

M1 Summer Experiences 2011: Survey Results



Rush Medical College
Careers in Medicine Committee

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Introduction

In 2005 two members of the Committee on Student Affairs (COSA) with the assistance of David Barnett, PhD. developed a survey about summer experiences after the M1 year. The initial survey was given to second, third, and fourth year medical students. Since 2005 the survey has only been given to second year medical students.

The current results were collected from second year Rush Medical College students in December 2011 and January 2012. The information, observations, and recommendations are offered to M1 students and their advisors for consideration in planning for the 2012 summer break. Our hope is that this data will help inform students of options which the students may not have considered and that this data will help students assess which options warrant further consideration. The opinions expressed in this document are those of the student respondents and do not reflect those of Rush Medical College.

The results of the survey are divided into seven sections (Deans' Summer Research Fellowship, Other Research Projects, Externship, Medical Travel, Volunteer, and Other).

Special thanks to Katie Zettinger, Laura Warner, and David Barnett, PhD. for the development of the initial survey in 2005 as well as Daniel Abbott and the Careers in Medicine Steering committee for assistance with the 2011 survey.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Camp Staff

Name of Program: NYLF - Medicine

Websites, addresses, or contact information about the program:

<http://www.nylf.org/med/> <https://nylf.ats.hrsmart.com/cgi-bin/a/editprofile.cgi> (here's where you submit your resume/apply for the job)

Dates Program Offered: Summer; starts basically soon after M1 yr ends; June 24 - July 3, 2012 then July 8 - July 17, 2012

Location of Program: Atlanta, Boston, Chicago, Houston, Los Angeles, New York City, Philadelphia, Raleigh-Durham, San Francisco, Washington, D.C.

Cost to participants of this program: No cost; they pay you; it's a Job; you'll make like close to \$3,000 but you'll work A LOT- like 7am-11pm consistently

Was your work compensated or were you a volunteer? Compensated

How were you compensated for your work? Room and Board

Basic emphasis of the program: Teach/Introduce High School Students to the Field of Medicine

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? You are basically a camp counselor/educator (they call it "faculty adviser"). You are put in charge of a group of high school students (approx. 20-25 students). You teach educate them about all the steps required to become a physician. You also teach them ethics. You will also facilitate several activities designed to simulate different processes in the road to become a doctor like The Match. You will also facilitate the students interactions with several different people in the medical field - from medical students to full-blown medical specialists and everything in between. you also teach the students introduction to ethics. You do get to go to six-flags twice if you do the one in Chicago.

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: Wake up at 7am eat breakfast; Go to classroom with the students and do activities/lesson plans with 20-25 students until noon; you may have to take to students to guest speakers (usually physicians or medical organizations/ something medically related); go to lunch; after, you basically do the same thing again in the afternoon; then dinner; then usually there's some activity planned out in the evenings usually it's something social in which you (as a faculty advisor) will chaperone. Then at after that it should be close to 11. Then you go on night checks to

make sure the students are all accounted for at the end of each day. Then you prepare for the next days lesson plans/activities - this usually involves making flip charts.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: You will take trips with the students to visit medical schools in the area of the camp/forum. So in Chicago that means Rush, University of Chicago, Rosalind Franklin, Northwestern, some of the DO schools, even the medical school in Madison. Depending on the location you want to do the camp at, you'll visit medical schools and clinical sites in those areas.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): If you do the one in Chicago, you'll more than likely stay at UIC's undergrad campus at the intersection of Roosevelt and Halsted (in that area is where the program mainly takes place). You HAVE to stay on campus (even if you live close by) and housing and most of your food is taken care of.

Please rate your overall experience: Mostly good/beneficial

What are some of the major positive aspects of this program? You get to work with high school students. You get to meet a lot of professionals in the medical field. You get to talk with residents and specialists as they come in to talk with the students. You make close to 3,000 bucks.

What are some of the major negative aspects of this program? It's a LOT OF WORK (super long days = 7am to 11pm at least). You have to deal with high school type behavioral problems/drama.

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? When they read this... seriously NOW.

Any suggestions for M1 students to consider as they ponder their summer options?
It's really up to ya, take it easy if you want.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Camp Staff

Name of Program: Camp Galileo

Websites, addresses, or contact information about the program: <http://www.galileo-learning.com/>

Dates Program Offered: June-August

Location of Program: San Francisco Bay Area

Cost to participants of this program: Paid staff position

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Art, science and outdoor education for elementary school children

Please describe a typical day in the program: Taught children games, songs, art and science

Is knowledge of a foreign language necessary for this program? Not required, but helpful

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Home

What, if any, special vaccinations, medications, or certifications are required for this program? None

What is the final application deadline for this program? None

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Paid and fun with kids

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? Now

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Camp Staff

Name of Program: National Youth Leadership Forum on Medicine

Websites, addresses, or contact information about the program: Sharon Gates:
Sharon_Gates@rush.edu NYLF website: <http://www.nylf.org/med/index.cfm>

Dates Program Offered: Variable: depends on the city chosen to work in

Location of Program: 9 cities in the U.S. Atlanta, Boston, Chicago, Houston, Los Angeles, NYC, Philadelphia, Raleigh-Durham, San Francisco, Washington D.C.

Cost to participants of this program: No Cost

Please describe any additional costs (e.g., air fare): You are required to pay for your airfare to and from the assigned city.

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Serving as a "Faculty Advisor" to high school students who have expressed an interest in the field of medicine.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? As a Faculty Advisor you are responsible for maximizing the students experience by facilitating all educational curricula for the program. As FA, you are not there to "teach" the students, but instead, encourage discussion amongst the students and create a cooperative environment for them to learn from each other. You will have to interact with and supervise students and to provide for their safety and well-being. You would be facilitating small group meetings (lead discussions, briefings, debriefings, simulations, etc.); accompanying group on all outings; prepare students for each day's activities through the brief and debrief session; create and encourage environment of respect; have knowledge of all program rules and regulations, that you will learn during training. Outings include: Area Hospital visits, Medical school visits, social outings like site-seeing. Breakout Sessions included: Medical Ethics debate, Disaster triage simulation, speakers from different medical specialties. Medical procedures include: live telecast of knee surgery; suturing simulation, blood pressure demo

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: Each day varies but a typical day includes: Breakfast followed by the first 2 breakout sessions then lunch. The group will usually reconvene for 2 more breakout sessions followed by dinner. On longer days, there may be additional breakout sessions in the evening. As the program draws to a close

for that particular session, the evening breakout sessions are replaced by socials for the student scholars.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Between scheduled program sessions, the staff gets 4 days off. This is the time I used to explore D.C.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): As part of the contract signed, you reside wherever the students reside. Since the D.C. session I worked for had the Student Scholars staying at a Marriott Hotel, that is where I stayed as well.

