



## PRE-HEALTH & MEDICINE PATHWAYS - RESOURCE GUIDE

Gain career-related insight and experience by participating in on-campus clubs, committees, and wellness initiatives, as well as off-campus field experiences through internships, work, or volunteering. It is important to connect with **Bard Pre-Health Adviser, Lisa Kooperman (lkooperman@bard.edu)** to discuss academic coursework and pre-health interests early on. Bard Career Development Office (CDO) helps students on their chosen pathways and can support them in identifying practical and intentional experiential opportunities.

### **Gain Experience & Get Involved On-Campus**

#### [Prehealth Advising Google Classroom](#)

**Pre-Health/Medicine/Science email listserv** - Join the listserv to receive notifications of Science, Medicine, and Health-related internships, research, and employment opportunities within these fields. *Email Professor Frank Scalzo to be added to the listserv - [scalzo@bard.edu](mailto:scalzo@bard.edu)*

**Pre-Health & Medicine Overview Presentation** - Attend a comprehensive presentation held once a semester for students with an interest in pursuing medicine and health. Advice includes recommended coursework as well as information about shadowing, internships, and gaining clinical hours - The presentation is promoted and usually held on Advising Days once a semester.

**BEMS (Bard EMS Squad)** - BEMS hires students to staff the Bard Emergency Medical Squad on-campus. Attend a BEMS Info Session to learn more. **Note:** Students must apply to be considered. Commitment to participate in intensive safety training and on-call hours is required.

**Health & Wellness Committee** - Join this committee to help organize health and safety-related programs including peer education and wellness offerings. Contact Annia Reyes, Director, to get involved. [areyes@bard.edu](mailto:areyes@bard.edu)

**Gain field-related skills & leadership experience:** [Center for Civic Engagement](#), [Peer Health Educators](#), [Peer Counselors \(PC\)](#), [Trustee Leader Scholars \(TLS\)](#), [Student Clubs](#)

**Science Research Employers Recruiting** - CDO participates in recruiting consortia programs offering first-round interviews for post-graduate career paths for graduating seniors interested in research assistant or technician positions - examples - Weill Cornell Medical, The Rockefeller, Memorial Sloan Kettering, Albert Einstein, and Mount Sinai.

Gain clinical hours and experience by working, volunteering, or shadowing at local hospitals, doctor's offices, public health programs, clinics, nursing and children's homes, and other care-related facilities or patient-focused organizations. Medical Schools typically look for clinical and/or service-related hours.

Many students interested in the field of medicine will apply for volunteer opportunities at hospitals local to their homes in the summer and winter months. **Note:** *Students should apply early for consideration as this is a popular way for students from colleges and universities to gain some experience.*

Students should research other ways to gain experience and get involved near campus or close to their homes. Volunteer or Internship opportunities can be listed on organization websites, online job search platforms, or simply by calling the medical or county office to inquire. **Note: Depending on the experience, students may need to have specific vaccinations and complete confidentiality agreements to work/intern, or volunteer.**

*Ways to Get Involved: Work, Volunteer, or Intern  
Potential Opportunities are listed below but is by no means exhaustive list:  
Also be sure to search [Handshake](#) to identify opportunities!*

## **Organizations Local to Bard**

[American Cancer Society](#)

[American Red Cross Hudson Valley](#)

[Baptist Nursing Home, Rhinebeck, NY](#) download the form, it shows up in HTML but downloads ok!

[Center for Spectrum Services, Kingston, NY](#)

[NY Connects](#)

[NY State Department of Health](#)- search open jobs, student assistant jobs listed

[Volunteer Opportunities in Dutchess County](#)

[Vassar Brothers Hospital, Poughkeepsie, NY](#)

[Anderson Center for Autism, Staatsburg NY](#)

[United Way, Dutchess County](#)

[Alzheimer's Association, Hudson Valley](#) is looking for volunteers throughout Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester counties.

[Astor Family Services, Rhinebeck & Poughkeepsie](#) a community-based non-profit organization that provides children's mental health services, child welfare services, and early childhood development services.

[Columbia Memorial Health - Albany Medical](#)

Beyond performing a valuable community service, Auxilians develop new skills, learn more about health care, meet new people, and experience a sense of accomplishment.

[Cornerstone Family Healthcare](#) is a non-profit Federally Qualified Health Center with a mission to provide high quality, comprehensive, primary and preventative health care services in an environment of caring, dignity and respect to all people regardless of their ability to pay.

[Comfort Care Homes](#) are just that -- homes -- not medical facilities. They provide care to residents (some homes refer to them as guests) who are in their last stage of life. The care provided is the same as would be provided by a person's family in their home, if that was possible. Comfort Care homes provide a place for those who don't have families able to provide the support they need.

[Residential Care Homes Handout](#)

[Mental Health of America, Dutchess County](#) has a number of different events throughout the area including both fundraising benefits and assisting with community events.

