

# Summer Opportunities



# Goals

Enhance your understanding of healthcare opportunities.

Encourage you to develop as a person and future professional.

Highlight resources for finding the opportunities you want.

Learn from your peers' in-depth experiences.

# How does summer fit into the prehealth pathway?

Admission to medical school involves a holistic review process, emphasizing:

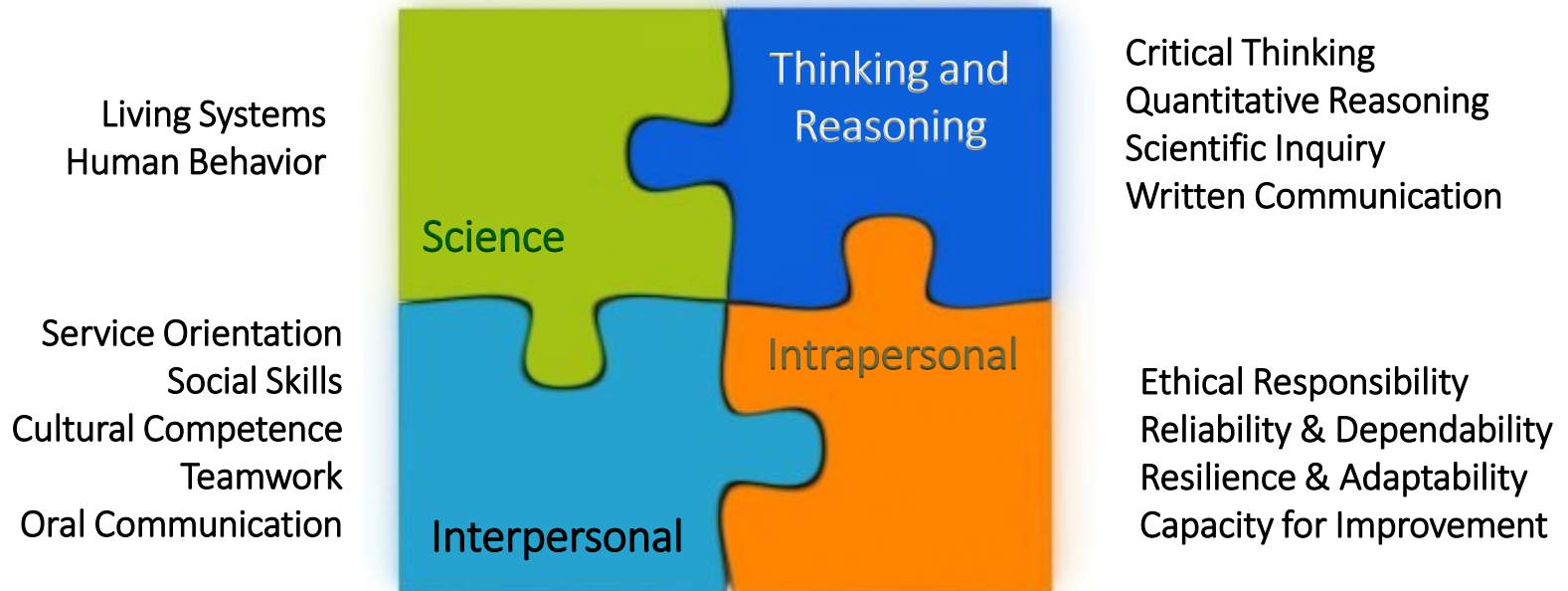
*Academic readiness (via grades, test scores, letters of rec)*

*Maturity and development of the core competencies*

*Commitment to the profession (via meaningful clinical experience)*

# Core Competencies

Observable behaviors that combine knowledge, skills, values, and attitudes.



[www.aamc.org/initiatives/admissionsinitiative/competencies/](http://www.aamc.org/initiatives/admissionsinitiative/competencies/)

# What should I do with my summer?

## Explore **you!**

*Cultivate diverse interests*

*Seek new experiences*

*Develop as a leader*

*Learn to think on your feet in professional settings*

*Enhance your communication skills*

*Engage your desire to work with and serve others*

## Explore **healthcare professions.**

*Test if particular health professions are right for you*

*Gain clinical knowledge and skills*

*Establish connections with mentors in the field*

# Q: What is the “best” way to spend my summer?

A: In a way that speaks to your interests and motivations.