What, if any, special vaccinations, medications, or certifications are required for this program? NONE

What is the final application deadline for this program? NONE

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Great experience with the high school students. They are so excited to have you there and they want to hear all about how you made it.

What are some of the major negative aspects of this program? The hours can be very long. Quite a few early mornings and late nights.

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Spring break at the latest. You won't want to be stuck in a city you didn't want to be in.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Camp Staff

Name of Program: "Time for Us" Summer Camp

Websites, addresses, or contact information about the program:

<http://www.alzwissc.org/Summer%20camp%20for%20teens.htm> cbvanryzin@aol.com

Dates Program Offered: TBA - sometime in summer

Location of Program: Elkhorn Lake, WI

Cost to participants of this program: Free

What does the cost of the program include? Free food all week and lodging.

Was your work compensated or were you a volunteer? Volunteer

How were you compensated for your work? Room and Board

Basic emphasis of the program: Camp Counselor for kids who's parents have early onset alzheimer's or other dementias

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Nothing - just be a great friend and mentor to the kids.

Please describe a typical day in the program: Hang out with the kids and participate in whatever you feel comfortable with - canoeing, hiking, etc.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: The entire week is in Elkhorn Lake WI.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): You get your own room in the counselor's lodge. Air conditioning and refrigerators if you would like your own food.

What, if any, special vaccinations, medications, or certifications are required for this program? None.

What is the final application deadline for this program? None

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Mindfulness Based Relapse Prevention (MBRP) at the University of Wisconsin Department of Family Medicine. MBRP is a concept that encourages patients who have recently completed an inpatient drug/alcohol addiction treatment to work through their urges to relapse by staying more aware of their current state, as opposed to falling into auto-pilot. I worked with the PI to study the quality of intervention delivered by the therapist. I listed to each session and scored them using a specifically designed scale for this intervention.

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? Camp - this camp is a touching, fantastic experience with great kids. Research - the research that I did was hugely helpful in understanding relapse in drug and alcohol addiction

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Late winter.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. I worked with orthopedic surgeon Shane Nho MD, MS in a project testing the efficacy of new surgical tools in hip arthroscopy. Specifically, we dealt with proper reattachment of the labrum and quantified our results with CT scans and biomechanical testing, the latter of which was my responsibility. The most surprising and rewarding aspect of my research was the autonomy and responsibility given. Whereas in undergrad I only had partial control of creating a project design, here I was in complete control of creating the methods, choosing which companies I wanted to order supplies as well as all how I wanted to go about obtaining them. The time schedule was up to me and was only limited by availability of certain lab machines. The project has had several addenda since I started in early summer, so it is currently still underway. However, I don't consider this a terrible thing, being as I still am in strong contact with many people working in the orthopedic building.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Autonomy, exposure to real life research, responsibility.

What are some of the major negative aspects of this program? Heavy time commitment.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

Future students may contact me for information regarding this program through my Rush email: Yes

When should students start looking for a summer program? Start asking questions and contacting doctors now.

Any suggestions for M1 students to consider as they ponder their summer options?
Pick something you are actually interested in, because chances are you will continue your research/sustain these connections for awhile.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Vincent Wang tendon healing and regeneration.

Please rate your overall experience: Very good/beneficial

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Your skills should be in the back of your mind already. Apply to a program that fits your skill set in the winter prior to summer following M1 year

Any suggestions for M1 students to consider as they ponder their summer options?
do something!

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. I examined the human gut microbiome in healthy versus HIV infected patients. This project was a collaboration between the microbiology/immunology department and the gastroenterology department. During the summer I worked 40 hrs/week. I was in charge of the project with the assistance of the professors and other lab members.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Working with faculty in the different departments as well as getting more experience working in a laboratory setting as a medical student.

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? As soon as you know what you would like to do or during spring break.

Any suggestions for M1 students to consider as they ponder their summer options?
Do something you want to do not what you think you should do to get a good residency. It's your last summer enjoy it!

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. FXTAS balance study. Dr. Joanne O'Keefe and Dr. Deborah Hall. Worked about 35 hrs/wk. Scheduled patients, Dr. Hall, and the use of the equipment. Tested patients on the balance program. Helped writing abstracts. Started in June, stopped tested patients 1st week of school, still working on writing on the poster.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? "The program" is pretty hands off. Everyone's experience is different.

What are some of the major negative aspects of this program? The funding wasn't sufficient.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? For Dean's, after the presentation by Dr. Leven.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Dr. Stephen Feinstein, Cardiology, Investigation included comparing contrast echocardiography with non-contrast echocardiography while imaging the the left atrial appendage for the presence of thrombi and also analyzing the cost-effectiveness of both procedures. 20 hrs./week, responsible for researching and writing the abstract, introduction, methods, etc.

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? Excellent research experience on a worthwhile project, stipend provides funds for summer expenses, not incredibly time demanding

What are some of the major negative aspects of this program? None

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? February

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Because I had faced several injuries in my collegiate soccer career including a meniscal tear and a broken ankle, I was drawn to perform research in the biochemistry department on juvenile cartilage allografts that have demonstrated clinical efficacy without rejection. Under guidance from Dr. Susanna Chubinskaya, PhD, I investigated the migration of juvenile cartilage tissue and compared its histological and biochemical properties to those of fresh adult cartilage samples. The juvenile cartilage allograft would be used in procedures to repair cartilage injuries in one step instead of the usual two surgeries needed to repair significant chondral defects such as in Autologous Chondrocyte Implantation. Surgeons would remove the damaged cartilage, apply the juvenile allograft, and seal the defect with fibrin glue all in one step. This effectively eliminates donor site morbidity from the opposing procedure which requires the surgeon to harvest a periosteal flap from the patient's tibia, and does not require an additional surgery to obtain the patients' cartilage cells in advance to culture and reinject them in the second repair surgery. Throughout the summer, I learned various biochemical techniques including live versus dead assay, papain digestion of tissue, radioisotope labeling, proteoglycan content assay, and immunoprecipitation assays. Ultimately, the fellowship broadened my knowledge in the biochemical area in the orthopedic field. My prior experience as an athlete made the experience of exploring future approaches to cartilage restoration intriguing and extremely fulfilling. In addition to working in the lab, I was also able to shadow surgeries in the operating room with surgeons Dr. Brian Cole and Dr. Nikhil Verma. I also performed clinical research on patello-femoral ACI surgeries with Dr. Brian Cole - primarily a retrospective outcome study, where I had to call patients to get their updated knee status (pain, abilities, etc), as well as gathering information from pre-op, op and post op reports up to 5 years after date of surgery.

