**EHS Volunteering Resource List for High School Students**

* [Sharp Chula Vista Medical Center](https://www.sharp.com/hospitals/chula-vista/volunteers.cfm) (Junior Volunteers)
	+ Placements in nursing departments, the gift shop, as a specimen runner, etc.
* [Boys and Girls Club of San Diego](https://www.sdyouth.org/volunteer)
	+ Volunteer projects vary by location
* [Salt Creek Community Center City of Chula Vista](https://www.chulavistaca.gov/departments/human-resources/youth-volunteer)
	+ Dozens of placements including animal shelters, city council members’ offices, fire departments, and libraries
* [I Love A Clean San Diego](https://cleansd.org/)
	+ Cleanup days all over SD
* [American Red Cross](https://www.redcross.org/local/california/southern-california/volunteer/youth-volunteer.html)
	+ Various advocacy and outreach projects
* [American Cancer Society](https://www.cancer.org/involved/volunteer.html)
	+ Volunteer remotely from home, or by making cancer patients comfortable at ACS lodges
* [San Diego Humane Society](https://www.sdhumane.org/support-us/volunteer/youth-service.html)
	+ Play with and care for shelter animals, reach out to the community about adoptable animals, fundraise, etc.
* [Y.E.S Academy at Southwestern College](https://www.swccd.edu/swc-community/youth-programs/index.aspx)
	+ SWC's Youth Excellence and Success (Y.E.S.) Academy offers a variety of summer academic and enrichment programs for 4th-12th grade students and parents/caregivers, offered through courses, workshops, and more!
* [Summer Camp Teen Lab Assistants](https://www.regpack.com/reg/templates/build/?g_id=100910057)
	+ Teen Lab Assistants will meaningfully improve summer camp learning and fun experiences for children in ages 7-14
* [Kaiser Permanente Thrive](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/community-events/volunteer-services/)
	+ Volunteers help patients and visitors find their way, walk with them (or push wheelchairs) to destinations, communicate wait times, sit, and chat with visitors, deliver flowers and personal belongings, bring ice, water, or warm blankets to our visitors, etc. Must be 16 years old or older
* [Scripps Hospital](https://www.scripps.org/about-us/volunteer)
	+ Volunteers must be 15 and older and commit to volunteering at least 3 - 4 hours a week for a minimum of six months and completing 100 hours. High school applicants must have a minimum GPA of 3.0 or higher. Volunteer tasks encompass a wide range of patient support, such as welcoming guests, comforting patients, creating crafts for patients and even escorting their furry friends through the canine therapy program

**EHS Internship Resource List for High School Students**

**General**

* [San Diego County Office of Education Internship Database](https://docs.google.com/spreadsheets/d/1yhaeTS4u7LU7mTYfhcrzYem42vKu_xz6qYbYDRyRKHI/edit#gid=0)
	+ Compilation of internships and career development opportunities around SD

