Research Fellowship at Weill Cornell: medicaleducation.weill.cornell.edu/medical-education/premedical-programs/travelers-summer-research-fellowship-program

Clinical Focus

- Rutgers RWJMS ACES Program: hpa.princeton.edu/prehealth-prep/sophomore-early-assurance-programs/aces (Princeton sophomores)
- Summer Health Professions Education Program: shpep.org (frosh/soph)
- Chicago Academic Medicine Program at Pritzker: pritzker.uchicago.edu/resources/pipeline-programs (frosh/soph)
- Summer enrichment programs sponsored by medical schools: services.aamc.org/summerprograms
- Medical and other health professions schools often have an office dedicated to working with students from underrepresented backgrounds, and many schools have ‘pipeline’ opportunities for pre-health students that help them connect with the school. Start by seeking out this office via the school’s website. Writing a detailed, professional email introducing yourself and your interests to the office inquiring about opportunities can also be appropriate.

Updated Nov. 2019

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