Please rate your overall experience: Mostly good/beneficial

What are some of the major positive aspects of this program? Good exposure to physicians, PIs, etc

What are some of the major negative aspects of this program? Difficult to continue research started (short time period to complete research).

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? As early as possible (now).

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Dr. Nikhil Verma, Orthopedics. Cadaveric study conducted to analyze the method of a transtibial acl reconstruction. Full time, 40hrs/wk, mid May—current.

Please rate your overall experience: Mostly good/beneficial

What are some of the major positive aspects of this program? I received a lot of independence with the project and was able to put some of my own spin on it

What are some of the major negative aspects of this program? Time commitment

Would you recommend a similar experience for future Rush medical students?
Recommend with reservations.

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? End of February-March

Any suggestions for M1 students to consider as they ponder their summer options?
Enjoy the summer.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Neonatology PI: Aloka Patel
Time: 8 weeks during the summer Responsibilities: Extracted data from electronic medical records for 129 infants. Collaborated with PI to analyze data and write abstract.

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? Good research experience in an interesting field. Getting paid. Flexible work hours.

What are some of the major negative aspects of this program? Very little structure. Wednesday group meetings for the Dean's research students were not very educational.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? During winter break or earlier. There are research fellowships at other universities or sponsored by journals that have much earlier deadlines than the dean's fellowship.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Overview - investigated prognostic value of cardiac SPECT imaging with respect to appropriateness criteria for PCP referral. -Specialty -- Cardiology - PI - Dr. Rami Doukky -Time Requirements -- full-time in summer (40+ hours/wk), then part-time during academic year (5-10 hr/wk).

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Great opportunity to gain research experience.

What are some of the major negative aspects of this program? Large time commitment, not as "unique" or fun-oriented as a travel abroad experience.

Would you recommend a similar experience for future Rush medical students? Highest recommendation.

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? ASAP

Any suggestions for M1 students to consider as they ponder their summer options? Take a long hard look at your current interests. If you have a strong interest in a specialty with anything less than the highest competition for residencies, go for a more fun-oriented experience. This is the last summer of your life.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Department of Otolaryngology at Rush University Medical Center with Dr. Mark Wiet, MD. I had a set project and worked on it at my own time/pace. The project was a retrospective review of patients who were diagnosed with mets to the IAC. I had to complete the IRB application on my own which took longer than expected. Overall an excellent experience. I had a few setbacks along the way; Dr. Leven was able to help me through them. Don't forget RMC Faculty are here to help us.

Please rate your overall experience: Excellent

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Now; after winter break.

Any suggestions for M1 students to consider as they ponder their summer options?
Remember to relax, have fun, and do something crazy. Don't burn out for M2 year.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Orthopedic Surgery. Hannah Lundberg & Markus Wimmer. 25-30 hrs/week from June 20th- August 20th. Still occasionally putting in work for a poster presentation and publication. My project was to test the effects of anatomical variations on knee contact forces while walking. Computer models were used to adjust anatomical parameters and gait lab motion analysis were used to calculate knee contact forces for total knee replacement patients.

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? Good potential for publication, very fun lab to work in, time requirement isn't overwhelming. Recommend doing research if considering entering a highly competitive field.

What are some of the major negative aspects of this program? Pay schedule for Dean's Fellowship is annoying.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Mid-February

Any suggestions for M1 students to consider as they ponder their summer options?
If work with an MD, try to get face time so they can put a name to a face when they see you.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Dean's Summer Research Fellowship

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. I worked with Dr. Leven and three other M1 students to review the new M1 Block curriculum and make improvements.

Please rate your overall experience: Excellent

What are some of the major negative aspects of this program? I don't know if this opportunity will be available to M1s in the future.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? February

Any suggestions for M1 students to consider as they ponder their summer options?
It's your last summer . . .enjoy it!

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: Foundation of International Medical Relief for Children (FIMRC)

Websites, addresses, or contact information about the program:

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

Dates Program Offered: All throughout summer I believe, but it depends on the country you choose.

Location of Program: Bududa, Uganda

Cost to participants of this program: I paid a total of about \$3,000 total (flights, food, activities, program fee, etc.)

What does the cost of the program include? Cost of program includes most food, living arrangements, transportation to airports, etc.

Please describe any additional costs (e.g., air fare): Air fare and costs for leisure activities

Was your work compensated or were you a volunteer? Volunteer

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: Maximo Nivel Peru

Websites, addresses, or contact information about the program:

international@maximonivel.com; google: maximo nivel

Dates Program Offered: One week increments (I went for four weeks).

Location of Program: Cuzco, Peru (also Guatemala)

Cost to participants of this program: about \$1k for four weeks.

What does the cost of the program include? Room and board, Spanish classes and materials, coordination with volunteer site.

Please describe any additional costs (e.g., air fare): Air fare is generally between 600-1100 round trip depending on when you buy and where you connect.

Was your work compensated or were you a volunteer? Volunteer

How were you compensated for your work?

Basic emphasis of the program: International Medical volunteering

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? My experience was similar to preceptor - I was exposed to general clinical care in a fully Spanish-speaking setting; saw many common disease states as well as some tropical/uncommon

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: Wake up early, breakfast served at home, walk and take a bus to volunteer site (8am-1pm), lunch at home, nap/journal, Spanish class (4-6pm), dinner at home, go out with friends from Rush and the volunteer program.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: 1. Machu Picchu - absolutely must see! Don't remember the cost (few hundred dollars), explored/toured the ruins and climbed the mountain, planned by PATAS (associated with volunteer organization) 2. Amazon Rain Forest - loved this trip, lived in the jungle and saw monkeys and crocodiles, swam in the river, about \$200 to fly there and another \$200 to stay in the resort, planned by PATAS 3. Ollantaytambo - day trip to see Incan ruins, about \$50, really quite beautiful and educational, planned by PATAS.

