



Tips on How to Find Your Internship

Why You Should Consider Pre-Health Internships

Experience – step out of your comfort zone, take on greater responsibility, and enjoy scholarly freedom (oh yeah, and put it on your med school application!)

Networking – make connections with esteemed people at universities (often partners with medical schools); secure future research and clinical positions.

Clarify Goals – discover what you do and don't like; narrow and determine your future vision as an intern.

Accomplishments – many programs include the chance to present at conferences, co-author published results, or spearhead projects

Immerse Yourself – explore new communities, make new friends, and test the waters of life as a physician and/or physician-scientist.

Summer is not a time to simply recharge and rest on your laurels. It's a precious opportunity to focus on a few areas of your life and/or application. Since the school year is often a constant balancing act of staying afloat with coursework and a slew of extracurricular activities. It's time to gain experience through summer internships, whether in research, clinical, public health, or a health care consultant setting.

Pursuing a health and medicine major is a great way to develop your knowledge of the healthcare industry and learn the skills you'll need to succeed in the field. The best way to put those skills and knowledge to use is by taking on an internship in a healthcare-related field and



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figure out what career path really fits your interests. From a healthcare-focused education internship to an internship at a public policy organization, there are a lot of options you can explore to determine what works best for you.



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The most common internships for health/medicine majors



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Clinical lab intern

As a clinical lab intern, you'll work at a lab where you'll be involved in a number of administrative and research-related tasks. It's a great opportunity to keep up with the latest research trends and methodologies while learning how to test, analyze and discuss your results with the world at large.

Pre-med summer intern

Another great option is to apply for pre-med summer internship programs in hospitals and universities. This can be especially helpful if you're a pre-med student who is interested in going to medical school since it's the perfect opportunity to get a handle on the medical environment and the responsibilities that come along with it. This type of internship involves hands-on experience with the functioning of different departments as well as the potential to shadow a doctor in their everyday duties.

Policy intern

If your passion for healthcare extends to facilitating change through healthcare and mental health policies, a policy or advocacy internship with a prominent healthcare organization could be a great choice. From keeping up with legislative changes to attending conferences and drafting and researching topics related to specific healthcare policies, you'll get hands-on experience into the procedures required to facilitate policy reform.

Education intern

If you're looking to put your healthcare major to use in an educational setting, interning at a school, a university or an ed-tech company can give you the exposure you need. In this role, you could be coordinating training programs in a school or writing content for adaptive learning apps. This type of internship will give you hands-on experience with the learning methods and technologies you'll need to make learning interesting and engaging to students.

Nonprofit intern

If you're interested in working in the nonprofit sector, you might consider interning at a nonprofit healthcare organization, a role that can offer you a great all-around experience while also giving you a sense of what it takes to fund and sustain such an organization. Whether you're assisting with grant writing, organizing training sessions or coordinating outreach programs, you'll get a broad range of experience in the healthcare field and beyond.

Healthcare administration intern

As an administrative intern in a healthcare setting, you'll gain familiarity with the operations of a hospital or a healthcare organization. You might be assigned to a specific department or gain experience across multiple departments in areas such as data gathering and report writing.



How to Find Your Internship Opportunities

Whether you're on your way to medical school or looking to branch out into a healthcare-related occupation that does not directly focus medical care, an internship will give you the hands-on experience you need to develop your skills and find out what type of career is right for you. **We've listed ways to find internship opportunities below:**

Sit down with your professor and ask about research and special project opportunities for undergraduates in her lab or department. Touch base with any teaching and research assistants as well. **Check out various science department websites**, which usually list information on current research projects or can direct you to your school's offerings for funded or volunteer opportunities.

Investigate summer programs. Medical centers host summer clinical/research programs for many college students throughout the summer. Check out the [AAMC database for summer undergraduate internship programs](#) geared toward students interested in scientific research.

Talk to your pre-health advisor or your college advisor, they are extremely knowledgeable about academic opportunities on campus and can point you in the right direction. You can also make an appointment to talk with a staff member at your college's career center.

Check out study abroad and internship programs. Consider programs conducting research in the field. Internships at national laboratories and research facilities are also great options.

Consider taking a year off to participate in full-time internship. Applying to med school the summer before your senior year of college, essentially means you only have three years to pack in pre-req and extracurriculars. A **gap year** gives you time to devote to something you missed to strengthen your application.