**Science**

* [UCSD Research Experience for High School Students (REHS)](https://summer.ucsd.edu/program-finder/research-experience-for-high-school-students.html)
	+ The program is an opportunity for motivated high school students to work with a UC San Diego mentor. Students may choose from a variety of individual project opportunities to learn more about a potential research or career interest through software instruction, assigned scholarly or practical readings and discussions with their mentor and his/her graduate student team members. An essential component of this program is the involvement of women, underrepresented minorities, and people with disabilities in fields where these groups have traditionally been underrepresented. Efforts to include representatives from these groups are strongly encouraged.
* [Science and Engineering Apprentice Program](https://www.onr.navy.mil/en/Education-Outreach/K-12-Programs/SEAP)
	+ The Science and Engineering Apprentice Program (SEAP) places academically talented high school students with interest and ability in science, technology, engineering and mathematics (STEM) as apprentices in Department of Defense (DoD) laboratories for eight weeks during the summer.
* [Salk Introduction to Research Science Hybrid Program](https://www.salk.edu/about/education-outreach/programs/salk-introduction-to-research-science-hybrid-program/)
	+ The Salk Introduction to Research Science Program is a hybrid STEM educational experience geared toward providing students a first look at science outside of a traditional classroom setting through hands-on and virtual experiences.
* [Heithoff-Brody High School Scholars Program at the Salk Institute](https://www.salk.edu/about/education-outreach/programs/high-school-scholars/)
	+ This eight-week paid internship is an opportunity for high school students to gain real-life experience performing scientific research while developing skill sets needed for careers in STEM. Students will be mentored by Salk scientists and have the opportunity to work in a Salk lab. Students will spend most of their time in the lab with their mentor while also being expected to participate virtually in seminars, workshops, data analysis projects and other enrichment activities. At the end of the program, students will present their research projects to an audience of their mentors, lab members and families.
* [Rady Children’s Medical Academy](https://www.rchsd.org/programs-services/center-for-healthier-communities/medical-academy/)
	+ Rady Children’s Medical Academy provides high-school age students with unique and exciting opportunities to explore the world of healthcare through lectures, skills clinics, hands-on activities, group projects, career panels and interactive discussions. Our programs are designed for students who are interested in healthcare as a career, from medicine and nursing to pharmacy and social work. We hope to inspire them to become caring, insightful health professionals in a complex and rapidly changing world.
* [UCSD Mentorship Assistance Program (MAP)](https://education.sdsc.edu/studenttech/ucsd-mentor-assistance-program-2021-2022/)
	+ Now in its fourth year, UC San Diego’s Mentor Assistance Program (MAP) is a campus-wide program, which will engage high school students in a mentoring relationship with an expert from a vast array of disciplines, from History, Marine Physical Sciences and Nanoengineering to Biochemistry, Pharmacology, Athletics and Computer Science. MAP’s mission is to provide a pathway for student researchers to gain access to UCSD faculty, post doctoral fellows and staff to mentor students in their own field of interest (i.e. independent study, class projects or possible career path). Students may choose to communicate with a mentor over email or may indicate their interest to visit the mentor’s lab or work environment. MAP is an opportunity for students to take the first step into a potential career path, while simultaneously building an early foundation for success in their academic career.
* [BioChemCoRe](https://summer.ucsd.edu/program-finder/biochemcore.html)
	+ BioChemCoRe is an intensive, research-centered summer program for high school and undergraduate students interested in molecular modeling and computational chemistry.
* [Biotechnology Summer Program](https://summer.ucsd.edu/program-finder/biotechnology-summer-program.html)
	+ Institute of Engineering in Medicine (IEM 101) focuses on scientific thinking by introducing and reinforcing the philosophy and foundation of science. Scientific thinking is used to process scientific information and decision-making. Program participants gain insights in biomedical research, clinical medicine and biotechnology industry from the field experts, and practice hands-on experience in 3D Printing, neurosurgery and biomedical research.​
* [ENLACE](https://summer.ucsd.edu/program-finder/enlace.html)
