

## Ways to Get Pre-Health Experience

- **Join a Club or Organization (complete list found on Center for Student Involvement website)**
  - Health Professions Club
  - Partners for World Health
  - Operation H.E.A.R.T.S.
  - Pre-Vet Club
  - Athletic Training Student Organization
  - Kinesiology and Physical Education Student Organization
- **Volunteer**
  - Hospital-base (online applications)
    - St. Joseph's Hospital (Bangor, ME)
    - Northern Light Eastern Maine Medical Center (EMMC) (Bangor, ME)
    - Acadia Hospital
  - Bodwell Center at UMaine (contact Lisa Morin)
  - Maine Medical Center
  - Hospice Care
- **Certifications**
  - University Volunteer Ambulance Corps
    - Get hands on experience and take a class to earn EMT certification
  - Certified Nursing Assistant (CNA)
    - Courses offered year-round through Adult Education
  - Phlebotomist
  - Behavioral Health Professional (BHP)
- **Job Shadowing**
  - Maine Mentor Program (through the Career Center)
    - Visit Sam Wheeler, the Health Professions Advisor during her Walk-In Hours to get paperwork for PCHC and/or Maine Medical Center
- **Internships/Research Opportunities (meet with Sam Wheeler for more info)**
  - Hanley Institute
  - MaineHealth
  - MDI Biological Laboratory Summer Fellowship
  - Jackson Laboratory Internships and Summer Program
  - Science Professors' Research (UMaine Medicine website)

# A Sampling of Summer and Gap Year Opportunities

Looking for something to do between graduation and medical, dental, or graduate school? There are many opportunities available ranging from summer to one to two years. Some opportunities may be directly related to medicine or healthcare, while others may be a chance to explore another side of working with people, such as teaching or community organizing. You may consider fellowships, internships research, volunteering, part-time employment, etc. Whether you are looking to improve your candidacy to medical school or experience something new before entering your program or the world of work, there is an opportunity out there for you!

This is only a sampling of the many opportunities available. If you wish to explore additional resources or learn more about what to do upon graduation before entering a graduate or professional program, consider scheduling an appointment with the pre-health counselor at The Career Center. You can schedule an appointment by calling 207.581.1359. You may also want to explore the Career Center website and the Pre-Health section at [umaine.edu/career](http://umaine.edu/career) for additional links and ideas.

## **INTERNSHIPS**

### **American Cancer Society Internships (8 week rotations available year-round)**

The internship program at the American Cancer Society provides an opportunity for people to make a difference as they gain valuable hands-on experience in the non-profit sector and a greater understanding of the Society's mission.

<http://www.cancer.org/MyAcs/Ohio/ProgramsandServices/ohio-college>

### **American Public Health Association Internships (3 months- 1 year)**

The American Public Health Association is the oldest, largest and most diverse organization of public health professionals in the world and has been working to improve public health since 1872. A variety of internships for undergrad and grad students are available.

<http://www.apha.org/about/careers/internships/>

### **Church Health Center Internship Program (3 months- 1 year)**

Dr. Scott Morris founded the Church Health Center in 1987 to provide quality, affordable healthcare for working, uninsured people and their families. Over the years, Dr. Morris has hired pre-medical students in their gap year to intern in what has become the country's largest faith-based clinic.

<http://churchhealthcenter.org/internships>

### **Health Communications Internship Program (6 months- 1 year)**

The National Cancer Institute (NCI) is the Federal Government's principal agency for cancer research and training. The NCI coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

<https://hcip.nci.nih.gov/>

### **Internship/Co-Ops for Pre-Medical Students (Summer)**

List of internship postings compiled by Rochester Institute of Technology for pre-medical students.

<http://people.rit.edu/gtfsbi/Symp/premed.htm>

### **Latino Community Health and Cancer Control Intern (Summer)**

The Lombardi Cancer Center at Georgetown University is offering a ten-week summer paid internship program for undergraduate and graduate students. . This is an excellent opportunity for bilingual (English/Spanish) students to gain hands-on experience implementing cancer prevention research for the Latino community.

