

TOP 20 COLLEGES WITH RESEARCH AND INTERNSHIP OPPORTUNITIES FOR HIGH SCHOOL STUDENTS

Princeton University

Princeton Plasma Physics Laboratory (PPPL)

About: A summer high school internship that allows students a chance to work on projects alongside a member of a research or engineering staff

Dates: 4 Weeks

Location: Princeton, NJ

Application Deadline: March 1st

Program Start: June 30th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: Graduating high school seniors, must be at least 16 years old, be authorized to work in the US

Application Requirements: Online application, transcript

Subject Areas: STEM

Miscellaneous: Students will get hands-on experience in plasma physics and fusion energy

General Information:

Application:

Princeton Summer Journalism Program

About: A selective and immersive summer program at Princeton which allows students to study journalism

Dates: Multi-week hybrid, starting with online workshops before ending off on an intensive 10-day residential experience at Princeton's campus

Location: Princeton, NJ

Application Deadline: February 24th

Program Start: July 1st

International Students: No

Residential Options: Residential program at Princeton

Requirements for Admittance: High school junior, lives in the United States and intends to go to college, have a minimum GPA of 3.5, have an interest in journalism, the combined income of guardian(s)/parent(s) must not exceed \$60,000

Application Requirements: Online application, recommendation, transcript, essays

Subject Areas: Journalism

Miscellaneous: Students will be studying under renowned journalists from all over the country

General Information:

Application:

Laboratory Learning Program

About: An outreach program for local high school students which allows them to do research in the sciences or engineering

Dates: 5-6 weeks depending on research topic

Location: Princeton, NJ

Application Deadline: March 15th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: Must be 16 years or older by a certain date, enrolled in a US high school, US citizen or permanent resident, parent(s)/guardian(s) must provide proof of housing and transportation

Application Requirements: Online application. IF ACCEPTED INTO THE PROGRAM, students will need to provide transcript, health insurance, parental consent form, recommendation.

Subject Areas: Natural sciences and engineering

Miscellaneous: Students will be supervised by Princeton faculty and research staff, and they must submit a 2-page summary report by the end of the program

General Information:

Application:

Princeton University Preparatory Program (PUPP)

About: A highly engaged, holistic college preparation and success program that fosters development of students from lower-income families who have less familiarity and experience with higher education

Dates: Three separate six-and-a-half week sessions

Location: Princeton, NJ

Application Deadline: September 5th

Program Start: Varied

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school freshman, must go to Ewing High School, Lawrence High School, Nottingham High School (Hamilton, NJ), or Trenton Central High School, commitment to pursuing higher education

Application Requirements: Online application, transcript, state exam scores, writing sample, household income information, interview

Subject Areas: Multiple areas

Miscellaneous: PUPP works directly with the students and their parents during their senior year of high school to provide guidance and support during college admissions and financial aid process

General Information:

Application: N/A

Massachusetts Institute of Technology (MIT)

MIT PRIMES (Program for Research In Mathematics, Engineering, and Science)

About: A research program where students get to work on real projects in mathematics, computer science, or computational biology over a year

Dates: A year long

Location: Cambridge, MA

Application Deadline: November 24th

Program Start: January 1st

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school student living in the Greater Boston area,

Application Requirements: Online application, entrance exam, personal statement, recommendation letters

Subject Areas: STEM

Miscellaneous: Students will get to collaborate with real professionals from MIT and will also be working with other students

General Information:

Application:

MIT Women's Technology Program

About: A women-focused collaborative community aimed at empowering young women and other students who are underserved in engineering, including students who attend high school with limited access to STEM classes and activities

Dates: 4-Weeks

Location: Cambridge, MA

Application Deadline: January 15th

Program Start: June 28th

International Students: No

Residential Options: Housing provided in MIT dorms

Requirements for Admittance: High school junior with permanent address in the US

Application Requirements: Online application, essays, high school transcript, two teacher references (one from math and one from science), standardized test scores, is taking the most advanced math and science classes available at their high school

