

Live To Learn

Healthcare internships and summer programs are available for high school and undergraduates

By Elizabeth Binsfield
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Summer is a great time for high school and undergraduate students to seek out unique educational avenues to help prepare for future careers. For health care hopefuls, there are some very unique upcoming opportunities.

The National Student Leadership Conference offers four comprehensive conferences on Medicine and Health Care at UC Berkeley. High School students seeking to learn more about careers in surgical and research medicine will work as a team under the guidance of clinicians to learn important basic assessment skills. They will also interact with physicians and other healthcare principals as they visit behind the scenes at J David Gladstone Institutes and will have the opportunity to participate in simulation activities.

The conference will be offered at UC Berkeley in four nine-day sessions from June through August. Admissions are rolling, but the deadline for the first session is March 15, 2014.

For more information, visit their website www.nslcleaders.org/youth-leadership-programs/summer-medical-programs. You can go right to the enrollment page at www.nslcleaders.org/high-school-summer-programs/college-prep-program-enrollment.

San Francisco's Huckleberry Youth Academics program provides guidance and training for the first generation college bound student who seeks a career in health care. These programs offer education, internship placement



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and academic guidance for those interested in health related professions. Assistance with college entrance testing is also available, as well as support for parents. For more information, visit their website at www.huckleberryyouth.org/wellnessacad.html. To connect with a representative, contact **Vicky Valentine** at 415-386-9398 or by email at vvalentine@huckleberryyouth.org

Stanford Institutes of Medicine will offer an eight week summer research program from June 9-July 31, 2014, for high school juniors and seniors. It is a hands-on research lab experience with the oversight of a one-on-one mentor. Areas of study include immunity,

transplantation and infection, cancer biology, stem cell research, neuroscience, bioinformatics and cardiovascular studies.

The program will include safety training sessions, scheduled lectures and featured guest speakers. Seminars on career choices and college admission are provided as well as a field trip to a biotech company. The session ends with a poster session for students to present their work accomplished during the eight week session.

The deadline for application is right now, Feb. 23, 2014. For more information, visit the program's site at simr.stanford.edu or contact them at

simr-program@stanford.edu. To apply online, visit simr.stanford.edu/2014/application.htm.

Another offering from the Stanford School of Medicine provided for college undergraduates is the **Stanford Summer Health Careers Opportunity Program**, a six-week residential program for college sophomores and juniors pursuing a medical career. The program is offered specifically to students who can demonstrate educational barriers to the pursuit of their education and who plan to serve the Bay area specifically.

Chosen attendees will receive a scholarship for all program expenses. Some of the topics covered during the program will be: critical reading and medical research literature, civic leadership, introduction to the MCAT, academic and testing strategies and the medical school admission process. There will also be opportunities for networking with peers, mentoring by Stanford medical students, clinical shadowing and research opportunities.

More information about the program and the application requirements and process are available on the SSHCOP site at coe.stanford.edu/pre-med/sshcop.html. The summer 2014 application cycle began Dec. 1, 2013 and ends Feb. 28, 2014. For information regarding the online application or the program itself contact sshcop@gmail.com or call 650-736-1685.

Many of the deadlines for these programs are fast approaching, so if you are interested to learn more or apply, contact these schools and agencies immediately.

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