<http://www.publichealthjobs.net/search/detail.cfm?jobID=7743>

### **MHealthy Intern (Summer or Semester)**

MHealthy has internship possibilities for currently enrolled and recent college students in the areas of fitness center management, corporate health promotion, health education, community health promotion, nutrition, tobacco cessation, employee wellness, and marketing.

<http://hr.umich.edu/mhealthy/involve/employment.html>

### **Pfizer Lab Internships (Summer)**

Pfizer, the world's largest research-based pharmaceutical company is offering several laboratory internships in fields of chemistry, microbiology, and physical sciences.

<http://www.pfizer.com/careers/>

### **Washtenaw County Department of Public Health Internships (8-12 weeks)**

The Washtenaw County Health Services Departments, Public Health and Mental Health need students to assist with various projects. Public Health and Mental Health offer student internships and volunteer opportunities.

[http://www.ewashtenaw.org/government/departments/public\\_health](http://www.ewashtenaw.org/government/departments/public_health)

## **FELLOWSHIPS**

### **Emerging Leaders Program (2 years)**

The Emerging Leaders Program (ELP) is a competitive, two-year, paid, federal internship with the Department of Health and Human Services (DHHS). The program provides a unique opportunity to develop analytical and critical leadership skills in one of the largest federal agencies in the nation.

<http://hhsu.learning.hhs.gov/elp/>

### **Office of Minority Health and Health Disparities- Various Fellowships (Varies)**

The OMHD supports training opportunities for qualified students at all levels of their education. Many of the opportunities involve working with the Federal Government or the Center for Disease Control (CDC).

<http://www.cdc.gov/omhd/training.htm>

### **Presidential Management Fellows Program (1 year)**

The purpose of the Program is to attract to the Federal service outstanding men and women from a variety of

academic disciplines and career paths who have a clear interest in, and commitment to, excellence in the leadership and management of public policies and programs.

<https://www.pmf.opm.gov/Index.aspx>

### **U.S. Schweitzer Fellows Programs (1 year)**

The U.S. Schweitzer Fellows Programs provide community service fellowships for graduate students in health-related professional fields who are dedicated to addressing unmet health needs in their local areas.

<http://www.schweitzerfellowship.org>

## **EMPLOYMENT (FULL-TIME AND PART-TIME)**

### **Department of Veterans Affairs (Varies)**

The VA's goal is to provide excellence to the over 25 million veterans currently alive in patient care, veterans' benefits, and customer satisfaction. There are numerous opportunities to volunteer or be employed with the Department of Veterans Affairs in the health care setting or in other settings relating to the care of our country's veterans.

<http://www.va.gov/>

### **Greater Flint Health Coalition Project Manager Positions (Full-time)**

Greater Flint Health Coalition is a non-profit coalition comprised of providers of health care, insurers, purchasers, government, labor, and consumers. GFHC's mission is to improve the health status of the residents of Genesee County, and improve the efficiency and effectiveness of the healthcare delivery system in Genesee County.

<http://www.gfhc.org>

### **Planned Parenthood Clinic Assistant (Full or Part-time depending on location)**

Job descriptions of Planned Parenthood Clinic Assistants vary depending on location, but generally the position involves clerical duties, basic patient care, or both.

### **Jobs in hospitals**

- Full-time, short-term jobs can include phlebotomist, transporter, laboratory technician, patient services and many others.
- Most hospitals and medical centers have websites that post all available jobs. Application for these jobs is often electronic.
- Many medical centers subcontract jobs to affiliated agencies, so ask the HR departments which agencies they use and contact them directly.

### **Jobs in research laboratories**

- Research labs hire laboratory technicians. These labs may be found within hospital affiliates, stand-alone facilities, medical schools, universities, or affiliated with major drug companies or government agencies.
- Often short-term research work is funded by grants.
- Most research labs have websites that post positions and the application procedures to apply for the positions.

