



Health Related Summer Opportunities

Preprofessional Advising

Career Development Center

12-185, 617-253-4733

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



Goals of this Workshop:

- Consider the benefits of participating in a summer experience
- Suggest productive ways to spend the summer months
- Offer resources to assist in the search/planning/application
- Provide tips for a successful summer experience



What should I do this summer?

- Explore career options
 - Medicine or other health professions
 - Careers outside the health professions
- 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 and create strong relationships with supervisors, mentors, and peers



What could I do this summer?

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



What are Summer Enrichment Programs?

- 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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What is the Value of a Summer Enrichment Program?

- Explore your interest in medicine/health professions
- Network with health/medical professionals
- Visit another campus/location
- Good practice for future application processes
- Structured/established program

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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

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How do I locate a Summer Enrichment Program?

- [AAMC Database](#) of Summer Enrichment Programs
- [Summer Medical Dental Education Programs](#) (SMDEP)
- [ExploreHealthCareers.org](#)
(Enrichment Program Database)
 - 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
 - If applications are not yet available, contact the program for further information
- Application deadlines vary, but most are between February and March
 - Check the details: rolling admissions, postmarked/received by dates, etc.)

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How do I apply to a Summer Enrichment Program?

- Transcripts
 - Unofficial v. official depends on program
- Letters of Recommendation
 - Typically from Faculty and/or Advisor
- Essays/Personal Statements
 - 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
 - Essay Critiques by MIT Preprofessional Advising

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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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Who is eligible for Summer Enrichment Programs?

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



What is the Value of a Summer Research Experience?

- Contribute to health/medical research
- Acquire lab experience
- 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
- National Institutes of Health (NIH) Summer Internship Program in Biomedical Research
- Research Experiences for Undergraduates (National Science Foundation)
- MIT UROP



What is the Value of a Summer Volunteer Experience?

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



How do I locate a Summer Volunteer Experience?

- Public Service Center
- Search Engines:
 - Volunteer Match.org
 - Idealist.org
- Student groups
- Nonprofits
 - 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
- Government
- Industry
- Medical Centers

How?

- Departments
- CareerBridge
- Industry/
Organization
Web site
- MIT Careers
Office



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 Courselist

- Caution: Taking courses outside of MIT should be discussed with Preprofessional Advising, the Prehealth Advisor at the other school, and/or the health profession school you are planning to apply to.

○ MSAR Guide

- Check the prerequisite course work for schools you are planning to apply to
- 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
 - Volunteer Abroad
- GEO
 - Study Abroad
- MIT MISTI
 - Research Abroad
- MIT Career Development Center
 - Intern/Work Abroad



Tips for a Successful Summer Experience

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

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Additional Websites

- **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>



Questions?