Is knowledge of a foreign language necessary for this program? Not required, but helpful

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Lived with a local family (and the other Rush students), arranged by Maximo Nivel; other option was to live in dorm-style housing

What, if any, special vaccinations, medications, or certifications are required for this program? Took altitude medication, Acetazolamide, but not necessary (and we all had side effects so wouldn't recommend), need to be up-to-date on vaccines.

What is the final application deadline for this program? Took altitude medication, Acetazolamide, but not necessary (and we all had side effects so wouldn't recommend), need to be up-to-date on vaccines.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Exposure to medicine, practice exam skills, practice Spanish skills, camaraderie with Rush students and other volunteers, travel to a beautiful location with rich culture and history, everything was cheap there (food, taxis, etc.).

What are some of the major negative aspects of this program? It was cold, classmates who spoke no spanish had difficulty communicating at the beginning (volunteer sites spoke no english)

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? Between January and Spring Break (book around spring break or just after)

Any suggestions for M1 students to consider as they ponder their summer options?
Everyone who did research seemed to be satisfied if somewhat bored with their summer experience; everyone who traveled had an absolutely unforgettable time - so travel if you can!

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: International Health Volunteer Headquarters/Maximo Nivel

Websites, addresses, or contact information about the program:

<http://www.volunteerhq.org/programs.html>

Dates Program Offered: Volunteer programs start on each Monday of every month.

Location of Program: Antigua, Guatemala (other sites available as well)

Cost to participants of this program: \$750/month

What does the cost of the program include? Housing, meals, airport pick-up, registration, and 1 week of Spanish lesson.

Please describe any additional costs (e.g., air fare): Air fare

Was your work compensated or were you a volunteer? Volunteer

How were you compensated for your work?

Basic emphasis of the program: Medical Volunteering, exposure to Guatemalan culture.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Take vital signs, shadow physician, distribute medications, assist giving vaccines to children.

What other types of participants were in the program? pre-medical students

Please describe a typical day in the program: 8-12 pm volunteer in the clinic 12-1 eat lunch with host family 1-3 Spanish class 3- open.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Travel to Mayan Ruins: planned by Maximo Nivel, travel to nearby lake: planned by local travel agency, cave exploring/tubing: planned by Maximo Nivel

Is knowledge of a foreign language necessary for this program? Not required, but helpful.

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local

family): Living arrangements were set up by the volunteer program. I lived with other volunteers. We lived with a host family who provided us three meals a day.

What, if any, special vaccinations, medications, or certifications are required for this program? Proof of matriculation in a medical school. No vaccines were required, but I received Hep A and Typhoid for traveling to Guatemala.

What is the final application deadline for this program? Proof of matriculation in a medical school. No vaccines were required, but I received Hep A and Typhoid for traveling to Guatemala.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? I enjoyed the time getting away and living in another country. Working in a Guatemalan clinic gave me an opportunity to see a different side of healthcare.

What are some of the major negative aspects of this program? Sometimes I felt that I could be doing or giving more to the program. The experience is what you make of it though.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? March

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: International Volunteer Headquarters

Location of Program: Antigua, Guatemala

Cost to participants of this program: ~\$1000

What does the cost of the program include? Housing, food, volunteer placement.

Please describe any additional costs (e.g., air fare): Airfare, Spanish lessons.

Was your work compensated or were you a volunteer? Volunteer

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: Maximo Nivel

Websites, addresses, or contact information about the program:

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

Dates Program Offered: Year round

Location of Program: Cusco, Peru

Cost to participants of this program: \$1075 for 4 weeks

What does the cost of the program include? Housing, 3 meals/day, 2 hours of Spanish class/day.

Please describe any additional costs (e.g., air fare): Air fare: \$1200 Travel to Machu Picchu: \$200.

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: Experience health care in Peru while immersing yourself in the language and culture.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? I worked with Peruvian physicians in a remote clinic located in the mountains. I worked closely with an obstetrician and was exposed mostly to prenatal and postnatal care. I usually took height and weight, performed rapid HIV testing, observed PAP smears and birth control injections.

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: Breakfast: 6:45-7:15a Travel to clinic: 7:15-8:45a Clinic: 8:00a-12:00p Lunch: 12:30-1:00p Spanish class: 1:00-3:00p.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Maximo Nivel has an office dedicated to helping plan travel while in Peru. I went to Sacred Valley: \$50 and Machu Picchu: \$200.

Is knowledge of a foreign language necessary for this program? Not required, but helpful.

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local

family): The program places volunteers either with a family or in a volunteer house. Volunteers are able to choose which they prefer. I lived with a family along with 3 other Rush students.

What, if any, special vaccinations, medications, or certifications are required for this program? Hep A vaccine and acetazolamide (for altitude sickness) are recommended.

What is the final application deadline for this program? Hep A vaccine and acetazolamide (for altitude sickness) are recommended.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? You get to see how health care works in Peru, work on Spanish speaking skills, and experience the culture (if you go toward the beginning of the summer you get lots of days off from clinic to celebrate festivals.) Plus, Peru is an amazing place to travel.

What are some of the major negative aspects of this program? I was spending money instead of making money.

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? End of winter/beginning of spring quarter.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: Foundation of International Medical Relief for Children (FIMRC)

Websites, addresses, or contact information about the program: fimrc.org

Dates Program Offered: any

Location of Program: Bududa, Uganda

Cost to participants of this program: about \$5000

What does the cost of the program include? Everything: travel, room and board, weekend trips, spending money, etc.

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: Volunteer work at a pediatric clinic.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Cultural differences, infectious disease, pediatrics, and obstetrics.

What other types of participants were in the program? pre-medical students

Please describe a typical day in the program: -

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Weekend excursions to Ugandan tourist spots were suggested by the administrators of the program along with a breakdown of activities and costs, but all planning and expenses were covered by the volunteers.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): I stayed a week with a local family and 3 weeks at a guest house. Choosing between the two can be done at any time, even during the trip.