Resource Links to Help You Find Your Internship

[AAMC](#)

[PT INTERNSHIPS IN SOCIAL](#)

[OPTOMETRY OPPORTUNITY IN CA](#)

[NATIONAL EYE INSTITUTE](#)

[AVMA INTERNSHIP GUIDELINES](#)

[NURSING INTERNSHIPS IN CA](#)

[PHARMACY OPPORTUNITIES CVS](#)

[GOOGLE](#)

Handshake (check the 5C campus)



Do I Need Research Experience?

Med schools care about the sum of your experience. If you haven't had the opportunity or don't want to partake in research, dedicate your time to **raising your MCAT** scores or investing in your **extracurriculars**. Your Pre-Health Adviser can help you position your accomplishments and experiences on your application. Please note that research-oriented medical schools are more likely to prioritize lab research experience during the admissions process.

Internships and Experiences

This list provides links to organizations and programs that provide internship, research and professional-growth opportunities. These programs are typically offered annually and deadlines apply.

[Summer Health Professions Education Program \(SHPEP\)](#)

Free full tuition, housing and meals for a six-week summer academic enrichment program that offers freshman and sophomore college students intensive and personalized medical and dental school preparation.

[Inside UCSF](#)

The UCSF schools of Dentistry, Medicine, Nursing and Pharmacy, and the Graduate Division invite students to attend our annual outreach program. "Inside UCSF" takes place each April. This exciting and informative event is free, and designed to give students an in-depth introduction to a specific health-science career path, a chance to meet current students and become inspired about future career possibilities.

[UC Berkeley Opto-Camp](#)

The objective of Berkeley Optometry's Opto-Camp is to present a three-day "in residence" experience that gives participants the chance to learn about the profession of optometry and the process of becoming an optometrist.

[UCSF School of Medicine Admissions Workshop](#)

Presentations on developing competitive applications, understanding the application process, "A Day in the Life of a Medical Student" and information about the UCSF School of Medicine post-baccalaureate program. Event is typically held every March.

[UC Davis Pre-health Conference](#)

The National AMSA ARC/UCD Pre-Medical and Pre-Public Health Conference provides community college and university students with the information and skills necessary to succeed in medical school admission process. It provides a unique opportunity for direct contact with medical school deans of admission, admission officers, financial aid officers, faculty and staff members.

[UCSF Pharmacy Information Days](#)

This special program will help you discover pharmacy as a profession and learn about the training you need to succeed in this well-respected, highly-



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compensated healthcare field. You'll learn about the unique role of pharmacists in healthcare, the many options for career specialization and the workforce demand for pharmacy professionals. Students and faculty members will share their insights on the Doctor of Pharmacy program at UCSF — the curriculum, admissions requirements and preparation for the field of pharmacy.

[Northern California Pre-Pharmacy Symposium](#)

This symposium offers a valuable learning and networking opportunity for pre-health students by presenting some of the many opportunities within the field of pharmacy and instilling a renewed sense of anticipation and excitement for the future of pharmacy. Through exposing students to the endless opportunities the field has to offer, NCPPS hopes to showcase the broad spectrum of possible careers pharmacists today can pursue.

West Coast Summer Internships

[BRIDGING THE GAPS SUMMER RESEARCH PROGRAM](#)

USC Keck School of Medicine – Deadline: February 1st – *Mainly for minority students.*

[SUMMER UNDERGRADUATE RESEARCH EXPERIENCE \(SURE\)](#)

USC Keck Graduate Institute – Deadline: March 1st – *Innovative research in biotechnology and bioengineering.*

[SUMMER EXPLORE HEALTH PROFESSIONS](#)

USC Keck Graduate Institute – Deadline: June 1st – *Two-week program of classroom and experiential learning.*

[SUMMER HEALTH PROFESSION EDUCATION PROGRAM \(SHPEP\)](#)

UCLA – Deadline: February 15th – *Academic enrichment curriculum and problem-based workshops on clinical cases.*

[PRE-MEDICAL ENRICHMENT PROGRAM \(PREP\)](#) UCLA – Deadline: March 3rd – *Gain insight on medical school admissions, student life, and medical school curriculum.*