Subject Areas: STEM

Miscellaneous: Free to attend for low-income families

General Information:

Application:

Broad Summer Scholars Program

About: A program for highly-motivated students with a strong interest in science where they get to match with Broad scientists and conduct original, cutting-edge research projects

Dates: 6-Weeks

Location: Cambridge, MA

Application Deadline: January 22nd

Program Start: June 30th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school junior or senior, attend a high school in MA within commuting distance to the Broad, has B or higher in science and math classes, be a US citizen, permanent resident, or non-US citizen with work authorization

Application Requirements: Online application

Subject Areas: STEM

Miscellaneous: Students get a stipend of \$3,600

General Information:

Application: Currently N/A

Harvard University

Project Success (Harvard Medical School - HMS)

About: A summer research program for high school students who reside in Boston and Cambridge, MA where they would undertake a paid internship in Harvard Medical School

Dates: 6-7 Weeks

Location: Boston, MA

Application Deadline: February 3rd

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school junior or senior, must live in Boston or Cambridge, has interest in science

Application Requirements: Online application, essays, transcript, recommendations

Subject Areas: Medical

Miscellaneous: Students will be assigned with a mentor that will guide them through the internship

General Information:

Application: Currently N/A

Harvard University Research Scholars Program

About: Students in the program will get to learn the fundamentals of research and research writing under the guidance of a qualified student mentor

Dates: 8-Weeks

Program Start: November 8th

Location: Online

Application Deadline:

Early - August 30th

Regular - October 15th

International Students: Potentially yes

Residential Options: N/A

Requirements for Admittance: Any high school student

Application Requirements: Online application, \$750 early application fee if accepted or \$1000 for regular

Subject Areas: Varied

Miscellaneous: Students will produce a 1500-2000 word research report at the end of the program

General Information:

Application:

Stanford University

Stanford Institutes of Medicine Summer Research Program (SIMR)

About: An intensive research program aimed at high school juniors or seniors, consisted of hands-on work under the guide of a mentor at the top class lab within the Institute of Medicine at Stanford University

Dates: 8-Weeks

Program Start: June 8th

Location: Stanford, CA

Application Deadline: February 22nd

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school junior or senior, must be 16 years or older, lives in the U.S and attends high school, must be a U.S. citizen or permanent resident with a green card

Application Requirements: Online application, \$40 application fee, recommendation letter

Subject Areas: Medicine and health

Miscellaneous: Students get to choose from eight different areas of research during their application, and they may receive a stipend of \$500 if accepted

General Information:

Application:

Genomics Research Internship Program (GRIPS)

About: A competitive summer program tailored for local students, offering them an unique research experience, professional development, and community building opportunities

Dates: 8-Weeks

Program Start: June 16th

Location: Stanford, CA

Application Deadline: February 28th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school student that lives nearby, must be 16 or older, has prior knowledge of biology, chemistry, or computer programming, minimum unweighted GPA of 3.0

Application Requirements: Online application, essays, high school transcript, resume, letter of recommendation

Subject Areas: Biology, chemistry, and computer programming

Miscellaneous: The program may be hybrid

General Information:

Application:

Yale University

Discovery to Cure High School Internship Program

About: A program that offers students a hands-on research opportunity in Yale's biomedical laboratories

Dates: 6-Weeks

Location: New Haven, CT

Application Deadline: February 14th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: Rising high school senior

Application Requirements: Online application, transcript, letter of recommendation, essays, demonstrates interest in science and medicine

Subject Areas: Biology, medicine

Miscellaneous: Students accepted into the program are required to attend mandatory training and activities

General Information:

Application: N/A

Pathways Summer Scholars Program

About: A free two-week summer STEM program designed for rising 10th, 11th, and 12th grade Yale Pathways students, covering a wide range of workshop topics, including but not limited to chemistry, neuroscience, engineering, and more

