Making the Most Your Summer!
Purpose of this workshop

- Help you think broadly about relevant experiences
- Encourage you to set goals for your summer
- Provide you with resources and a launching point for your search
Outline

- Pre-Health Competencies
- Setting Goals
- Volunteering
- Shadowing
- Research
- Internships
- Tracking your experiences
- Questions?
Pre-Health Competencies:
Gain experience/skills in a new area

- **Interpersonal competencies**: service orientation, cultural competence, teamwork, oral communication
- **Intrapersonal competencies**: reliability, resilience, capacity for improvement
- **Thinking and Reasoning Competencies**: critical thinking, scientific inquiry, written communication
- **Science Competencies**: applying knowledge to solve problems
- **Other factors**:
  - Health care experience
  - Patient interaction
  - Knowledge of the profession
  - Leadership & responsibility
Set Goals for Your Summer

- What do you want to learn?
- What skills do you want or need to develop?
- What do you need to do to be ready for the experience?
  - Personal statement
  - Health screenings
  - Resume/cover letter

*Remember:* What you learned in the experience is more important than the experience itself!
Volunteering

- Competencies you might develop:
  - Service orientation
  - Cultural competence
  - Teamwork
  - Health care experience

- Combine a hobby or interest you have with serving others.
  - Love the outdoors? Volunteer at your local nature center
  - Volunteermatch.org
  - Try your local hospital/clinic
  - Does not have to be health related!
Shadowing

- Competencies you might develop:
  - Knowledge of profession
  - Health care experience
- Start with your own family’s network; try your primary care provider!
- Shadow many different health care professionals, not just within your profession of interest
- Always ask for the names of 1 or 2 more people you could shadow
- Consider informational interviewing (see handout)
Research

- Competencies you might develop:
  - Teamwork
  - Critical thinking
  - Scientific inquiry

- Special programs:
  - Undergraduate Research, Cleveland Clinic Center for Reproductive Medicine, due March 1
  - NIH Summer Research Internships, due March 1
Internships

- Competencies you might develop:
  - Teamwork
  - Oral communication
  - Critical thinking
  - Leadership/responsibility

- Where to look:
  - Hiatt’s B.Hired
  - Brandeis Internship Exchange
  - Idealist
  - Professional associations

- Check out Hiatt’s online webinar on finding an internship!
Internships: Special Programs

- Brandeis Summer Shadowing Program; Due March 1
- Summer Medical and Dental Education Program (SMDEP); Due March 1
- Health Career Connection; Due Feb 8
- U Mass Medical School Summer Enrichment Program; Due March 13
- Hiatt World of Work Fellowships for internships; due March 29

- Brandeis Summer Shadowing Info Session!
  - Thursday, Feb 4, 12pm in THIS ROOM
Track your Experiences!

- Who, what, where, when
  - Contact person
  - Track hours and date range
- Your role, the logistics of what you did
- What was your goal for this experience?
- Name one thing that was difficult about the experience
- What did you learn?
  - Competencies
  - “take away”
- Are your goals the same or different after completing the experience?
- Jot down one memorable moment
Questions?

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For appointments call academic services at 781-736-3470
Online appointment scheduling.

Quick questions drop-in appointments
Monday - Friday, 1:30-2:30pm