[SUMMER RESEARCH TRAINING PROGRAM](#) UCSF – Deadline: February 3rd – *Spend 10 weeks working with faculty members on research. Take part in seminars, lectures, and social events.*

[SUMMER UNDERGRADUATE RESEARCH FELLOWSHIP](#)

UCSD – Deadline: February 2nd – *Eight-week project with a faculty member in the biomedical sciences.*

[PRE-MED WILDERNESS & EMERGENCY MEDICINE COURSE](#)

University of Colorado – Deadline: March 30th – *Shadow a world-class ER, earn your WFR certification, and learn from physicians around the world.*

[CDCB SUMMER RESEARCH INTERNSHIP PROGRAM](#)

Oregon Health & Science University – Deadline: February 14th – *Work directly with research mentors in cancer biology, immunology, cell biology, and biomedical engineering.*

[APEX SUMMER CAMP PROGRAM](#)

University of Washington – Rolling Deadline – *Focuses on children with autism spectrum disorder, ADHD, and related disorders.*

East Coast Summer Internships

[BROAD SUMMER RESEARCH PROGRAM \(BSRP\)](#)

Broad Institute, Cambridge, MA – Deadline: January 14th – *Designed for undergraduates with a commitment to biomedical research and an interest in genomics.*

[COMBINED SUMMER UNDERGRADUATE RESEARCH PROGRAM](#)



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University of Massachusetts Medical School – Deadline: March 15 – **Hands-on laboratory research with an investigator serving as a mentor, role model, and advisor.**

[THE DEAN FOR MEDICAL EDUCATION'S ACADEMY FOR RESEARCH, CLINICAL, AND HEALTH EQUITY SCHOLARSHIP \(ARCHES\)](#)

Georgetown University School of Medicine – February 4th – **Engage in clinical experience, guided research, and immersive community-based learning.**

[GATEWAYS TO THE LABORATORY SUMMER PROGRAM](#)

Weill Cornell / Rockefeller / Sloan-Kettering Tri-Institutional MD-PhD Program – Deadline: February 1st – **Allows freshman and sophomore underrepresented minority and/or disadvantaged students to experience life as a MD-PhD student.**

[TRAVELERS SUMMER RESEARCH FELLOWSHIP PROGRAM](#)

Weill Cornell Medical College – Deadline: February 1st – **Designed to give students deeper insights into the field of medicine, including issues that greatly affect underserved groups.**

[NYSCEF SUMMER INTERNSHIP PROGRAM](#)

New York Stem Cell Foundation – Deadline: February 17th – **Provides students a rare glimpse into the fast-paced world of stem cell research.**

[SUMMER STUDENT PRE-MED & RESEARCH PROGRAM](#)

Hartford Hospital – Deadline: February 6th – **Offers an introduction to research methodology, patient treatment, and ethical issues in medicine.**

[JOHNS HOPKINS SUMMER INTERNSHIP PROGRAM](#)

Johns Hopkins University – Deadline: February 1st – **Provides experience in research laboratories to students of diverse backgrounds.**

[BIOSTATISTICS EPIDEMIOLOGY SUMMER TRAINING \(BEST\) DIVERSITY PROGRAM](#)

Columbia University Mailman School of Public Health – Deadline: March 1st – **Complete a research project under the supervision of an experienced faculty mentor.**

[OVERLOOK SUMMER INTERNSHIP PROGRAM](#)

Atlantic Health System – Deadline: February 1st – **Shadow professionals in the operating room, emergency department, hospital floors, and physician offices.**

Midwest Summer Internships

[CHICAGO CHEC RESEARCH FELLOWS PROGRAM](#)

Various Locations – Deadline: February 28th – **Meet with scholars in basic, clinical, translational, prevention, control, behavioral, and population research.**

[UNIVERSITY OF CHICAGO SUMMER PROGRAMS: PRITZKER SCHOOL OF MEDICINE EXPERIENCE IN RESEARCH \(PSOMER\)](#)

University of Chicago – Deadline: January 17th – **Participate in either basic science laboratories or clinical research projects.**

[UNIVERSITY OF CHICAGO SUMMER PROGRAMS: CHICAGO ACADEMIC MEDICINE \(CAMP\)](#)

University of Chicago – Deadline: January 17th – **Engage in group learning and team building, attend interactive lectures, and participate in clinical shadowing.**