Dates: 2-Weeks

Location: New Haven, CT

Application Deadline: January 27th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school freshman, sophomore or junior, attends New Haven, West Haven, or Orange (Amity) Public High School, demonstrates strong academic performance in school, especially math and science

Application Requirements: Online application, required parent/guardian form, recommendation letters from a math teacher and science teacher

Subject Areas: Various STEM subjects

Miscellaneous: ONLY those that are already enrolled into Yale Pathways to Science are eligible to apply

General Information:

Application:

California Institute of Technology

Summer Research Connection (SRC)

About: An unique opportunity for local students to engage with cutting-edge research under the guidance of renowned scientists and engineers

Dates: 6-Weeks

Location: Pasadena, CA

Application Deadline: Varied?

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: Must be a high school student within the Pasadena Unified School District, must be interested in participating in scientific research

Application Requirements:

Subject Areas: STEM

Miscellaneous: Local science teachers may also be able to participate in the program

General Information:

Application: N/A

Duke University

Summer Training in Academic Research (STAR) Program

About: A high-quality program that provides stellar research experience for high school students interested in science and medicine

Dates: 6-Weeks

Program Start: June 23rd

Location: Durham, NC

Application Deadline: January 3rd

International Students: No

Residential Options: Varied

Requirements for Admittance: Rising junior or senior high school student, demonstrates strong academic performance, U.S. citizen or permanent residency required

Application Requirements: Online application, school transcript, two letters of recommendation, essay

Subject Areas: Science and Medicine

Miscellaneous: High school students will receive a stipend of \$2,600

General Information:

Application: N/A

Duke University Neuroscience Experience (DUNE)

About: A program that engages with their local students in cutting-edge neuroscience labs at Duke University

Dates: 8-Weeks

Program Start: June 16th

Location: Durham, NC

Application Deadline: February 9th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school sophomore or junior, OR be a high school senior that does NOT plan to apply to college, attend a public or charter school in Durham, NC, be a U.S. citizen, national, permanent resident, or legal resident

Application Requirements: Online application, high school transcript, list of extracurricular activities, two letters of recommendation, any honors or rewards you received

Subject Areas: Neuroscience

Miscellaneous: Students will receive a stipend

General Information:

Application: N/A

John Hopkins University

Applied Physics Laboratory (APL) ASPIRE Program

About: A program that allows local high school students to experience and explore STEM careers before committing to an area of study in college

Dates: Varied

Program Start: Varied

Location: Baltimore, MD

Application Deadline: February 15th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school junior or senior, U.S. citizen, minimum 2.8 GPA, no criminal record, permanent residence in a specific county

Application Requirements: Online application, letter of recommendation, essay, ASPIRE high school internship acknowledgement form

Subject Areas: STEM

Miscellaneous: Students will be paired with APL staff mentors to complete projects, solve problems, and learn and apply crucial technical and interpersonal skills in a hands-on, professional environment

General Information:

Application:

Biophysics Research for Baltimore Teens (BRBT)

About: A program that provides opportunities for Baltimore City high school students to experience hands-on biomedical research in a state-of-the-art research facility at Johns Hopkins University

Dates: 6-Weeks

Program Start: July 8th

Location: Baltimore, MD

Application Deadline: February 15th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school junior or senior, must live within Baltimore City limits and attend a Baltimore City Public School, must have taken Chemistry, Biology and Physics coursework also recommended

Application Requirements: Online application, high school transcript, essay, letter of recommendation from a science teacher, name and email of a second teacher or counselor, copy of resume, and more

Subject Areas: Biophysics

Miscellaneous: Students spend a part of their time in Hopkins research labs with graduate students

General Information:

Application:

Johns Hopkins Internship in Brain Sciences (JHIBS)

About: A summer research program for junior and senior high school students that helps them get exposed to and discover a passion for a career in the neurological sciences

Dates:

In-Person – 8-Weeks

Online – 5-Weeks

Location: Baltimore, MD OR online

Application Deadline: March 1st

International Students: Only for Canada through online

Residential Options: Commuter-only for in-person

Requirements for Admittance: High school junior or senior, demonstrates interest in research and clinical career in behavioral sciences or brain health-related sciences

Application Requirements: Online application, essays, resume, transcript, two letters of recommendations (preferably by a teacher/mentor in mathematics or science)

Subject Areas: Neurological sciences

Miscellaneous: Although the program is mostly tailored for local Baltimore students, they provide an online alternative where anyone living in North America (U.S. and Canada) can apply

General Information:

Application:

Northwestern University

Northwestern University Research Program for High Schoolers (NURPH)

About: A paid program aiming to bring University laboratory resources to local high school students, offering them an opportunity to perform novel research mentored directly by professional researchers

Dates: 7-Weeks

Program Start: June 23rd

Location: Cook County, IL

Application Deadline: March 1st

International Students: No

Residential Options: Unknown?

Requirements for Admittance: High school sophomore, junior, or senior student that attends Chicago Math and Science Academy, Northwestern Academy, or Holy Trinity High School

Application Requirements: Online application, high school transcript, two essays, letter of recommendation, description of extracurricular activities

Subject Areas: STEM

Miscellaneous: Program participants will be fully funded throughout their research

General Information:

Application:

Northwestern Medicine Scholars Program

About: A program that offers enriching experiences that enable outstanding high school students at their partner schools to explore and better prepare for potential careers in medicine

Dates: 4-Weeks

Program Start: March 13th

Location: Cook County, IL

Application Deadline: February 2nd

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school freshmen at George Westinghouse College Prep, Daniel Hale Williams Medical Prep and Bronzeville Scholastic Institute, 3.2 unweighted GPA

Application Requirements: Online application

Subject Areas: Medicine

Miscellaneous: None

General Information:

Application: Currently N/A

University of Pennsylvania

Penn Research Experience for High School Students (REHSS)

About: Students will have an unique opportunity to join a research lab and take part in scientific research at University of Pennsylvania where they will be assigned a mentor

Dates: 5-Week

Program Start: June 23rd

Location: Philadelphia, PA

Application Deadline: March 16th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school sophomore or junior within the Philadelphia School District

Application Requirements: Online application, high school transcript, essays, recommendation letter from a science teacher

Subject Areas: Biology, Chemistry, Physics, Astronomy, Linguistics, Psychology

Miscellaneous: Students will receive a \$1500 stipend for completing the program

General Information:

Application: N/A

University of Chicago

Chicago EYES on Cancer

About: A cancer research training program for high school students who are interested in careers in biomedicine, gaining valuable experience

Dates: Two years consisted of two 8-week summer research

Program Start: Second week of June

Location: Chicago, IL

Application Deadline:

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: High school sophomore, junior, or senior, resident of Cook, Lake, Will or DuPage counties in Illinois or Lake Country in Indiana

Application Requirements: Online application, transcript, two recommendation letters

Subject Areas: Biomedicine

Miscellaneous: Students will get around \$5,000 in stipend per year

General Information:

Application: Currently N/A

DSI Summer Lab

About: A summer research opportunity for Chicago-area high school students focusing on rigorous, applied, interdisciplinary data science research

Dates: 8-Week

Program Start: June 16th

Location: Chicago, IL

Application Deadline: January 12th

International Students: Yes, with work authorization approved

Residential Options: Commuter-only

Requirements for Admittance: High school student that must reside in and attend school in Chicago area, has some familiarity with at least one programming language

Application Requirements: Online application, resume, personal statement, essays,

Subject Areas: Data Science

Miscellaneous: Students will be paid and will be paired with data science mentors in various domains

General Information:

Application:

UChicago Youth Internship Program (YIP)

About: A paid summer employment opportunity for local high school students. Over the course of two summers, program participants explore STEM careers, develop skills and experience applicable to college and the workforce, and prepare for the college application process.

