

59 Great Medical Programs for High School Students + Advice



Posted by Dora Seigel | May 3, 2020 7:00:00 PM

What Medical Experiences Are Available to High School Students?

There are lots of ways to get a taste of it's like to work in medicine. In my opinion, **the best time to do this is over the summer**. You have the most free time during the summer, and there are more experiences available.

There are many **summer medical programs and summer medical internships for high school students** across the country. These opportunities **range from research experiences to in-hospital experiences**. Some of these programs and internships charge you a fee to attend, some are paid for, and some even pay *you* to attend.

I've compiled a list of over 50 summer medical programs for high school students. Several of these programs and internships are limited to students from a specific state or area, so be sure to check specific programs for application requirements and fees. I've provided links to each program below.

If you'd like to get experience during the school year (on weekends and after school), you should **consider shadowing a doctor or volunteering at a hospital**. I'll discuss the details of volunteering and job shadowing later in the article.

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List of Summer Medical Programs for High School Students

I've divided up the summer medical programs into three categories: **Medical Programs, Medical Research Programs, and general Science Research Programs**.

Medical Programs

In the medical programs category, I list programs that offer high school students the chance to get hands-on experience in medicine (non-research related) such as **learning simple medical procedures, watching surgeries, shadowing doctors, working in hospitals, interacting with patients, and more**. There are very few programs that offer this type of experience to high school students, and I highly recommend them since they'll give you the most realistic look at what life's like as a pre-med student, medical student, and medical professional.

Program	Host Institute/Hospital	Location	Cost	Program Length
High School Senior Summer Internship Program	Cincinnati Children's Hospital Medical Center	Cincinnati, OH	No cost. Interns are paid up to \$1,392	8 weeks
Medical Immersion Summer Academy	Mentoring in Medicine and Science	Oakland, CA	\$1,000	5 days
Medicine & Health Care Program	National Student Leadership Council	Various universities throughout the US	\$2,995-\$3,695	9 days
Stanford Medical Youth Science Program	Stanford University	Stanford, CA	No cost	5 weeks
Summer Medical Academy	Rady Children's Hospital and UC San Diego	San Diego, CA	\$2,450	12 days
UPenn Medicine Summer Program for High School Students	University of Pennsylvania	Philadelphia, PA	\$8,495	4 weeks

Medical Research Programs

If you're unable to do one of the above medical programs, **the next best thing is a medical research program**. In these programs, you'll be **working in a lab and helping with medical research** that's in progress (i.e. looking at slides under a microscope, recording changes) or **assisting with on-going clinical research** (i.e. interviewing participants in an on-going trial of new medication, logging participant information in the computer). Many of these programs **pair you with a mentor** who works at your location. Also, several of these programs require you to **give a presentation** at the end of the program.

These medical research programs are extremely valuable because, as a pre-med student, you'll likely end up doing lab work either for class or as an extracurricular for your medical school application. If you do one of these programs in high school, you'll be a step ahead of your pre-med classmates.

(One quick note: many of these programs are free or pay stipends, but **not every program provides free housing**. Make sure you check each program's housing accommodations before you apply!)

Program	Host Institute/Hospital	Location	Cost	Program Length
Summer Science Internship Program	Arthritis Foundation	California	No cost. Interns are paid \$1,500	7 weeks
Summer Scholars Biology Research Immersion Program	Buck Institute for Research on Aging	Novato, CA	\$2,500	7 weeks
Disease Detective Camp	Centers for Disease Control and Prevention CDC	Atlanta, Georgia	No cost	5 days
Summer Child Health Research Internship	Children's Hospital Colorado	Aurora, CO	No cost. Interns are paid \$3,500	8 weeks
Summer Research Program	Children's Hospital Oakland Research Institute	Oakland, CA	No cost	9 weeks
Biomedical Research Internship for Minority Students	Cincinnati Children's Hospital Medical Center	Cincinnati, OH	No costs. Interns receive a stipend of up to \$3,132	9 weeks
City of Hope Cancer Center	Eugene and Ruth Roberts Summer Student Academy	Duarte, CA	No cost. Students receive a stipend of \$4,000	10 weeks
Summer Experience for Students	Coriell Institute for Medical Research	Camden, NJ	No cost. Students receive a stipend of \$1,000	4 weeks
Initiative to Eliminate Cancer Disparities, The Continuing Umbrella of Research Experiences CURE (Summer Only)	Dana-Farber/Harvard Cancer Center	Boston, MA	No cost.	8-12 weeks

