



Health Related Summer Program Opportunities

Preprofessional Advising
Career Development Center
12-185, 617-253-4733
<http://web.mit.edu/career/www/>



Purpose of Summer Programs

- Originally, programs in health/medical fields were made available for minority populations due to an under-representation of these populations in the professions.
 - Program requirements vary. Check each program's website for details.
- Currently, programs target not only minorities, but include students who are culturally, economically, racially and ethnically diverse as well as students who come from single parent households or are first-generation college students.
 - There has also been recent attention given to creating more pre-dental program opportunities.

(<http://www.smdep.org/background.htm>)

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The Value of A Summer Program

- Allows you to explore your interest in medicine/health professions
 - Is medicine a good fit for you?
 - Are there other areas of the field that you should explore?
- Provides an opportunity to network with health/medical professionals
 - Establish professional relationships
 - Informational interviewing
 - Exposure to specific areas within health/medicine
- Application process is similar to medical or other health profession programs, thus providing good preparation

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Benefits & Expectations

- These programs are typically free
 - Additional benefits may include:
 - Housing
 - Meals
 - Stipend
 - Health Care
 - Traveling Assistance
- What to expect:
 - Fulltime commitment
 - It is recommended that you are not enrolled in academic courses or other activities
 - Hands-on exposure to medicine through lectures, research and observation (e.g. ER, OR, Clinics)

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Typical Activities

- Conduct research in areas of interest and 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

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Timeline

- For many programs, applications are typically available online starting in November
 - If applications are not yet available, contact the program for further information
- Application deadlines vary, but most are between February and March
 - Be sure to check the specifics of those to which you are interested in applying, as some have very specific details (e.g. rolling admissions, postmarked/received by dates, etc.)

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Application Components

- Transcripts
 - Unofficial v. official depends on program
- Letters of Recommendation
 - Typically from Faculty and/or Advisor
- Essays/Personal Statements
 - Brevity and conciseness
 - Convey interest
 - Sample Questions:
 - What do you hope to gain out of participating in this program?
 - Discuss your academic and career goals and how you plan to achieve them.

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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 the professors class or lab.

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Personal Statement/Essays

- What is it?
 - A personal statement is a brief narrative that describes your past experiences and future goals
 - Length depends on application requirements
- It provides the opportunity to:
 - Make a positive first impression
 - Highlight strong points and abilities
 - Present goals and values
 - Demonstrate interest and relevant experience for the particular program/opportunity

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Application Resources & Support

- MIT Careers Office
 - Essay Critiques
 - Member of the Preprofessional Staff will review essay and return it to you with comments
 - Two to three day turnaround
 - Preprofessional Walk-Ins
 - Wednesdays 3pm-4pm, Thursdays 11am-12pm
 - Provide support and guidance for those pursuing a degree in a health/medical field

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Tips for a Successful Experience

- Keep an open mind
- Maintain a professional demeanor
 - Remember that you are representing yourself and MIT
- Actively participate in the available opportunities
- Effectively manage your time and responsibilities
- Write thank you notes

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Helpful Websites

- Health Related Summer Programs Listing
<http://web.mit.edu/career/www/preprof/healthsummerprograms.pdf>
- Health Related Summer Opportunities
<http://www.swarthmore.edu/x8853.xml>
- Co-op/Internship Opportunities for 2009 for Pre-Medical Students
<http://people.rit.edu/gtfsbi/Symp/premed.htm>
- Association of American Medical Colleges (AAMC)
<http://www.aamc.org>
- Medical School Admission Requirements Guide (MSAR)
<http://www.aamc.org/students>
- American Medical Student Association (AMSA)
<http://www.amsa.org/>
- The Official Guide to Dental Schools, <http://www.adea.org>
- Health Occupations Students of America (HOSA)
<http://www.flhosa.org/What%20is%20HOSA.htm>
- Life Works – interviews with professionals in different health professions
<http://science.education.nih.gov/LifeWorks.nsf/Interviews>

For a complete list of resources visit:

<http://web.mit.edu/career/www/preprof/medexplore.html>