**Finding a Summer Lab Science Internship: Tips and Frequently Asked Questions**

Q. What are summer lab science internships? What are the advantages to lab science internships?

* Temporary work in a science or medical laboratory to gain research experience and hone critical thinking skills
* Provides lab/clinical experience
* Possibility for publication
* Valuable and unique experience in preparation for future graduate studies and/or medical school applications

Q. What can you expect from an internship?

* Assist in a current ongoing research project
* Can be anything from advanced project to supportive laboratory tasks which may include:
  + Aliquoting
  + Extraction
  + Centrifugation
  + Instrument preparation and loading,
  + Administrative tasks
* Potential to perform pre-analytical functions
* Observe high-complexity testing
* Participate in a variety of educational topics to expand clinical laboratory knowledge

Q. How/When to start looking? What can you expect?

* The application submission window is usually January to February
* Contact the volunteer office at the institution, contact people at outreach programs offered by the institution, and/or contact your school advisor about potential opportunities
* Write a *personalized, lab-specific* email inquiry
* Find a current research topic that *really* interests you
* MS Society webpages or NIH website will inform you of currently funded projects
* Find current information at [www.Pubmed.com](http://www.Pubmed.com)
* Inquire about topics the lab is publishing on

Q. What do I include in my CV?

* Education
* Career Objectives/Personal Statement
* Prior experience
* Showcase your passion, strengths and transferrable skillset
* References

Q. What are other points of consideration?

* Will you consider an unpaid internship?
* What is your time commitment?
  + Hours and time frame (e.g., May -> August)
* Institutions may require drug screening (allow ~2-3 weeks) and safety training (allow ~1 week), as well as training specific to working with lab animals

Q. Once you’re in a lab…

* Attend lab meetings
* Keep accurate lab notebooks and records
* Engage in networking and seminars

Q When you leave a lab…

* Leave your freezer samples and notes organized
* Continue to network
  + Connect with people on LinkedIn
  + Connect with people who are willing to write reference letters (PI, post-docs) for your future career