What, if any, special vaccinations, medications, or certifications are required for this program? A lot of vaccinations and medications for travelers diarrhea are required. The program does not provide them.

What is the final application deadline for this program? A lot of vaccinations and medications for travelers diarrhea are required. The program does not provide them.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Experiencing a new culture. Exposure to 3rd world medicine.

What are some of the major negative aspects of this program? Cost

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? February

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: Maximo Nivel

Websites, addresses, or contact information about the program: International Volunteer Headquarters - <http://www.volunteerhq.org/> Maximo Nivel - <http://www.maximonivel.com>.

Dates Program Offered: Begins each monday of every month.

Location of Program: Antigua, Guatemala.

Cost to participants of this program: 270/week.

What does the cost of the program include? Includes homestay, three meals a day and transportation from airport (not to when you leave).

Please describe any additional costs (e.g., air fare): Airfare - approx \$550 spending money while there - approx \$120/week extra money for trips/traveling while there - 100 per trip optional spanish classes - 40/week.

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: The program has many different types of medical volunteer opportunities

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? I worked at a small clinic and worked to triage patients in the morning and either shadowed the doctor or helped in the pharmacy in the later morning.

What other types of participants were in the program? Pre-medical students.

Please describe a typical day in the program: The first two weeks, I worked in a clinic from 8 am - noon helping triage patients, shadowing the doctor and helping out in the pharmacy. The second 2 weeks, I worked at a home for disabled children and helped feed them and played games and such with them.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: I traveled to Tikal, Semuc Champey and Rio Dulce on the weekends. The trips ranged from 70-300 dollars because of transportation and hotels.

Is knowledge of a foreign language necessary for this program? Not required, but helpful.

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): We were automatically set up with a family who was very used to having students. We have another 10 students who lived in the same house but it was overall very comfortable. Three meals were served per day and were very good.

What, if any, special vaccinations, medications, or certifications are required for this program? Malaria pills were recommended. Typhoid fever, Hep A are required.

What is the final application deadline for this program? Malaria pills were recommended. Typhoid fever, Hep A are required.

Please rate your overall experience: Very good/beneficial.

What are some of the major positive aspects of this program? I was able to work in two different locations (clinic and home for disabled children) The spanish school is one of the best in Antigua, Guatemala.

What are some of the major negative aspects of this program? The homestay we overall very good, but since there were more volunteers living in the same house, I didn't feel that my spanish got as good as it could have. Also, most of the clinics are outside of Antigua, and so you have to take a bus to get there everyday.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? January/February

Any suggestions for M1 students to consider as they ponder their summer options?
Find a program that has what you want to do. If you want to work at a nursing home with dementia patients, that you should look for. Don't necessarily look for what you think is best for your resume....volunteer or research something that you will be able to talk passionately and authentically about when you have interviews later on.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: Phcrc Chapagaun Nepal

Websites, addresses, or contact information about the program:

<http://www.facebook.com/phcrc.chapagaun> <http://phcrc.org.np/> contact Matrika Rijal:
www.volunteer-nepal.org

Dates Program Offered: Arranged individually, no specific dates.

Location of Program: Chapagaun, Nepal (1 hour from the capital, Kathmandu).

Cost to participants of this program: Roughly \$250 for 6 days, somewhat more if pre-arranged. Longer stays possible.

What does the cost of the program include? Homestay, usually with 2 meals per day; volunteering/observing at the clinic

Please describe any additional costs (e.g., air fare): Airfare to Kathmandu. My flight was \$2000.

Was your work compensated or were you a volunteer? Volunteer

How were you compensated for your work? Room and Board

Basic emphasis of the program: Primary care clinical volunteering/observing in Nepal.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Mainly helping take vitals, and shadowing primary care doctors.

Please describe a typical day in the program: Arrive at the clinic at 8:00am, for a morning meeting of all staff, work until 3:00 - 5:00 with a break for lunch at an adjoining cantina.

Is knowledge of a foreign language necessary for this program? Not required, but helpful.

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): A homestay with a family was included in the cost.

What, if any, special vaccinations, medications, or certifications are required for this program? None

What is the final application deadline for this program? None

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Opportunity to observe primary care practices in a developing country.

What are some of the major negative aspects of this program? Difficult to be helpful without speaking Nepali. The doctors spoke English, and were helpful about explaining what they were doing.

Would you recommend a similar experience for future Rush medical students?
Recommend with reservations.

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? ASAP

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Medical Travel

Name of Program: International Health and Development Network

Websites, addresses, or contact information about the program: Dr. Edem Agamah
www.ihdn.org ihdn@aol.com

Dates Program Offered: varies, 2 weeks each summer for the clinical experience with American physicians also present

Location of Program: Agbozume, Volta Region, Ghana

Cost to participants of this program: \$3000-\$3500, depending on cost of flight.

What does the cost of the program include? Flight, room and board, transportation while in Ghana.

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: Determined by student--may be public health-oriented, other community service, or more clinical

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Took vitals as part of initial patient screening, performed general H&Ps under physician supervision, observed dilatation and curettage in surgical theater, unpacked and organized donated medical supplies.

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: Breakfast at 7AM. Clinic starting between 8 and 9AM. Break for lunch between 1 and 2PM. Finish seeing patients or help with other tasks around the hospital until anywhere from 4-7PM. Dinner.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Day at the beach, day at the village market, afternoon at an art market in Accra before leaving the country All planned by Dr. and Mrs. Agamah Past trips have gone to a slave castle, other hospitals in the region.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): The Agamah family has a Westernized, hostel-like building on their property in

Agbozume. Each room has 1 or 2 beds, its own bathroom, a large wardrobe, a desk, and a small balcony.

What, if any, special vaccinations, medications, or certifications are required for this program? Yellow fever, polio, Hep A, typhoid fever, updated tetanus/diphtheria. Antimalarials (I took doxycycline). A filled script for Ciprofloxacin is also good to have in case of traveler's diarrhea.

What is the final application deadline for this program? Yellow fever, polio, Hep A, typhoid fever, updated tetanus/diphtheria. Antimalarials (I took doxycycline). A filled script for Ciprofloxacin is also good to have in case of traveler's diarrhea.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? It's not a really a pre-formatted program, so there is flexibility with what exactly you want to do. The clinic is under construction and growing, so the clinical opportunities will only increase. Ghanaians are generous and friendly, especially in the village, and they enjoy sharing their culture.