- What interests will this help me explore?
- What do I hope to learn from the experience?
- Will this experience allow me to grow professionally and personally?
- What qualities do I hope that these activities will demonstrate about me?
- How does this experience fit into my narrative?

# Narrowing down your options

- Would I like to take a class over the summer?
- Is there a geographic setting I'd like to be in?
- Is there a specific population I'm interested in working with?
- Would I like to participate in a program or create my own?
- What financial needs will I have?
- Are there particular time constraints I'm facing?\*

\*The 2020 summer is shorter than usual: only 12 weeks long.

# Peers' Sample Summer Activities

- [Emergency First Responder with Magen David Adom](#) (Israel)
- Designed a new spine board for use on ambulances with Princeton Tiger Challenge
- Interviewed opioid users in Philadelphia to design interventions and health education resources
- Diabetes clinical trials research and visits with diabetes patients
- Princeton Global Learning Seminar in Kyoto
- Research with an alum at Cincinnati Children's Hospital
- Cardioelectrophysiology research at a Veterans Affairs hospital in Virginia
- [NERA MedPrep Program](#) (for NJ/NY residents)
- [Harvard Summer Institute in Biomedical Informatics](#)
- [DeBakey Summer Surgery Program at Baylor College of Medicine](#)
- Summer camp counselor for children with diabetes
- Working with a mobile clinic to deliver primary care in migrant communities in Colorado
- Research and shadowing at Columbia University Medical Center followed by medical mission/service trip to Cambodia
- [Overlook Summer Internship Program](#)



# Sample Summer Activities for Students Underrepresented in Medicine

- [Summer Health Professions Education Program \(SHPEP\)](#)
- [CHOP Research Institute Summer Scholars Program \(CRISSP\)](#)
- [NIH Summer Internship Program](#)
- [Robert Wood Johnson Medical School \(Rutgers\): Biomedical Careers Program](#)
- [Harvard-MIT Summer Biomedical Optics program](#)
- [Leadership Alliance](#)
- [Amgen Scholars](#)
- [SIFP STEM Study Fellows](#)

# Summer Spotlight #1



## German Summer Work Program, Ruchita Balasubramanian '19

- Interned in the surgical department of a teaching hospital in Berlin
- Rotated between different departments
- Learned how to conduct rounds with a nurse on staff
- Trained to perform ultrasounds on patients under supervision

# Summer Spotlight #2



## Operating Room Tech at Portsmouth Hospital, Colin Yost '19

- Volunteered at the hospital throughout high school and built strong relationships there
- Offered a position as a volunteer operating room tech
- Got the opportunity to lend a hand in a coronary bypass surgery

# Finding Summer Opportunities

## Via HPA

- *Weekly newsletter, Vitals*
- *[Summer Opportunities](#) page on the HPA website: [clinical opportunities](#), [research opportunities](#)*
- *Archived [Questions of the Week](#) on internships, volunteering, and summer classes*
- *Local shadowing list*
- *Connecting with an alum ([LinkedIn](#), [Tiger net](#), etc.)*
- *Individual meeting with an advisor*


## Via Career Services

- *[Handshake](#)*
- *[Internships and job search page](#)*
- *[Alumni Career Network](#)*

# Summer Opportunities Database #1

Association of American Medical Colleges (AAMC) database of summer programs

[services.aamc.org/summerprograms/](https://services.aamc.org/summerprograms/)

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## Summer Enrichment and Pipeline Programs

Database resource to help students locate enrichment programs.

- If you're an undergraduate student and have questions about these or other enrichment programs, please contact your school's premedical advising office or career counseling office.
- If you want to list an enrichment program or have questions about the site, please contact [SummerPrograms@aamc.org](mailto:SummerPrograms@aamc.org).