Dates: 6-Week

Program Start: June 23rd

Location: Chicago, IL

Application Deadline: April 24th

International Students: No

Residential Options: Commuter-only

Requirements for Admittance: Any high school student attending public high school in Chicago

Application Requirements: Online application, complete an interest form, group interview

Subject Areas: STEM

Miscellaneous: Students who complete Year 1 of the program are eligible to apply for Year 2

General Information:

Application:

OTHER RESEARCH AND INTERNSHIP OPPORTUNITIES

Regeneron Science Talent Search

About: An unique high school competition, challenging and inspiring promising future leaders of STEM where they would submit their own original scientific fields of study

Dates: Over several months

Location: N/A, Top 40 finalists go to Washington, DC

Application Deadline: November 6th

International Students: No

Residential Options: Online only, except for finalists invited to come to Washington, DC

Requirements for Admittance: High school senior

Application Requirements: Online application, a research report that describes an original, independent research project, three recommendations, high school transcript, essays

Subject Areas: STEM

Miscellaneous: Top 40 finalists are invited to Washington, DC to explain their research project to top scientists in the country as they compete for the Top 10 awards

General Information:

Application:

Fermilab Program for Research, Innovation, and STEM Mentorship (PRISM) / Only for Illinois high school students

About: A dynamic and immersive four-week summer school designed for high school seniors, providing an invaluable experience to explore cutting-edge STEM fields while connecting with Fermilab STEM professionals

Dates: About a month

Location: Batavia, Illinois

Application Deadline: March 15th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school senior, proof of medical insurance, Illinois high school enrollment

Application Requirements: Online application, supplemental questionnaire, list of STEM courses taken, letter of recommendation from a STEM teacher or STEM club leader

Subject Areas: STEM

Miscellaneous: Participants will receive a \$500 weekly stipend

General Information:

Application: N/A

Telluride Association Summer Seminar (TASS)

About: A free summer experience, inspiring promising, young students to lead and serve through transformative educational experiences rooted in critical thinking and democratic community

Dates: About a month long

Location: Cornell University and University of Maryland

Application Deadline: December 3rd

International Students: Yes

Residential Options: Housing provided for free

Requirements for Admittance: High school sophomores and juniors, must be at least 15

Application Requirements: Online application, high school transcript, letter of recommendation, an interview, and essays

Subject Areas: Humanities, critical thinking

Miscellaneous: Students will attend a three-hour college-level class each weekday, typically including discussions, small-group work, lectures by faculty, and other activities

General Information:

Application:

The Metropolitan Museum of Art (MET) Summer High School Internship

About: An internship opportunity where New York, New Jersey, or Connecticut students will be paid as they connect with art, museums, and creative professionals while developing their professional skills, network, and gain work experience

Dates: About a month

Location: New York, NY

Application Deadline: March 7th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school sophomore or junior, goes to a New Jersey, New York, or Connecticut high school

Application Requirements: Online application, essays, letter of recommendation, interviews for finalists

Subject Areas: Art, humanities

Miscellaneous: Interns will receive a stipend upon completing the program that aligns with the New York state minimum wage

General Information:

Application:

NASA Internships (Office of STEM Engagement - OSTEM)

About: Various OSTEM internships offer students an opportunity to gain practical work experience while working side-by-side with mentors who are research scientists, engineers, and individuals from many other professions

Dates: Varied

Location: Varied

Application Deadline:

Spring Deadline – September 12th

Summer Deadline – February 27th

Fall Deadline – May 22nd

International Students: Yes

Residential Options: Commuter-only

Requirements for Admittance: Minimum of 3.0 GPA or high academic standing, full-time high school student, must be at least 16 years old

Application Requirements: Varied

Subject Areas: STEM

Miscellaneous: Interns will get paid a stipend

General Information:

Application:

Microsoft Discovery Program

About: An internship opportunity where local high school seniors will be able to gain hands on project experience and develop professional skills while gaining mentorship from Microsoft employees