What are some of the major negative aspects of this program? Ghana time--everyone is always late. We stayed in the Agbozume area for the entire trip, except for day just before departure when we were in Accra, largely because safe transportation is a concern and there was always a lot of work to do. If you weren't seeing patients then you could be helping with records or setting up the supply room or something else.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? ASAP

Any suggestions for M1 students to consider as they ponder their summer options?
Do something that feels important to you for a reason other than that you can add it to your resume.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Volunteer

Name of Program: Habitat for Humanity Global Village

Websites, addresses, or contact information about the program:

<http://www.habitat.org/gv/>

Dates Program Offered: Year round

Location of Program: All over

Cost to participants of this program: \$1200 to \$2500

What does the cost of the program include? Donation to local habitat, in-country costs for food and transportation and shelter.

Please describe any additional costs (e.g., air fare): Airfare

Was your work compensated or were you a volunteer? Volunteer

How were you compensated for your work? Room and Board

Basic emphasis of the program: Voluntourism

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Building houses

Please describe a typical day in the program: Group breakfast, build (whatever they need from digging foundations, masonry, roof beams), snack, build, group lunch, build, evening hangout time with dinner, weekends are for cultural trips.

Is knowledge of a foreign language necessary for this program? Not required, but helpful.

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Included in program, stay with group in hotel rooms or with a family or in a group home camping style.

What, if any, special vaccinations, medications, or certifications are required for this program? Depends on the country you go to.

What is the final application deadline for this program? Depends on the country you go to.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Get to see the non-touristy side of different part of the world. Work with the people to build a home for a family in need.

What are some of the major negative aspects of this program? Expensive. Very little alone time.

Would you recommend a similar experience for future Rush medical students?

Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? January to not miss deadlines.

Any suggestions for M1 students to consider as they ponder their summer options?

Don't feel the need to research, most people don't complete a project and without a publication, it's not a boost to your resume. Volunteer experiences are really fulfilling and will give you so much to talk about at an interview.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Externship

Name of Program: Reproductive Health Externship/Midwest Access Project training

Websites, addresses, or contact information about the program: Katherine Quinn- MAP Training Coordinator katemcelwee@yahoo.com Kristie Monast- MAP Executive Director kmonast@midwestaccessproject.org midwestaccessproject.org

Dates Program Offered: Training positions are available all year long; you can work with them to determine the length/timing of your training.

Location of Program: Chicago, IL

Cost to participants of this program: I received a stipend of \$500 from Medical Students for Choice to cover the costs of this experience.

What does the cost of the program include? Costs included \$250 training fee to Midwest Access Project and travel expenses to and from various locations (both covered by the funding from Medical Students for Choice).

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: Women's Reproductive Health

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Kept a daily log of the types of procedures and appointments you observed or participated in (much simpler than SCE though). There was some paperwork that needed to be filled out before and after your training, but it wasn't hard. I was exposed to numerous medical procedures related to women's health including- surgical abortion (manual and vacuum aspiration), medical abortion (i.e. pills), pap smears, polyp removal, colposcopy, IUD insertion/removal, Implanon removal, depo injections, contraception counseling, breast exams, problem visits related to women's health

Please describe a typical day in the program: My training was set-up for 4 weeks with me going to a clinic between 3-4 days a week. I was scheduled at several Planned Parenthood locations throughout the city of Chicago and also in Aurora and then All Women's Health in Chicago. It's hard to describe a typical day because it would depend on the person you are following that day, what location you are at, and the clinic hours for the day. When you are there, you are basically following a clinician, watching what they do, asking questions, counseling patients, and doing whatever hands on things they will let you do.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Apartment in Chicago.

What, if any, special vaccinations, medications, or certifications are required for this program? Vaccination records are required- I believe they all are needed for school, so no new ones needed usually.

What is the final application deadline for this program? Vaccination records are required- I believe they all are needed for school, so no new ones needed usually.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? I have learned a vast amount of information about abortion that I would not have otherwise learned at Rush. I also learned so much about contraception and common reproductive health problems that women experience.

What are some of the major negative aspects of this program? This opportunity is not for someone who can't handle blood, gross smells, or the abortion. It requires someone who can control their emotions and personal judgments and act in a very professional manner.

Would you recommend a similar experience for future Rush medical students? Highest recommendation.

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? I would contact the Training Coordinator as soon as you think your interested so you can get your name in.

Any suggestions for M1 students to consider as they ponder their summer options? Make sure to do something you will enjoy!!

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Externship

Name of Program: MECO program

Websites, addresses, or contact information about the program:

<http://www.isms.org/affiliates/mss/Pages/meco.aspx>

Dates Program Offered: Choose start date.

Location of Program: Can be assigned to several hospitals in Illinois.

Cost to participants of this program: Weekly stipend for student.

What does the cost of the program include? Stipend covers most of gas, food, lodging.

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Clinical exposure

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? During the 6 week program, I shadowed 10 specialists/primary care physicians, with various degrees of participation in procedures.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Fellowship

Name of Program: Schweitzer Fellowship

Websites, addresses, or contact information about the program: Ray Wang -
Program Director <http://www.schweitzerfellowship.org/features/us/chi/>

Dates Program Offered: Yearly, applications due 2/1/2012

Location of Program: Chicago, IL

Cost to participants of this program: None

What does the cost of the program include? None, you get a \$2000 stipend.

Please describe any additional costs (e.g., air fare): None

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Volunteerism, Social Justice, Health Disparities.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Creation of a sustainable project aimed at addressing education disparities among low income / homeless LGBT youth.

Please describe a typical day in the program: Going to the site to work with the youth and the staff at the Center on Halsted.

Is knowledge of a foreign language necessary for this program? No

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. I did not do Dean's, but did do research with the Department of Preventive Medicine on the CHART study. PI was Dr. Powell, focus was on prevention with low-income patients with CHF, designed assessment tool for community health workers and wrote the background to a potential publication.

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? Support, mentors, guidelines, deadlines, accountability.

What are some of the major negative aspects of this program? Low stipend

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? January

Any suggestions for M1 students to consider as they ponder their summer options?
Make sure you have time to enjoy your summer!