<b>State</b>	<b>Region</b>	<b>Focus</b>	<b>Education Level</b>	<b>Length of Program</b>
<input type="text" value="All"/> Alabama Alaska Arkansas Arizona	<input type="text" value="All"/> North MidWest/Central South West	<input type="text" value="All"/> MCAT Prep Research General Other	<input type="text" value="All"/> Pre-K to Kindergarten Elementary/Middle/Junior High School Level High School Level <b>Undergraduate College Level</b>	<input type="text" value="All"/> 4 to 6 6 weeks +

**Institution**

# Summer Opportunities Database #2

National Association of Advisors for the Health Professions (NAAHP) database of summer programs

[www.naaahp.org/StudentResources/SummerOpportunities.aspx](http://www.naaahp.org/StudentResources/SummerOpportunities.aspx)

## 2018 Summer Opportunities

<input type="text"/> <a href="#">Search</a>				
Program Name	Location	Application Deadline <sup>A</sup>	Opportunity Type	Short Description
<a href="#">University of Colorado School of Medicine   Wilderness and Environmental Medicine Section</a>	CO		Other	Interested in a hands on Pre-Med program? Come join us at the University of Colorado and shadow physician, go on EMS ride alongs, and complete med lab
<a href="#">Midwestern University AZPod Undergraduate Immersion Program</a>	AZ	6/29/2016	Shadowing	Experience two days in the life of an AZPod student. You will participate in classes and labs with the students, as well as tour the campus.
<a href="#">University of Colorado School of Medicine / Costa Rica Pre-Med Program</a>	INT'L	10/31/2017	Other	Interested in learning emergency and tropical medicine? Join the University of Colorado in Costa Rica to learn about wilderness and emergency medicine
<a href="#">University of Colorado School of Medicine / Pre-Med Program</a>	CO	10/31/2017	Other	Interested in a hands on Pre-Med program? Come join us at the University of Colorado and shadow physician, go on EMS ride alongs, and complete med lab
<a href="#">University of Colorado School of Medicine / Wilderness First Aid</a>	CO	11/4/2017	Other	Interested in earning your Wilderness First Aid certificate? Come join the University of Colorado to learn more about wilderness medicine!

# Additional Lists that include Summer Opportunities

AAMC Summer Undergraduate Research Programs (SURP)

[www.aamc.org/members/great/61052/great\\_summerlinks.html](http://www.aamc.org/members/great/61052/great_summerlinks.html)

AAMC Public Health Pathways

[students-residents.aamc.org/attending-medical-school/article/public-health-pathways-2/](http://students-residents.aamc.org/attending-medical-school/article/public-health-pathways-2/)

Explorehealthcareers.org

[explorehealthcareers.org/en/careers/programs](http://explorehealthcareers.org/en/careers/programs)

# Personal Networking

Reach out to people in your network whose work interests you.

Academic mentors

Family

Physicians

Peers

Alumni

Tips: [careerservices.princeton.edu/undergraduate-students/making-connections](https://careerservices.princeton.edu/undergraduate-students/making-connections)

*On making contacts*

*On meeting people*

*On networking techniques*



# Princeton-Sponsored Opportunities

- [Princeton Internships in Civic Service \(PICS\)](#)
- [International Internship Program \(IIP\)](#)
  - *Design your own: [Streicker Fellowship](#)*
- [Office of International Programs \(OIP\) Summer Study Abroad](#)
- [Global Health Program \(GHP\) Internships](#)
- [Program for Community-Engaged Scholarship \(was Community Based Learning Initiative\)](#)
- [John C. Bogle '51 Fellows in Civic Service \(for first-years\)](#)
- [Martin A. Dale '53 Summer Awards \(for sophomores\)](#)

# Research Opportunities *at* Princeton

[Office of Undergraduate Research database](#)

[Chemistry Research Positions](#)

[Molecular Biology Research Positions](#)

[Physics Research Positions](#)

# Be mindful of...

Searching early to maximize opportunities

Varying deadlines

Eligibility requirements

Information sessions

Resume, cover letter, and mock interview preparation

# What to expect ...

[Princeternship blogs](#) – where peers reflect on their previous experiences shadowing alum

[HPA Summer Spotlights](#) – where peers reflect on their previous summer internships and jobs

AAMC's [Six Ways to Make the Most of Your Summer](#)

AAMC's [Guidelines on Shadowing](#)

# Maximizing your Experience

Be adaptable.

Be creative.

Keep a journal to record your experiences.

Develop and maintain relationships.

Questions?