	+ The ENLACE bi-national summer research program at UC San Diego aims to encourage the participation of high school students, college students, and researchers/teachers, in research in the sciences and engineering, while promoting cross-border friendships in the Baja California/San Diego region.
* [Jackuelyn Harris HS STAR Program](https://summer.ucsd.edu/program-finder/jackuelyn-harris-hs-star.html)
	+ The Jackuelyn Harris HS STAR program is designed to provide exceptional underrepresented junior and senior level high school students from San Diego with a chance to learn and practice the daily activities involved in aging research alongside a UC San Diego faculty mentor. Students invest five weeks of their summer working under the leadership of a faculty mentor who is an experienced research scientist. Students join a research group and work on a project for thirty to thirty-five hours per week. Since interns join ongoing research, each year’s projects are unique. In the past, students have worked in wet labs and computer labs, visited seniors to teach them how to use research equipment, translated research materials from English to Spanish, completed literature reviews, obtained the consent of research participants, shadowed researchers, as well as a variety of other activities. Students also participate in organized group activities, lectures and tours to give them broad exposure to the vast field of aging research. Students are matched with mentors based on expressed research interests in the field of aging.
* [The Reproductive and Oncofertility Science Academy at UC San Diego (ROSA)](https://summer.ucsd.edu/program-finder/reproductive-and-oncofertility-science-academy.html)
	+ The Reproductive and Oncofertility Science Academy at UC San Diego (ROSA) is a hands-on educational program that inspires 11th and 12th-grade girls to become the next generation of scientists and physicians. The curriculum is focused on oncofertility – an exciting new field in medicine that addresses the fertility needs and quality of life issues for young cancer patients. Graduates emerge from the summer program with a greater understanding of science and research related to oncofertility and many have gone on to successful careers in science, math, engineering and technology.
* [Sally Ride Science Junior Academy](https://summer.ucsd.edu/program-finder/sally-ride-science-junior-academy.html)
	+ The Academy offers science, technology, engineering, arts and math (STEAM) workshops for students, in which they assume the roles of space explorers, ocean engineers, computer scientists, and more as they take part in hands-on projects. Top-notch STEAM instructors lead these workshops, serving as both teachers and role models. The workshops also incorporate real-life stories of vibrant women conducting research in each field. Their examples inspire students and help make STEAM careers more accessible. Classes are held at Mission Bay High School.
* [School of Medicine OPTIMUS High School Cancer Research Internship](https://summer.ucsd.edu/program-finder/optimus-high-school-cancer-research-internship.html)
	+ The Outreach Program To Inspire Minority and Underrepresented Students (OPTIMUS) is an educational 6-week cancer research internship for high school students at UC San Diego's Moores Cancer Center. Our mission is to increase diversity in the clinical and biomedical research workforce.
* [UC San Diego Health - HS Health Academy](https://summer.ucsd.edu/program-finder/uc-san-diego-health-hs-health-academy.html)
	+ UC San Diego Health’s High School Health Academies provide outreach to high school students in historically underserved communities in the southern and southeastern regions of San Diego County. We provide funding, tours, in-class speakers, and clinical internships to students who are interested in pursuing a medical career. We currently work with students at San Ysidro High School, Chula Vista High School, Abraham Lincoln High School (southeastern San Diego), and San Diego High School.
* [Short-Term Research Experience Program to Unlock Potential (STEP-UP)](https://www.niddk.nih.gov/research-funding/research-programs/diversity-programs/research-training-opportunities-students/step-up?dkrd=dkscx0004#will-my-research-experience-match-my)
	+ Hands-on summer research internship for undergraduate and high school students, with stipend.
* [Y.E.S Academy at Southwestern College](https://www.swccd.edu/swc-community/youth-programs/index.aspx)
	+ SWC's Youth Excellence and Success (Y.E.S.) Academy offers a variety of summer academic and enrichment programs for 4th-12th grade students and parents/caregivers, offered through courses, workshops, and more!
* [Scripps High School Exploration Internship Program](http://www.haspi.org/hsep.html)
	+ Scripps and the health career pipeline project known as the Health and Science Pipeline Initiative (HASPI) creates worksite and learning opportunities for high school students who have an interest in healthcare. Students become more educated about healthcare careers. Five-week internship program.

