

HIGH SCHOOL SUMMER PROGRAMS

It's a good idea to start looking into summer programs during the winter. Many deadlines are in March and many are first-come first-served.

Essentially there are three types of summer programs: **Academic**, **Experiential** and **Jobs/Internships**

Academic or Pre-college Programs

These are where you take classes, usually on a college campus. If you google "college summer programs for college-bound teens" you'll find many options. There are programs for many different interests. Here are some ideas: [Penn Summer | Social Justice Research Academy \(upenn.edu\)](#), and [Summer Discovery](#) offers many programs. Art [Pre-college programs | SCAD](#) or even study overseas [Oxbridge Academic Programs | Middle & High School Study Abroad \(oxbridgeprograms.com\)](#).

These are just some ideas but there are many more. Check to see whether you get college credit but the most important thing is to explore an academic interest.

A great resource is [TeenLife | Experiential Learning](#) which has listings of many different types of programs.

Experiential Programs

These can be where you travel or participate in a program where you make a difference in the world, develop independence and leadership and show that you can move out of your comfort zone. Programs like NOLS [The Leader in Wilderness Education \(nols.edu\)](#), [Programs | Outward Bound](#), [Overland Summers | Teen Summer Adventures for 4th-12th Graders](#) or [Where There Be Dragons | Immersive Travel Abroad Programs](#) can inspire you to become a leader and show that you can break out of your shell and give back to the community – things that colleges love to see when making admissions decisions.

Jobs/Internships

These can help demonstrate your ability to be responsible, work in a team and do whatever is required without complaining. You can also add value to a team. You can google "summer internships in my area" or ask your parents or friends' parents. Think about your interests and possible careers that interest you. Then tap into your network. Even doing something like working at a fast food restaurant can show responsibility and humility.