### **Jobs with non-profit agencies**

- Social service agencies have positions working with various populations ranging from children to the elderly. Job titles can include direct support professional, youth and family counselor, adult community support worker, educational technician, and many others.
- Most agencies have an employment tab on their websites and you can apply directly to the agency from the website.

### **Jobs in education**

- Long-term substitute teaching
- Educational Technician (EdTech) positions
- Overseas teaching through established programs such as the Japan Exchange and Teaching (JET) Program [www.jetprogramme.org](http://www.jetprogramme.org)
- Teach for America [www.teachforamerica.org](http://www.teachforamerica.org)
- Council for International Educational Exchange [www.ciee.org](http://www.ciee.org)

### **Jobs in the outdoors**

- Work for the National Park Service [www.nps.gov/aboutus/workwithus.htm](http://www.nps.gov/aboutus/workwithus.htm)
- Help at-risk teens [www.eckerd.org](http://www.eckerd.org)
- Be a ranger or a trail crew member [www.outdoors.org/about/employment](http://www.outdoors.org/about/employment)
- Jobs in resorts, ranches, ski areas, cruise ships, and nature centers. [www.coolworks.com](http://www.coolworks.com)

### **Job listing resources**

- CareerLink, UMaine Career Center [www.umaine.edu/career](http://www.umaine.edu/career)
- Links to many internet job listing sites from the Career Center's website

## **RESEARCH**

A good way to get involved with research is to network with current and past professors or to get in touch

with faculty members within various academic departments. There may be opportunities here at the University of Maine or the departments may know of grant money available for temporary research positions in your field after graduation.

### **Summer Research at the University of Michigan (Summer)**

For a listing of summer research opportunities at U of M, see the following website:

[http://www.umich.edu/summer\\_prog.php](http://www.umich.edu/summer_prog.php)

### **Graduate Research, Education, and Training (GREAT) Group (Summer)**

The GREAT Group is an AAMC Group established quality education in the biomedical sciences. They have a link to Summer Undergraduate Research Programs (by school) at their website.

<http://www.aamc.org/members/great/summerlinks.htm>

### **Health Sciences Research Opportunities (Summer)**

This website from Swarthmore College provides a list of links to summer research programs available to undergrads and recent grads in the U.S.

<http://www.swarthmore.edu/x8853.xml>

### **Immune Disease Institute at Harvard University (Full-time)**

Gain valuable research experience among the leading researchers in immunology and blood research. The IDI is an independent, non-profit biomedical research institution specializing in the study of blood and related tissues.

<http://idi.harvard.edu/>

### **Research Associates Program at St. Vincent's Medical Center (Summer)**

The Dept. of Emergency Medicine at St. Vincent's Medical Center recruits college students and graduates to join research efforts in the emergency department (ED). With both the research and service protocols, each RA will have direct interactions with well over 100 patients and visitors during the summer semester.

<http://www.raprogram.org/>

### **Student Programs at the National Institute of Health (varies)**

The NIH provides a plethora of opportunities for students at all levels,

[https://www.training.nih.gov/trainees/summer\\_interns](https://www.training.nih.gov/trainees/summer_interns)

### **Summer Research Fellowship Program at WSU SOM (Summer)**

Expand your research skills at one of the largest medical centers in the world. Summer fellowships are available in molecular biology and biochemistry.

<http://biochem.med.wayne.edu/>

## **VOLUNTEER/SERVICE OPPORTUNITIES**

"Volunteer" usually doesn't mean, "you pay your own way." Many of the volunteer agencies or programs will provide free room and board and a monthly stipend to cover your personal expenses.