**Engineering**

* [COSMOS UCSD](https://summer.ucsd.edu/program-finder/cosmos-ucsd.html)
	+ This intensive experience is designed to encourage the "brightest, most promising young minds" to continue their interest in STEM. It provides students with an opportunity to work side-by-side with outstanding university faculty/researchers, covering topics extending beyond the typical high school curriculum. COSMOS at UC San Diego places a strong emphasis on technology and engineering, in addition to mathematics and science.
* [Science and Engineering Apprentice Program](https://www.onr.navy.mil/en/Education-Outreach/K-12-Programs/SEAP)
	+ The Science and Engineering Apprentice Program (SEAP) places academically talented high school students with interest and ability in science, technology, engineering and mathematics (STEM) as apprentices in Department of Defense (DoD) laboratories for eight weeks during the summer.
* [UCSD Mentorship Assistance Program (MAP)](https://education.sdsc.edu/studenttech/ucsd-mentor-assistance-program-2021-2022/)
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* [ENLACE](https://summer.ucsd.edu/program-finder/enlace.html)
	+ The ENLACE bi-national summer research program at UC San Diego aims to encourage the participation of high school students, college students, and researchers/teachers, in research in the sciences and engineering, while promoting cross-border friendships in the Baja California/San Diego region.
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* [Sally Ride Science Junior Academy](https://summer.ucsd.edu/program-finder/sally-ride-science-junior-academy.html)
	+ The Academy offers science, technology, engineering, arts and math (STEAM) workshops for students, in which they assume the roles of space explorers, ocean engineers, computer scientists, and more as they take part in hands-on projects. Top-notch STEAM instructors lead these workshops, serving as both teachers and role models. The workshops also incorporate real-life stories of vibrant women conducting research in each field. Their examples inspire students and help make STEAM careers more accessible. Classes are held at Mission Bay High School.
* [RIMSE - Summer School for Silicon Nanotechnology (SSSIN)](https://summer.ucsd.edu/program-finder/RIMSE-summer-school-for-silicon-nanotechnology.html)
	+ The intellectual focus of this RIMSE Summer School is on preparing, characterizing, and exploiting the properties of photonic crystals, thin films, nanoparticles, and quantum dots prepared from mesoporous silicon. Technological touchstones for these materials include drug delivery systems, chemical sensors, biosensors, in vivo imaging, taggants, batteries, photovoltaics, and thermoelectric devices. Led by Professor Michael Sailor, the course provides training on synthesis and characterization of these materials.
* [Y.E.S Academy at Southwestern College](https://www.swccd.edu/swc-community/youth-programs/index.aspx)
	+ SWC's Youth Excellence and Success (Y.E.S.) Academy offers a variety of summer academic and enrichment programs for 4th-12th grade students and parents/caregivers, offered through courses, workshops, and more!

**Business / Global Affairs**

* [Future Leaders Summer Program](https://summer.ucsd.edu/program-finder/future-leaders-summer-program.html)
	+ Based at the UC San Diego School of Global Policy and Strategy (GPS), this unique summer program at UC San Diego is designed for high school students to develop problem-solving and diplomacy skills in global affairs, especially as they pertain to the roles of China, the U.S., Pacific and Indo-Pacific region countries including Mexico and India. In this program, you will participate in a digital simulation platform and role-playing teams. Through guided readings, lectures, discussion and negotiations, you will produce an action plan that emphasizes common-ground solutions in four areas: climate change, energy innovation (e.g. renewable energy, electric vehicles, etc.), artificial intelligence and international trade.
* [StartR Teen](https://summer.ucsd.edu/program-finder/startR-teen.html)
	+ Our new Launchpad Center (founded in 2016) is co-sponsored by the Rady School of Management's Center for Executive Development and the California Institute for Innovation and Development. We aim to introduce high school students to entrepreneurial thinking by utilizing the resources of the Rady School of Management, UC San Diego, and our startup community. This program builds bridges between teens, CEOs, city officials, educators, entrepreneurs, and the university. Through this initiative, high school students are inspired to embrace innovative thinking and benefit our greater community by creating enduring business ideas, connections, and increasing social mobility.
* [UCSD Mentorship Assistance Program (MAP)](https://education.sdsc.edu/studenttech/ucsd-mentor-assistance-program-2021-2022/)
	+ Now in its fourth year, UC San Diego’s Mentor Assistance Program (MAP) is a campus-wide program, which will engage high school students in a mentoring relationship with an expert from a vast array of disciplines, from History, Marine Physical Sciences and Nanoengineering to Biochemistry, Pharmacology, Athletics and Computer Science. MAP’s mission is to provide a pathway for student researchers to gain access to UCSD faculty, post doctoral fellows and staff to mentor students in their own field of interest (i.e. independent study, class projects or possible career path). Students may choose to communicate with a mentor over email or may indicate their interest to visit the mentor’s lab or work environment. MAP is an opportunity for students to take the first step into a potential career path, while simultaneously building an early foundation for success in their academic career.
* [ALA California Girls State](https://www.cagirlsstate.org/delegates-alternates)
	+ We are excited for you to join us for what we hope will be a life-changing week developing your leadership skills, learning about state and local government processes, discussing important issues with your peers from all over the state, and having fun in this unique environment.
* [ALA California Boys State](https://boysstatecalifornia.org/the-program/about-us/)
	+ At Boys State, participants learn the rights, privileges and responsibilities of franchised citizens. The training is objective and centers on the structure of city, county and state governments. Operated by students elected to various offices, Boys State activities include legislative sessions, court proceedings, law-enforcement presentations, assemblies, bands, choruses and recreational programs.
* [Y.E.S Academy at Southwestern College](https://www.swccd.edu/swc-community/youth-programs/index.aspx)
	+ SWC's Youth Excellence and Success (Y.E.S.) Academy offers a variety of summer academic and enrichment programs for 4th-12th grade students and parents/caregivers, offered through courses, workshops, and more!
* [Kaiser Permanente Business Functions Internship Program](https://www.kaiserpermanentejobs.org/internship-opportunities)
	+ Students get an excellent opportunity to work on “real-world” projects while strengthening their presentation, business, communication, networking, and interviewing skills. 10 - 12 weeks during the summer. Paid internship.