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: NIH T32 Training in Orthopedic Skeletal Biology

Websites, addresses, or contact information about the program: Dr. Sumner:
Rick_Sumner@rush.edu

Dates Program Offered: Usually set up with your mentor

Location of Program: Rush Medical Center

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: As a NIH training grant, the emphasis is to train future physician scientists in creating their own research proposals all the way to presenting their final results.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? My project was basic science based that involved some mice work.

Please describe a typical day in the program: I would generally work 9-5 or 7-3 depending on the experiments that needed to be done that day. Most of my day would be spent in the lab or preparing my next experiments.

Is knowledge of a foreign language necessary for this program? No

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Area: Department of Hematology/Oncology with Department of Anatomy/Cell Biology PI: Dr. Kent Christopherson Time: 6/22-9/3, ~30 hours/wk Responsibilities: complete my project.

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? Having the ability to create my own project and have a close mentorship with my PI and his lab.

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Now

Any suggestions for M1 students to consider as they ponder their summer options?
If you want a research program at Rush, find a mentor in which you are interested in his/her department and research projects as soon as possible.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: Summer Research Assistant

Websites, addresses, or contact information about the program: Dr. Dan Nicholson, Alzheimer's Research Lab in Jelke

Location of Program: Chicago, IL (Rush University)

Cost to participants of this program: None

Was your work compensated or were you a volunteer? Compensated

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Computer analysis of electron microscopy images.

Please describe a typical day in the program: 8 hours spent doing either immunohistochemistry or computer analysis of the resulting electron microscopy images.

Is knowledge of a foreign language necessary for this program? No

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. specialty: Alzheimer's Disease research PI: Dr. Dan Nicholson Time Req: 8 hours/day, 5 days/week June-Aug, then about 10 hours/week Sept-Dec Responsibilities: up to you, he lets you tell him how involved you want to be.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Self-directed, you make your own schedule, up to you how much you get out of it

What are some of the major negative aspects of this program? None

Would you recommend a similar experience for future Rush medical students? Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? I started in January.

Any suggestions for M1 students to consider as they ponder their summer options?
Make sure you leave yourself some time to enjoy the summer - you'll be happy you did once M2 is underway.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: Student research

Websites, addresses, or contact information about the program: Dr Marvin Rossi
<http://www.synapticom.net/>
http://rush.photobooks.com/directory/profile.asp?dbase=main&setsize=10&display=Y&last=Rossi&submit=Submit&submit.y=0&submit.x=0&pict_id=0004860

Dates Program Offered: Summer break

Location of Program: Rush Hospital

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: Preoperative multimodal neuroimaging.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Analysis and compilation of electrophysiological and metabolic imaging modalities, particularly SISCOM and dynamic SPECT; shadowing epileptologists and neurosurgeons before, during, and after surgical procedures.

What other types of participants were in the program? Pre-medical students

Is knowledge of a foreign language necessary for this program? No

Please rate your overall experience: Very good/beneficial

What are some of the major positive aspects of this program? I learned a great deal about epilepsy, imaging techniques, and collaborative healthcare working together at Rush's Epilepsy Research team.

What are some of the major negative aspects of this program? Lack of closure as the research is ongoing.

Would you recommend a similar experience for future Rush medical students?
Strongly recommend

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? March

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: Reserach with Neurology Clinic

Location of Program: Rush

Cost to participants of this program: None

What does the cost of the program include? None

Please describe any additional costs (e.g., air fare): None

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: To educate the community on stroke awareness and research various aspects of strokes/TIAs.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? I gave community presentations, did data analysis, and shadowed a neurologist.

Please describe a typical day in the program: Once a month I would do a community presentation teaching people about the signs and symptoms of stroke. The populations were those most at risk- elderly and minorities. On a research day, I would do data analysis for about 5 hours.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Lived at my apartment in the city.

What, if any, special vaccinations, medications, or certifications are required for this program? None

What is the final application deadline for this program? None

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Research in Neurology PI: Shyam Prabhakaran; James Kerns I did community presentations educating people on the "Know Five, Stay Alive" stroke symptom program designed by Rush. I also completed data analysis (5 hours/day/uncompensated) on strokes and TIAs. I authored an abstract entitled, "ABCD2 Score Can Triage Transient Ischemic Attack (TIA) Patients

for Hospitalization." I'll be presenting my work later this month at an international conference.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Get to teach people about medicine and opportunity to publish and present.

What are some of the major negative aspects of this program? No compensation.

Would you recommend a similar experience for future Rush medical students?

Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? April

Any suggestions for M1 students to consider as they ponder their summer options?

Talk to their advisor.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: Research Project

Websites, addresses, or contact information about the program: Rush website.

Dates Program Offered: Over the summer

Location of Program: Rush neurology department

Was your work compensated or were you a volunteer? Volunteer

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Conduct research on specific neurology project.

Please describe a typical day in the program: Worked with Dr. Marvin Rossi and spent the entire day working on project, often able to go to operating room and shadow neurosurgeon.

Is knowledge of a foreign language necessary for this program? Not required, but helpful.

What, if any, special vaccinations, medications, or certifications are required for this program? Just those needed when applying for med school.

What is the final application deadline for this program? Just those needed when applying for med school.

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Neurology, Dr. Marvin Rossi, all summer, 5 days a week 6 to 7 hours a day.

What are some of the major positive aspects of this program? Learn a lot about field may be interested.

What are some of the major negative aspects of this program? No compensation

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? Spring quarter

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: University of Chicago Department of Interventional Cardiology

Websites, addresses, or contact information about the program:

<http://www.uchospitals.edu/index.shtml>

Location of Program: Chicago

Was your work compensated or were you a volunteer? Volunteer

Basic emphasis of the program: Clinical Research: abstract and review article drafting as well as cath lab shadowing and interacting with residents, fellows, attendings, and medical students at U of C Hospitals.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Literature reviews, article editing, abstract drafting, data collection, cardiology conferences, catheterization lab procedures.

Please describe a typical day in the program: Working directly with an attending in the field of interventional cardiology. Conferences start at 7:30AM. The remainder of the day is spent shadowing in the cath lab, reading articles, working on data collection as well as literature searches in the context of abstract drafting and review article writing.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Feasible public trans commute from Rush campus.

What, if any, special vaccinations, medications, or certifications are required for this program? HIPPA program must be completed at U of C.

What is the final application deadline for this program? HIPPA program must be completed at U of C.