<u>Summer Research Program</u>	Indiana University Cancer Center	Indianapolis, IN	No cost.	8 weeks
<u>High School Summer Internship Program</u>	Magee Women's Research Institute	Pittsburgh, PA	No cost.	4 weeks
<u>Summer Research Internship</u>	Max Planck Florida Institute for Neuroscience	Jupiter, FL	No cost. Students are paid \$11.50/hour.	6 weeks
<u>Summer Internships for High School and College Students</u>	McLaughlin Research Institute	Great Falls, MT	No cost.	8 weeks
<u>High School Summer Program</u>	MD Anderson Cancer Center	Houston, TX	No cost.	6 weeks
<u>Diversity Summer Enrichment Programs</u>	Medical College of Wisconsin	Milwaukee, WI	No cost. Students receive a stipend at the end of the program.	6 weeks
<u>Werner H. Kirsten Student Intern Program</u>	National Cancer Institute	Frederick, MD	No cost. Students receive a \$3,400 stipend	8 weeks
<u>NEI Summer Intern Program</u>	National Eye Institute	Bethesda, MD & Rockville, MD	No cost. Students receive a monthly stipend.	8-12 weeks
<u>Summer Internship Program in Biomedical Research</u>	NIH	Bethesda, MD	No cost. Students receive a monthly stipend of \$2,000.	minimum of 8 weeks
<u>Summer Student Program</u>	National Institute of Arthritis and Musculoskeletal Diseases	Bethesda, MD	No cost. Students receive a monthly stipend of \$2,000.	minimum 8 weeks
<u>National Institute on Drug Abuse:</u>	NIDA	Various universities	No cost. Interns are	8 weeks

<u>Summer Research with NIDA</u>		throughout the US	paid \$12 an hour.	
<u>NIDDK Short-term Education Program for Underrepresented Persons STEP-UP - High School Program</u>	National Institute of Diabetes and Digestive and Kidney Diseases	Bethesda, MD	No cost. Students receive a stipend (amount varies)	8-10 weeks
<u>Summer Internship Program</u>	National Institute of Environmental Health Sciences Research	Triangle Park, NC	No cost. Students are paid per hour (salary varies)	8 weeks
<u>Summer Program in the Neurological Sciences</u>	National Institute of Neurological Disorders and Stroke	Bethesda, MD	No cost. Students receive a stipend.	minimum 8 weeks
<u>Summer Cancer Research Experience Program for High School Students</u>	Roswell Park Cancer Institute	Buffalo, NY	No cost. Limited, need-based stipends available.	7 weeks
<u>Stanford Institutes of Medicine Summer Research Program</u>	Stanford University School of Medicine	Stanford, CA	No cost. Students receive stipends from \$500 to \$1500	8 weeks
<u>Summer Student Program</u>	The Jackson Laboratory	Bar Harbor, ME and Farmington, CT	No cost. Students receive a stipend of \$6,000	10 weeks
<u>Helios Scholars Program</u>	Translational Genomics Research Institute	Phoenix, AZ	No cost. Students are paid \$12 an hour	8 weeks
<u>High School Student Research Apprentice Program</u>	University of Connecticut Health Center	Farmington, CT	\$2,050 minimum, with discounts for students who enroll in multiple sessions.	1-4 weeks

<u>Summer Cancer Research Internship for High School and Undergraduate Students</u>	University of Hawaii, Cancer Center	Honolulu, HI	No cost. Students are paid \$10.85 an hour.	8 weeks
<u>Summer Research Scholars Program</u>	University of Minnesota Medical School, Lilliehei Heart Institute	Minneapolis/St. Paul, MN	No cost. Students receive a stipend (amount varies).	9 weeks
<u>Travis B. Lewis High School Scholarship Award Program</u>	University of Nebraska Medical Center, Department of Pharmacology & Experimental Neuroscience	Omaha, NE	No cost. Students receive a stipend of \$1,500.	up to 10 weeks
<u>Biomedical Research Training for High School Students</u>	University of Texas Medical Branch	Galveston, TX	No cost.	7 weeks
<u>Summer Fellowship Program in Biomedical Research</u>	Wistar Institute	Philadelphia, PA	No cost. Students receive a stipend (amount varies).	8 weeks

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