**Arts / Humanities**

* [Young Writers’ Camp](https://summer.ucsd.edu/program-finder/young-writers-camp.html)
	+ Founded in 1977, the San Diego Area Writing Project (SDAWP) is one of the 16 sites of the California Writing Project and the nearly 200 sites of the National Writing Project dedicated to the improvement of writing for all students. The site maintains an exemplary 40-year reputation in the professional development of K-16 educators and seeks to examine a variety of approaches to the teaching of writing.
* [UCSD Mentorship Assistance Program (MAP)](https://education.sdsc.edu/studenttech/ucsd-mentor-assistance-program-2021-2022/)
	+ Now in its fourth year, UC San Diego’s Mentor Assistance Program (MAP) is a campus-wide program, which will engage high school students in a mentoring relationship with an expert from a vast array of disciplines, from History, Marine Physical Sciences and Nanoengineering to Biochemistry, Pharmacology, Athletics and Computer Science. MAP’s mission is to provide a pathway for student researchers to gain access to UCSD faculty, post doctoral fellows and staff to mentor students in their own field of interest (i.e. independent study, class projects or possible career path). Students may choose to communicate with a mentor over email or may indicate their interest to visit the mentor’s lab or work environment. MAP is an opportunity for students to take the first step into a potential career path, while simultaneously building an early foundation for success in their academic career.
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	+ SWC's Youth Excellence and Success (Y.E.S.) Academy offers a variety of summer academic and enrichment programs for 4th-12th grade students and parents/caregivers, offered through courses, workshops, and more!
* [Eastlake High School Digital Arts Internship](https://eefkids.org/eastlake-high-school-internship/)
	+ This paid internship is perfect for a standout student who is on the Digital Arts track, serving on the yearbook or school paper (although not required).

**EHS Volunteering Resource List for College Students**

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	+ Placements in nursing departments, the gift shop, as a specimen runner, etc.
* [Kaiser Permanente Thrive](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/community-events/volunteer-services/)
	+ Volunteers help patients and visitors find their way, walk with them (or push wheelchairs) to destinations, communicate wait times, sit, and chat with visitors, deliver flowers and personal belongings, bring ice, water, or warm blankets to our visitors, etc. Must be 16 years old or older.

**EHS Internship Resource List for College Students**

**Science**

* [Short-Term Research Experience Program to Unlock Potential (STEP-UP)](https://www.niddk.nih.gov/research-funding/research-programs/diversity-programs/research-training-opportunities-students/step-up?dkrd=dkscx0004#will-my-research-experience-match-my)
	+ Hands-on summer research internship for undergraduate and high school students, with stipend.

**Business**

* [Kaiser Permanente Business Functions Internship Program](https://www.kaiserpermanentejobs.org/internship-opportunities)
	+ Students get an excellent opportunity to work on “real-world” projects while strengthening their presentation, business, communication, networking, and interviewing skills. 10 - 12 weeks during the summer. Paid internship.

**Information Technology (IT)**

* [Kaiser Permanente IT Internship Program](https://www.kaiserpermanentejobs.org/internship-opportunities)
	+ Opportunity for top university talent to support and contribute to the strategic direction and current IT initiatives of one of the nation’s leading health plans. Opportunity to refine skills and seek guidance in a peer environment. Three sessions per year: Spring: February through May; Summer: June through August; Fall: September through December. The program is offered in multiple locations in California, including: Oakland, Pleasanton, Pasadena, and Corona. Paid internship.