Pre-Med & Pre-Health Summer Opportunities

Before applying to a summer program:

- **Check the dates of the program.** Some summer programs may begin before the Northwestern Spring Quarter ends. Some programs may be flexible with start dates, but it's best to check before applying.
- **Check the eligibility requirements.** Some summer programs may limit their applicant pool based on particular factors (e.g., state of residence, grade level, disadvantaged educational/economic background). Don't waste your time applying to a program that isn't a good match.
- **Proofread all components of your application.** You want to make sure all of your materials are polished and professional.

Types of summer opportunities:

- List of Summer Opportunities
- Internship
- Paid Employment Opportunities
    - They are valuable because they can bring transferable skills
- Research
- Shadowing
- Volunteering

Where to start or still exploring the health professions field?

- Connect with your HPA Advisors to talk through your interests and ask questions.
- Start with NU resources (below).
- Start with volunteering (Idealist).
- If you have connections with healthcare professionals, such as family physicians, reach out to them for suggestions and ask if you can shadow them.

NU Resources:

- HPA Explore Opportunities (filter for summer programs)
- Northwestern Career Advancement (NCA)
- Northwestern Chicago Field Studies program
- Northwestern Engage Chicago program
- Northwestern Medicine Pre-med Internship program
- Northwestern Summer Internship Grant Program (SIGP)

Important Note:

- Medical schools and other health professions programs are **more interested in the content of your experiences than in the "label"** of the experience.
- Any experience can be valuable if it helps you grow as a person and develop the traits/qualities that your health profession values.
- Use the HPA website and services for additional information and support.