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/
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
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
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](https://www.linkedin.com), [Tiger net](https://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/
### 2018 Summer Opportunities

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Location</th>
<th>Application Deadline</th>
<th>Opportunity Type</th>
<th>Short Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Colorado School of Medicine Wilderness and Environmental Medicine Section</td>
<td>CO</td>
<td></td>
<td>Other</td>
<td>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</td>
</tr>
<tr>
<td>Midwestern University A-ZPod Undergraduate Immersion Program</td>
<td>AZ</td>
<td>6/29/2016</td>
<td>Shadowing</td>
<td>Experience two days in the life of an A-ZPod student. You will participate in classes and labs with the students, as well as tour the campus.</td>
</tr>
<tr>
<td>University of Colorado School of Medicine / Costa Rica Pre-Med Program</td>
<td>INTL</td>
<td>10/31/2017</td>
<td>Other</td>
<td>Interested in learning emergency and tropical medicine? Join the University of Colorado in Costa Rica to learn about wilderness and emergency medicine</td>
</tr>
<tr>
<td>University of Colorado School of Medicine / Pre-Med Program</td>
<td>CO</td>
<td>10/31/2017</td>
<td>Other</td>
<td>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</td>
</tr>
<tr>
<td>University of Colorado School of Medicine / Wilderness First Aid</td>
<td>CO</td>
<td>11/4/2017</td>
<td>Other</td>
<td>Interested in earning your Wilderness First Aid certificate? Come join the University of Colorado to learn more about wilderness medicine!</td>
</tr>
</tbody>
</table>
Additional Lists that include Summer Opportunities

AAMC Summer Undergraduate Research Programs (SURP)
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/

Explorehealthcareers.org
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

  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?