[Family of Woodstock, Kingston NY](#) is a multi-program human service agency providing services throughout Ulster County. [Family](#)

[Family Services, Poughkeepsie NY](#) Whether you are interested in a short term project or a long term commitment of a few hours a week or a month, there's always something you can do.

[Ferncliff Nursing Home, ArchCare, Rhinebeck](#) As the Continuing Care Community of the Archdiocese of New York, it's our privilege to give everyone, especially our elders, the extra help they need. We pride ourselves on caring for people when and where they need it; at home, in the community, or in a nursing home.

[Health Alliance of the Hudson Valley](#) Whether you're looking for experience in the healthcare field, completion of a volunteer requirement, or just a chance to help out your community, WMCHHealth is the place for you. With opportunities in a wide variety of areas, there is something for everyone in our volunteer program.

[The Institute for Family Health](#) is committed to fostering the development of future health professionals by creating engaging opportunities for individuals interested in pursuing healthcare careers. Those placed at the Institute have the chance to get an in-depth look at how community health centers function and to learn about future healthcare careers. Applicants can be placed in various departments, including in health centers, community outreach, or program development, depending on their experience and interests.

[Project Horseshoe Farm – Gap Year Community Health Fellowship](#) (one year) for graduates and 1-6 month [Community Health Internships](#) for undergraduate students.

[Ramapo for Children, Rhinebeck, NY](#) Ramapo's mission is to keep young people from being relegated to the margins of their schools, programs, families, or communities because of challenging behaviors, cognitive disabilities, or other differences.

[Red Hook Responds, Red Hook, NY](#) Our vision is to support food security, inclusion, equality, diversity, agriculture, emergency relief and expanding our services with thoughtfulness toward the community based on need, resources and volunteerism.

[Ulster County](#) has many departments that rely on student interns and/or volunteers on a regular basis. Interns are able to gain hands-on "real world" experience with a local government department, while at the same time helping Ulster County serve our residents, businesses and visitors.

## **Off-Campus Opportunities**

### **Research Opportunities**

[Bard Research Opportunities](#)

[AAMC: Summer Undergraduate Research Programs](#)

[National Institute for Health \(NIH\)](#) summer internship program

[National Science Foundation](#) Research Experience for Undergraduates (REU)

[New York State Department of Health \(Check any state Department of Health- Note: also on NSF site\)](#)

[MD-PhD Summer Undergraduate Research Programs](#)

[Rockefeller University](#) Chemers Neustein Summer Undergraduate Research Fellowship Program

### **Service Opportunities**

[AmeriCorps Vista](#) summer and year long service opportunities

[AmeriCorps State and National:](#) Advance more equitable health outcomes for underserved communities with Public Health AmeriCorps.

[PeaceCorps](#)

### **Internships**

[American Red Cross](#)

[CDC Short Term internships:](#) Interested in learning more about public health science or developing leadership and critical thinking skills to provide rapid, strategic, and effective solutions to protect the public's health?

We have a variety of hands-on training programs for students and recent graduates. All offer a unique experience in one of the many exciting public health fields.

[CDC Internships:](#) If you are a minority student or are interested in protecting the health of underrepresented populations or promoting health equity and eliminating health disparities, we have a variety of opportunities that provide hands-on training and a unique experience in many public health fields. These opportunities are highlighted here, but are also organized within the short-term internships and long-term fellowships at [cdc.gov/fellowships](http://cdc.gov/fellowships).

[CDC Full Time Fellowships:](#) If you are a college graduate interested in a career protecting the public's health and a full-time position to gain hands-on experience, we offer a variety of fellowships to jump start your career. Many of these opportunities provide invaluable experience and potentially offer paths to exciting careers with CDC.

[FEMA](#) Whether you are a student, a recent graduate, or hold an advanced degree, we offer employment opportunities that are designed to build technical and professional skills while developing a broad knowledge of the agency and its core functions.

[Humanity Road Volunteer or Internships](#) What types of tasks do Humanity Road volunteers perform? Humanity Road offers a diverse range of opportunities. Not only do volunteers respond online to support disaster operations, but they also assist with tasks such as blog writing, fund raising, nonprofit administration, and providing medication assistance to those in need.

[NYU Langone](#)- keyword "intern"

[Save the Children Foundation.](#)

[The UNICEF Internship Programme](#) offers students and recent graduates from diverse academic backgrounds the opportunity to gain hands-on experience with UNICEF through global internship opportunities.

Interns at UNICEF get experiential learning opportunities in the humanitarian sector and a meaningful internship experience that will support their academic, professional and personal development.

[US AID](#) Interns and fellows generally work in one of USAID's offices in Washington, D.C., and at USAID Missions abroad, supporting program work in economic growth, agriculture, education, health, environment, democracy and governance, conflict prevention, and humanitarian assistance. Internships and fellowships allow students the opportunity to explore federal careers and offer valuable work experience.

[World Health Organization](#) WHO Internship Programme for future leaders in public health