Volunteer Opportunities Listings: Full-time, post-graduation opportunities

<http://www.bc.edu/offices/careers/jobs/volunteer/volunteerlistings.html>

Idealist is a global clearinghouse of nonprofit and volunteering resources, offering a directory of volunteer opportunities, post-graduate internships, and other resources. [www.idealists.com](http://www.idealists.com)

### **International**

Peace Corps

[www.peacecorps.gov](http://www.peacecorps.gov)

MercyCorps

[www.mercycorps.org](http://www.mercycorps.org)

Language Corps [www.languagecorps.com](http://www.languagecorps.com)  
Best Volunteer Abroad Web Sites [www.transitionsabroad.com/index.shtml](http://www.transitionsabroad.com/index.shtml)

### **Domestic**

City Year [www.cityyear.org](http://www.cityyear.org)  
AmeriCorps [www.americorps.gov](http://www.americorps.gov)  
Jesuit Volunteer Corps [www.jesuitvolunteers.org](http://www.jesuitvolunteers.org)  
Habitat for Humanity [www.habitat.org](http://www.habitat.org)

### **Environmental**

Student Conservation Association [www.thesca.org](http://www.thesca.org)  
Green Volunteers [www.greenvolunteers.com](http://www.greenvolunteers.com)  
Wilderness Volunteers [www.wildernessvolunteers.org](http://www.wildernessvolunteers.org)  
Outward Bound schools [www.outwardbound.org](http://www.outwardbound.org)

### **AmeriCorps**

#### **1. AmeriCorps State and National (9-12 months)**

The largest of AmeriCorps programs, AmeriCorps State and National provides funds to local and national organizations and agencies committed to using national service to address critical community needs in education, public safety, health and the environment. Members serve full- or part-time over a 9- to 12-month period.

#### **2. AmeriCorps NCCC (10 months)**

AmeriCorps NCCC (National Civilian Community Corps) is a full-time, team-based residential program for men and women age 18–24. Members live on one of five campuses, located in Denver, Colorado; Sacramento, California; Perry Point, Maryland; Vicksburg, MS; and Vinton, Iowa. AmeriCorps NCCC requires an intensive, 10-month commitment.

#### **3. AmeriCorps VISTA (1 year)**

AmeriCorps VISTA is the national service program designed specifically to fight poverty. VISTA members commit to serve full-time for a year at a nonprofit organization or local government agency, working to fight illiteracy, improve health services, create businesses, strengthen community groups, and much more. <http://www.americorps.gov/>

#### **City Year (1 year)**

City Year corps member serve full-time as tutors and mentors in schools, running after-school programs, leading and developing youth leadership programs, and vacation camps to make a difference in the lives of children and their communities. <http://www.cityyear.org>

#### **Citizen School (2 years)**

The Citizen Schools National Teaching Fellowship is a service program offering a two-year, leadership development experience, including service as a team leader at a Citizen Schools campus, professional development with a partner organization in the community, and the opportunity for optional enrollment in a pioneering Master's program in out-of-school learning. <http://www.citizenschools.org/>

#### **Teach for America (2 years)**

Teach For America aims to end educational inequity. TFA corps members serve in high-need schools for two-year commitments. <http://www.teachforamerica.org>

## **OVERSEAS OPPORTUNITIES**

This is just a small sample of overseas opportunities. The International Center is a great place to find more in-depth information and postings regarding work, volunteer, and internship opportunities abroad.

<http://www.internationalcenter.umich.edu/>

- Subscribe to The Caretaker Gazette [www.caretaker.org](http://www.caretaker.org)

The Caretaker Gazette lists housesitting property caretaking opportunities throughout the U.S. and beyond. You can enjoy rent-free living as a property caretaker in desirable locations: estates, mansions, farms, ranches, resort homes, retreat centers, camps, hunting and fishing lodges, vacation homes, private islands, and any other kind of property imaginable. Annual subscription fee: \$29.95.

- Living in another part of the country or the world can give you a multicultural experience that will broaden your perspective of the world and its cultures.

### **AIESEC (Varies)**

AIESEC is a global, non-political, independent, not-for-profit organization run by students and recent graduates. Its members are interested in world issues, leadership and management. AIESEC provides its members with an integrated development experience comprised of leadership opportunities, international internships and participation in a global learning environment.