[NORTHWESTERN'S ENGAGE CHICAGO PROGRAM, SPECIAL CONCENTRATION IN HEALTH AND MEDICINE](#)

Northwestern University – Rolling Deadline – **Explore the realities of individual healthcare in the context of the US healthcare system.**

[AMERICAN CENTER FOR REPRODUCTIVE MEDICINE AT CLEVELAND CLINIC](#)

Cleveland Clinic – Deadline: March 13th – **Work alongside reproductive scientists and clinicians in learning about basic laboratory techniques in a real laboratory setting.**

[SUMMER SCHOLARS PROGRAM](#)

OU-Heritage College of Osteopathic Medicine – Deadline: February 1st – **In addition to traditional medical school curricula, the program focuses on case-based problem solving.**

[SUMMER UNDERGRADUATE RESEARCH FELLOWSHIP IN NEUROSCIENCE \(SURF-N\)](#)



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University of Cincinnati College of Medicine – Deadline: February 3rd – ***Provides summer stipends to undergraduate students interested in cutting-edge research in several disciplines of neuroscience.***

[HEALTH P.A.S.S.](#)

Des Moines University – Deadline: February 15th – ***For students interested in osteopathic medical careers.***

[SUMMER UNDERGRADUATE PROGRAM IN BIOMEDICAL ETHICS RESEARCH](#)

Mayo Clinic – Deadline: January 11th – ***Develop research skills that include empirical methods, study design, data collection and analysis, and scholarly writing.***

[UM-SMART UNDERGRAD SUMMER PROGRAM](#)

University of Michigan – Deadline: January 18th – ***Work full-time in a basic research laboratory under the mentorship of a research faculty member.***

Southern States Summer Internships

[SUMMER SCIENCE ACADEMY](#)

Vanderbilt University – Deadline: February 1st – ***Research seminars, enrichment activities, lectures, and social activities for undergraduates engaged in research.***

[UNDERGRADUATE CLINICAL RESEARCH PROGRAM](#)

Vanderbilt University School of Medicine – Deadline: February 1st – ***Gives college students the opportunity to participate in both research and clinical patient care at an academic medical center.***

[PEDIATRIC ONCOLOGY EDUCATION PROGRAM \(POE\)](#)

St. Jude Children’s Research Hospital, Memphis, TN – Deadline: February 1st – ***Receive training in a superb academic environment with basic scientists, research-oriented physicians, and postdoctoral fellows.***

[TEXAS A&M UNIVERSITY SUMMER UNDERGRADUATE RESEARCH FOCUS](#)

Texas A&M University College of Medicine – Deadline: February 9th – ***Working closely with Texas A&M University College of Medicine faculty on research projects in basic or clinical science disciplines.***

[SUMMER UNDERGRADUATE RESEARCH EXPERIENCE](#)

University of Mississippi Medical Center – Deadline: February 15th – ***In addition to the lab experience, attend seminars aimed at enhancing your understanding of biomedical research.***

[PREPARATION FOR GRADUATE AND MEDICAL EDUCATION \(PARADIGM\)](#)

University of Alabama at Birmingham School of Medicine – Deadline: February 15th – ***Work with UAB faculty on mentored research projects and participate in clinical experiences.***

[SUMMER IN BIOMEDICAL SCIENCES \(SIBS\) UNDERGRADUATE RESEARCH PROGRAM](#)

University of Alabama at Birmingham School of Medicine – Deadline: February 15 – ***Be instructed in the techniques of modern biology while becoming an integrated member of a vibrant clinical and scientific community.***

[SUMMER RESEARCH PROGRAM AT THE MALLINCKRODT INSTITUTE OF RADIOLOGY](#)

Washington University School of Medicine in St. Louis – February 19th – ***Offers undergrad students an excellent introduction to current radiological sciences research.***

[STUDENT TRAINING & RESEARCH PROGRAM](#)

Augusta University – Deadline: February 1st – ***Work alongside research mentors on exciting research and attend interactive workshops.***

[LEAH MENSHOUSE SPRINGER SUMMER OPPORTUNITIES PROGRAM](#)

Siteman Cancer Center, Washington University School of Medicine in St. Louis – Deadline: January 14th – ***Hands-on cancer research experience for 10 weeks over the summer.***