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Specialty: Interventional Cardiology-Anti Platelet Therapy Location: University of Chicago Principal Investigator: Dr. Sandeep Nathan Time: 7:30am-5pm MWF; 9-5: TTh Dates: June 20-1st week of september with a 1 week of time for vacationing.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? This experience basically immerses the medical student into the life of an interventional cardiologist in an academic setting. Additionally, this is a great opportunity to participate in cutting edge clinical research.

What are some of the major negative aspects of this program? The terminology was confusing at first, but it is picked up with time and actually useful when learning cardiovascular pathology and pharmacology during the M2 year.

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: NorthShore University HealthSystem Breast Research Program

Websites, addresses, or contact information about the program: Evanston Hospital

Dates Program Offered: Independent program

Location of Program: Evanston, IL

Cost to participants of this program: none

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Chart review research, writing abstract/paper, presenting findings.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Breast cancer treatment, radiation therapy.

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: 7-3, chart review, writing, meetings with doctors.

Is knowledge of a foreign language necessary for this program? Not required, but helpful

If you conducted research for the Dean's Summer Fellowship or other projects during the program, please give a brief description. Breast Cancer Surgery, Evanston hospital breast center, june-august, 40 hours/wk.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Great research experience, work with physicians

What are some of the major negative aspects of this program? None

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? January/February

Any suggestions for M1 students to consider as they ponder their summer options?
Start early and get something locked up before work picks up and before you have a chance to forget about it.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: Vanderbilt SRTP

Dates Program Offered: June-aug (9-12 weeks)

Location of Program: Nashville

Cost to participants of this program: They pay you and feed you.

Please describe any additional costs (e.g., air fare): Travel

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Diabetes

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Lab work

Please describe a typical day in the program: All day on the bench, lunch lectures and shadowing if you have time.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Trip to bluebird cafe was paid for by the program.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): I stayed with a friend but rent is cheap in Nashville.

What, if any, special vaccinations, medications, or certifications are required for this program? None

What is the final application deadline for this program? None

Please rate your overall experience: Excellent

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? Yes

When should students start looking for a summer program? January

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other Research Project

Name of Program: Children's Memorial Cancer Research Center

Websites, addresses, or contact information about the program:

<http://www.childrensmrc.org/> Dr. Bento Soares

Dates Program Offered: Any 6-8 week time frame in the summer (june 16-aug 16).

Location of Program: Chicago IL

Was your work compensated or were you a volunteer? Compensated

Basic emphasis of the program: Epigenetics involved in pediatric brain tumors.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Mostly bench research with some collaboration/exposure to the pediatric brain tumor clinic.

What other types of participants were in the program? Pre-medical students

Please describe a typical day in the program: 9-5pm, 5 days a week. some days had lab meetings. There was much of working on my own project, but I also was able to help with some of the project other PhDs were doing in my lab.

Is knowledge of a foreign language necessary for this program? No

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Lived in chicago

What, if any, special vaccinations, medications, or certifications are required for this program? Current health exam.

What is the final application deadline for this program? Current health exam.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other: Shadowing

Location of Program: Hinsdale and Downers Grove, IL

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other: Independent Travel

Name of Program: I went to Europe without a program.

Websites, addresses, or contact information about the program: I used momondo.com, studentuniverse.com, hostelworld.com to find my places of travel and stay. I also used trenitalia.com and other national train websites in Paris, Germany, and the Czech Republic to get around.

Dates Program Offered: I went for four weeks June 20th to July 22nd, 2011.

Location of Program: England, France, Czech Republic, Germany, Italy

Cost to participants of this program: ~4,000 -5,000 dollars

What does the cost of the program include? This includes all flights between countries (round trip back home), food, travel expenses, hostels/hotels, and gifts. It might have been more or less, but at this point I really cannot add it up/remember.

Please describe any additional costs (e.g., air fare): Airfare is included in my budget from above.

Basic emphasis of the program: To travel around Europe.

What type of responsibilities or experiences did you encounter? To what kind of medical procedures (if any) were you exposed? Not medically related therefore no real responsibilities of that nature.

Please describe a typical day in the program: Wake up at 7 am walk around the city, do tours, shopping and eating until 10-11 pm and then sleep/clean/ready for the next day of touring and travelling about.

Please describe any special travel or brief excursions (e.g., day or weekend trips) in which you participated: Everything was an excursion...I took day trips to Verona, Ravenna, Siena, and Pisa during my stay in Italy.

Is knowledge of a foreign language necessary for this program? Not required, but helpful

Please describe your living arrangements (please note if you had assistance in securing these arrangements and if you had the opportunity to live with a local family): Hostels and family members took me in.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? I took a full month off from anything related to school and it left me refreshed, recharged, and ready to take on M2 year. Had I done research or something else related to medicine, it would have felt like an extension of M1 year and I would have felt sat

What are some of the major negative aspects of this program? I obviously have no academic or research experiences from the last summer of my life to put on my resume, whereas my classmates do. I don't know if this will affect me in terms of applying to residency, and whether or not my classmates will have a leg-up

Would you recommend a similar experience for future Rush medical students?
Highest recommendation

Are you still involved or connected to your summer program now that the summer is over? No

When should students start looking for a summer program? Feb-March-April

Any suggestions for M1 students to consider as they ponder their summer options?
Plan ahead to make sure all of your travel arrangements are set in stone and you don't run into any travel problems. Same goes with your hostels/hotels. Budget extra than you plan on actually spending to give your self buffer room and less worries while abroad. Become familiar with the websites for the trains, planes, etc. to save the most when you book those before you leave the States.

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other: Independent Travel

Name of Program: Independent Travel

Location of Program: Scotland & Ireland

Cost to participants of this program: All self-funded

What does the cost of the program include? All self-funded

Basic emphasis of the program: Independent travel

Please rate your overall experience: Excellent

2011 Summer Experiences Feedback provided by a member of the M2 Class

Program Type: Other: Independent Travel

Went home to Vietnam and traveled to Siem Riep to see Angkor Wat and Bangkok to visit friends.

Please rate your overall experience: Excellent

What are some of the major positive aspects of this program? Lots of sun, rest, beautiful and historic scenery, and great food and people.

What are some of the major negative aspects of this program? It was a bit expensive!

Would you recommend a similar experience for future Rush medical students?

Highest recommendation