

Health Related Summer Opportunities

MIT Prehealth Advising

Global Education & Career Development

12-185, 617-715-5328

http://gecd.mit.edu/grad_school/health

Goals of this Workshop:

- Learn about the benefits of participating in a summer experience
- Find productive ways to spend the summer months
- Identify resources to assist in the search/planning/application
- Get tips for a successful summer experience

What should I do this summer?

- Explore career options
- Develop skills that are important for the professions you are considering
- Diversify your experiences and challenge yourself in a new way
- Establish a professional network

What could I do this summer?

- Summer Enrichment Program
- Research
- Volunteer Work
- Internship
- Study
- Travel

What are Summer Enrichment Programs? (a.k.a summer camp for premeds)

- Conduct research/participate in poster presentations
- Take courses specific to the program
- Engage in small group discussions and faculty lectures
- Observe and shadow physicians
- Work with current medical students and residents
- Networking events such as socials

What is the Value of a Summer Enrichment Program?

- Explore medicine/health professions
- Network with health/medical professionals
- Visit a medical school campus
- Good practice for future application processes
- Structured/established program

Who is eligible for Summer Enrichment Programs?

- Underclassmen
- Individuals with little exposure in a medical/health care setting
- Underrepresented Minorities

What is the Cost of a Summer Enrichment Program?

- SMDEP Programs are typically free
 - Additional benefits may include:
 - Housing
 - Meals
 - Stipend
 - Health Care
 - Travel Assistance
- Fulltime commitment
 - It is recommended that you are not enrolled in academic courses or other activities

How do I locate a Summer Enrichment Program?

- AAMC Database of Summer Enrichment Programs
 - <http://services.aamc.org/summerprograms/>
- Summer Medical Dental Education Programs (SMDEP)
 - <http://www.smdep.org/>
- ExploreHealthCareers.org (Enrichment Program Database)
 - <http://explorehealthcareers.org/en/careers/programs>
 - Includes health professions beyond medicine (Vet. Med., Dentistry, Public Health, etc.)

What is the application timeline for Summer Enrichment Programs?

- Applications are typically available online starting in November
- Application deadlines vary, but most are between February and March

How do I apply to a Summer Enrichment Program?

- **Transcripts**
 - Unofficial v. official depends on program
 - <http://web.mit.edu/registrar/records/index.html>
- **Letters of Recommendation**
 - Typically from Faculty and/or Advisor
 - <http://gecd.mit.edu/sites/default/files/askingforrecletters.pdf>
- **Essays/Personal Statements**
 - Essay Critiques by MIT Preprofessional Advising
 - http://gecd.mit.edu/grad_school/health/apply/preapplication/#essay

Letters of Recommendation

- Ask potential recommenders if they can write a “strong” letter of recommendation
- Approach them in advance, providing at least one month for them to complete the letter
- Provide recommender:
 - Personal statement, resume, appropriate application paperwork
 - Overview of the work you did in their class or lab
 - Recommendation Letter Tip Guide:
<http://gecd.mit.edu/sites/default/files/askingforrecletters.pdf>

What is the Value of a Summer Research Experience?

- Contribute to health/medical research
- Acquire lab experience/skills
- Develop relationships with faculty and scientists
- Gain exposure to a campus that you might be interested in attending

How do I locate a Summer Research Experience?

- Summer Undergraduate Research Opportunities by School
 - https://www.aamc.org/members/great/61052/great_summerlinks.html
- National Institutes of Health (NIH) Summer Internship Program in Biomedical Research
 - <https://www.training.nih.gov/programs/sip>
- Research Experiences for Undergraduates (National Science Foundation)
 - <http://www.nsf.gov/crssprgm/reu/index.jsp>
- MIT UROP
 - <http://web.mit.edu/urop/>

What is the Value of a Summer Volunteer Experience?

- Give back to the community/provide service to others
- Exercise skills that aren't acquired in the classroom or lab
- Investigate a work environment or job without long term commitment
- Work with people outside of MIT or your immediate working group

How do I locate a Summer Volunteer Experience?

- Public Service Center
 - <http://web.mit.edu/mitpsc/>
- Search Engines:
 - <http://www.volunteermatch.org/>
 - <http://idealist.org/>
- Student Groups
 - <http://web.mit.edu/asa/>
- Nonprofits
 - <http://www2.guidestar.org/>
- Be Creative!

What is the Value of a Summer Internship?

- Exercise skills that aren't acquired in the classroom or lab
- Explore potential career options
- Understand how business, govt., etc. influence healthcare
- Expand your professional network
- Gain professional skills and behaviors

How do I locate a Summer Internship?

Where?

- Nonprofits
 - <http://idealist.org/>
- Government
 - <http://web.mit.edu/career/www/guide/government.pdf>
- Industry
- Medical Centers

How?

- Departments
- CareerBridge
 - <https://www.myinterfase.com/mit/student/home.aspx>
- Company Web site
- GECD
 - <http://gecd.mit.edu/jobs/intern>

What is the Value of Studying over the summer?

- Complete prerequisite course work that you **can't** take during the academic year
- Take courses of interest
- Visit another campus
- Study for the MCAT, DAT, or other standardized exam

What should I Study?

- Prehealth Suggested Course list

- http://gecd.mit.edu/sites/default/files/reccourses2012_1.pdf
- **Caution:** Taking courses outside of MIT should be discussed with MIT Prehealth Advising, the Prehealth Advisor at the other school, and/or the health profession school you are planning to apply to

- MSAR Guide

- <https://www.aamc.org/students/applying/requirements/msar/>
- Check prerequisite course work for schools you are planning to apply to
- Hard Copy available in 12-185 or [Hayden Library](#)

Why go abroad?

- *MIT educates innovators and leaders who influence the world; a complete MIT education includes hands-on international experiences that help to prepare MIT students for informed participation as global citizens and leaders.*
 - Source: <http://web.mit.edu/goglobal>
- You may also consider spending the summer in another U.S. State

How can I Go Abroad?

- **Public Service Center**
 - <http://web.mit.edu/mitpsc/>
 - Volunteer Abroad
- **GECD**
 - http://gecd.mit.edu/go_abroad
 - Study Abroad
- **MIT MISTI**
 - <http://web.mit.edu/misti/>
 - Research Abroad

Tips for a Successful Summer Experience

- Keep an open mind
- Maintain a professional demeanor
- Actively participate in available opportunities
- Seek out ways to learn/gain experience
- Effectively manage your time and responsibilities
- Maintain connections

Additional Websites

- **Health Related Summer Opportunities**
<http://www.swarthmore.edu/x8853.xml>
- **Co-op/Internship Opportunities for 2011 for Pre-Medical Students**
<http://people.rit.edu/gtfsbi/Symp/premed.htm>
- **Case Western Summer Opportunities**
http://casemed.case.edu/admissions/research/summer_programs.cfm
- www.google.com

Questions?