<http://www.aiesec.org>

### **BUNAC (Varies)**

BUNAC offers a range of work abroad, volunteer abroad, and teaching overseas programs to destinations such as Canada, Australia, New Zealand, Cambodia, South Africa, Ghana, China, and Peru.

<http://www.bunac.org/>

### **ChildVoice International (10-12 weeks in spring, summer, and fall)**

ChildVoice International is quickly expanding in northern Uganda. Opportunities include, but are not limited to, adult and child education, psycho-social rehabilitation, community health, spiritual leadership and development, income generating projects, microfinance, art, physical and occupational therapy, administrative and organizational tasks, and agriculture.

[www.childvoiceintl.org](http://www.childvoiceintl.org)

### **Comparative Health Care Program in Japan (Summer)**

The Comparative Health Care in Japan Program is an opportunity designed for health care, pre-med, and nursing students who want to add international dimensions to their careers at both the undergraduate and graduate levels. JCMU partners with the Shiga University of Medical Sciences (SUMS) for this program, allowing JCMU students to work alongside with graduate students, researchers and professors.

<http://www.isp.msu.edu/JCMU/students/programs/chc.htm>

### **Global Healing HEAL Internship (1-3 Months)**

Health Education & Advocacy Liaisons (HEAL) internships give undergraduate and medical students the chance to work with physicians at the Roatan Volunteer Pediatric Clinic (RVPC) in Honduras.

<http://www.internabroad.com/listingsp3.cfm/listing/48943>

### **Peace Corps (2 years)**

Peace Corps Volunteers serve in 74 countries in Africa, Asia, the Caribbean, Central and South America, Europe, and the Middle East. Collaborating with local community members, volunteers work in areas like education, youth outreach and community development, health, and information technology.

<http://www.peacecorps.gov/>

## **GENERAL JOB AND INTERNSHIP RESOURCES**

### **America's Job Bank**

Great website for the job searcher with a specific geographical focus.

<http://www.jobbankinfo.org/>

### **CoolWorks**

Cool Works is about finding a seasonal job or career in some of the greatest places on Earth. Get a summer job in Yellowstone, Yosemite, or another national park. Find a summer job as a camp counselor. Ski resorts, ranches, theme parks, tour companies and more are waiting for you.

<http://www.coolworks.com/>

### **Health + Medical + Jobs**

Access the most comprehensive of list of health jobs, medical jobs listings, healthcare and hospital careers available in your area.

<http://www.health-medical-jobs.com/>

### **Idealist**

Resource for nonprofit jobs, internships, fellowships, and volunteer opportunities.

<http://www.idealists.org/>

### **Indeed**

Indeed.com offers the ability to look for jobs and internships using many search engines. Always research each opportunity before applying.

<http://www.indeed.com/>

### **MedHunters**

MedHunters is the world's largest healthcare job board.

<http://www.medhunters.com/>

### **Medzilla**

Job posting site in the biotechnology, medicine and health care industries. Extensive list of related links also available.

<http://www.medzilla.com/>

### **One Day, One Job and One Day, One Internship**

1. One Day, One Job is the insider's guide to unique and exciting entry level job and career opportunities for recent college graduates. The daily employer profiles highlight the best entry-level jobs and offer innovative job search tips.

<http://www.onedayonejob.com/>

2. One Day, One Internship is the insider's guide to unique and exciting internship opportunities for college students.

<http://www.onedayoneinternship.com/>



**One Small Planet**

A site for worldwide travel and adventures. Includes international work, study, volunteer, and travel resources.

<http://www.onesmallplanet.com/geninfo.htm>

**ServeNet**

Includes links to grants and other resources for volunteer work.

<http://servenet.org/>

**The Gap Year**

Resource geared towards backpacking, traveling, and volunteering abroad. Lots of travel advice and travel deals.

<http://www.gapyear.com/>

**WetFeet**

This site contains an extensive list of career and industry profiles, salary information, career resources, and links to job search sites.

<http://www.wetfeet.com>