Dates: 4-Weeks

Location: Redmond, Washington or Atlanta, Georgia

Application Deadline: February 26th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: Rising first-year college student, lives and attends school 50 miles of Redmond, Washington OR Atlanta, Georgia, completed a pre-calculus course or equivalent at the start of the program, participated in Microsoft sponsored event

Application Requirements: Online application, resume, intended college major, essay

Subject Areas: STEM

Miscellaneous: Interns will get paid a wage

General Information:

Application: N/A

Clean Water Ambassadors Internship

About: A paid internship experience for cohort of high school interns to learn about local environmental issues, solutions, and careers focused on clean water in the region

Dates: 5-Weeks

Location: King County, Washington

Application Deadline: April 21st

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school student that is at least 16 years old, has current and valid identification, and proof of eligibility for employment in the U.S.

Application Requirements: Online application, interview for finalists

Subject Areas: Environmental

Miscellaneous: Although it's commuter only, students that are 18 or younger are offered a free ride

General Information:

Application: N/A

Adler Planetarium Teen Internships

About: A place where variety of internships are available to local young teens in Chicago

Dates: Varied

Location: Chicago, IL

Application Deadline: Varied

International Students: No

Residential Options: Commuter only

Requirements for Admittance: Generally any Chicago high school student, must be eligible to work

Application Requirements: Online application, transcript

Subject Areas: Science, technology, engineering, arts, and math

Miscellaneous: Students will work on real projects and get paid for it

General Information:

Application: N/A

High School Internship Program at Library of Congress

About: An unique internship opportunity that offers online or hybrid options for high school students to participate in the program at the Library of Congress

Dates: 4-Weeks

Location:

Application Deadline: February 28th

International Students: No

Residential Options: Commuter only for local hybrid students

Requirements for Admittance: Must be a U.S. citizen, must be a high school student, has interest in research and working with their peers

Application Requirements: Online application, resume, writing samples, statement of interest

Subject Areas: Humanities, art, literature

Miscellaneous: Library of Congress offers internal discounts to their participants

General Information:

Application:

Hutton Junior Fisheries Biology Program

About: A paid internship program where students get mentorship as they learn about fisheries and aquatic science, receiving hands-on experiences

Dates: 8-Weeks

Location: Varied, depending on where you live

Application Deadline: January 19th

International Students: Yes (for Canada, Mexico, Puerto Rico, and the Pacific Islands)

Residential Options: Commuter only

Requirements for Admittance: High school junior or senior, must be 16 or older

Application Requirements: Online application, high school transcript, statement of interest, essay, 1-2 minutes video response, and a Student Reference Form

Subject Areas: Aquatic science, marine biology

Miscellaneous: Students will receive a \$3,000 stipend over the course of the program

General Information:

Application:

Electrical Engineering Mentorship Program (EEMP)

About: A summer program designed to provide high school students an introduction to the field of electrical engineering and an opportunity to pursue their own research interests within the field

Dates: 5-Weeks

Location: N/A (Online)

Application Deadline: May 15th

International Students: Yes

Residential Options: N/A

Requirements for Admittance: Any high school student welcomed, be familiar with electrical engineering or related field

Application Requirements: Online application

Subject Areas: Engineering

Miscellaneous: Some of the activities that students may do will be recorded

General Information:

Application:

Student Historian Internship Program

About: A program open to local students to work at New York Historical as they learn about museums, libraries, digital humanities, and history fields

Dates: 5-Week

Location: New York, NY

Application Deadline: March 30th

International Students: No

Residential Options: Commuter only

Requirements for Admittance: High school sophomore, junior or senior, must live in and attend school in the New York metro area, have parent/guardian consent, and IF ACCEPTED, must have valid employment certificate

Application Requirements: Online application, letter of recommendation, online group interview in later stages

Subject Areas: History, digital humanities

Miscellaneous: Participants will receive \$700 in stipend upon completion of the program

General Information:

Application: