



College Counseling Summer Opportunities

When it comes to how you spend your summer, it turns out, it's important! Colleges will be looking at your activities during the school year but will also be evaluating how you have chosen to spend your time during your summer break. Don't get stressed just yet. We have compiled a list of a variety of opportunities that admissions officers like to see and they range from summer programs to part time jobs. When it comes down to it, admissions officers just want to see that you are doing something!

Internships

Internships provide a great opportunity to experience the working world firsthand! If you have a particular area of interest, internships can give you a deeper insight into that world, which can be very helpful. Additionally, it does not have to be a formal internship. If someone you know is an attorney, why not spend a few hours working in their office? It is becoming aware of different career opportunities and having the experience that really matters. Explore!

Summer programs

Here are some links to some great summer programs that are available to high school students. Obviously, some are considered more competitive than others but again, the important part of summer is to do something that aligns with your existing interests. By participating in an activity that helps reinforce your growing interest in an area of study in college only stands to help enhance your college application. The experience will also give you something to talk about when you are trying to explain why you want to pursue a certain major!

LOCAL SUMMER OPTIONS:

- wnyschoolcounselor.org/summer-opps - Summer 2024 application coming soon
- [UB School of Engineering and Applied Sciences](#)- *a summer program offered for girls interested in STEM/ENG*

COMPETITIVE SUMMER PROGRAMS:

- [Boston University – Research in Science & Engineering \(RISE\)](#)
- [Canada/USA Mathcamp](#)
- [Carnegie Mellon – Summer Academy for Math + Science \(SAMS\)](#)

- [Cornell Precollege Studies](#)
- [Foundations for Teaching Economics - Economics for Leaders \(EFL\)](#)
- [Garcia Scholars – Stony Brook University](#)
- [Girls Who Code Summer Immersion Camp](#)
- [Hampshire College Summer Studies in Mathematics \(HCSSIM\)](#)
- [Jackson Laboratory – Summer Student Program](#)
- [JCamp - For Journalism students](#)
- [LaunchX](#)
- [Massachusetts Institute of Technology – Minority Introduction to Science and Engineering \(MITES\)](#)
- [MathIly – Bryn Mawr College](#)
- [Michigan Math and Science Scholars](#)
- [Michigan State University – High School Honors Science, Math and Engineering Program \(HSHSP\)](#)
- [Monell Center Science Apprenticeship Program](#)
- [National Student Leadership Summer Programs](#)
- [National Institutes of Health – Summer Internship in Biomedical Research \(SIP\)](#)
- [Ohio State University – Ross Mathematics Program](#)
- [Princeton University – Summer Journalism Program](#)
- [Program in Mathematics for Young Scientists \(PROMYS\)](#)
- [Simons Summer Research Program](#)
- [Stanford Institutes of Medicine Summer Research Program \(SIMR\)](#)
- [Stanford University Mathematics Camp \(SUMaC\)](#)
- [Texas Tech University – Clark Scholars](#)
- [University of Iowa – Secondary Student Training Program \(SSTP\)](#)
- [University of Notre Dame – Leadership Seminars](#)
- [University of Pennsylvania – Leadership in the Business World](#)
- [U.S. Air Force Academy – Summer Seminar](#)
- [U.S. Coast Guard Academy – Academy Introduction Mission \(AIM\)](#)
- [U.S. Military Academy – Summer Leaders Experience](#)
- [U.S. Naval Academy – Summer Seminar](#)

Online Courses

A great thing to participate in, that can be done from the comfort of your own home, is a free online course! Both of the links below are to platforms that house many online courses offered by some of the most prestigious universities. The only time that it may cost you money is if you decide to take the class for course credit, which you do not need to do. These classes are great ways to learn more about your academic areas of interest. If you are interested in economics, try your hand at an econ course offered by Wharton. Or, if you love art history, take a class from the Museum of Modern Art or from Yale. They are fun, informational, and can be done at your own pace.

- [coursera.org](https://www.coursera.org)
- [edx.org/](https://www.edx.org/)

Volunteering

Volunteering is a great way to spend your summer. It is especially beneficial if you get the chance to do something that you love or are interested in.

- Justserve.org-buffalo
- roswellpark.org/volunteer/summer-student-program
- [Volunteermatch.org- buffalo](http://Volunteermatch.org-buffalo)
- <https://www.feedmorewny.org/>
- WEDI Buffalo

Part-time jobs

Part-time jobs are a great way to stay active over the summer. To be honest, it doesn't matter what exactly you will be doing, it's just important to do something! If you are working as a camp counselor, a babysitter, or at a local pizza shop, any of those will only add value to your application. Admissions officers like to see that you are doing something with your time -- it shows maturity, responsibility, and accountability, no matter what the job is. Camp counselor is actually a job that employers from any field consider impressive -

<https://campminder.com/go/how-your-camp-counselor-experience-can-help-transform-your-career/>