

As the Counseling Department hears about career exploration opportunities, we will pass them along to students and families. While we cannot endorse programs, below are opportunities that may present interesting experiences for students.

[AMERICAN CHEMICAL SOCIETY PROJECT SEED](#)

This summer research program is designed for economically disadvantaged students to experience what it is like to be a chemist. Students entering their junior or senior year in high school work alongside scientists on research projects in industrial, academic, and federal laboratories, discovering new career paths. Visit the [American Chemical Society Project Seed](#) website for details. The deadline is typically in January.

[BANK OF AMERICA STUDENT LEADERS PROGRAM](#)

The program recognizes exemplary high school juniors and seniors with a passion for improving their communities. Each year, Bank of America selects five student leaders in the Portland/Vancouver metro area – and applications for this program are open now. The program’s goal is to cultivate and develop the next generation of community leaders through two components:

- **An eight-week paid internship** in the summer with selected nonprofit organizations designed to provide opportunities for the students to develop and apply leadership skills through hands-on work experience, while raising their awareness of community issues addressed by their nonprofit host organization.
- **A week-long all-expense paid Student Leadership Summit in Washington, D.C. July 9 - July 14, 2017.** Conducted in partnership with the Close Up Foundation, the Summit introduces students to aspects of civic, nonprofit, and business leadership and provides them with knowledge and skills they will use throughout their life to create positive community change.

Visit the [Bank of America Student Leaders Program](#) website for more details. Deadline: January 31, 2017.

[CURE PROGRAM](#)

The Ted R. Lilley Cancer Continuing Umbrella of Research Education (CURE) Program is focused on research mentorship and is supported by the OHSU Knight Cancer Institute and the OHSU Center for Diversity & Inclusion. This program offers research mentorship and training to sophomores and juniors from the Portland Metro Area who both excel academically and come from socially and economically disadvantaged backgrounds. The goals of this program are to give hands-on research experience, science exposure and to increase participation of underserved and minority students in biomedical research and other health-related fields. Visit the [CURE PROGRAM](#) website for details. The deadline is typically in February.

GEOSCIENCES PROGRAM INTERNSHIP

The Geosciences Program will take place over 6 weeks at the University of Maryland Eastern Shore (UMES). The Geosciences Program is for graduating high school seniors who: have a minimum 2.7 GPA; have been acceptance into an accredited US college/university (Preference will be given to students entering particular institutions); and plan to pursue a bachelor's degree in a geoscience discipline, such as: atmospheric science, engineering (civil, electrical, environmental, ocean), environmental science, geography, marine biology, marine chemistry/biogeochemistry, marine geology, marine science, meteorology, physical oceanography, remote sensing/GIS, etc. Paid travel to and from UMES, housing, meals, stipend and tuition and fees for 2 college courses are included for participants. Interns are also eligible for scholarship opportunities and future research positions. Visit <https://www.umes.edu/cscgeosciences/Default.aspx?id=39798> for details. Deadline is March 31.

INTERNSHIPS AT THE ZOO

The zoo has internships and volunteer opportunities in many professional fields. Most internships are unpaid, but they will train you and support you, providing you with real-world experience as you apply what you have learned in the classroom. Plus, you will get to hang out with the animals for a term. Visit [Zoo Teens](#) website for details.

INTERNSHIP & WORK EXPERIENCE OPPORTUNITIES THROUGH CCHS

Are you looking for a Work Experience/Internship opportunity? Central Catholic High School offers internship placements for juniors and seniors interested in gaining work experience. This program is designed to provide upperclassmen with an opportunity to engage in a workplace experience in an internship relationship. The students along with the program coordinator will secure a job placement. Previous placements have included working in the Multnomah County District Attorney's office, at a veterinarian hospital, plumbing company, auto maintenance and repair center, espresso machine/coffee company, Catholic Charities, North Star Financial, etc. If you are interested in an internship for next semester, please email Mrs. Peterson at npeterson@centralcatholichigh.org or stop by Room 119 as soon as possible.

***Any families that are interested in hosting an intern at your place of business next semester, please contact Mrs. Nancy Peterson at your earliest convenience. These opportunities may help students determine areas of career interest, and streamline the transition from school to a career.

NASA STEM ENHANCEMENT IN EARTH SCIENCE HIGH SCHOOL INTERN PROGRAM

NASA, the Texas Space Grant Consortium and The University of Texas at Austin Center for Space Research, or UT/CSR, have joined forces to provide this opportunity for high school students to increase their understanding of and interest in STEM careers. The SEES project allows students to work remotely from home and two weeks on-site in July. Last year's program was in Austin, Texas. Participants will learn how to interpret NASA satellite data while working with scientists and engineers in their chosen area of work. Housing, transportation and meals will be provided. Visit <http://www.csr.utexas.edu/internship/> for details.

NATIONAL INSTITUTE OF HEALTH (NIH) SUMMER INTERNSHIP PROGRAM

Summer programs at the National Institutes of Health (NIH) provide an opportunity to spend a summer working at the NIH side-by-side with some of the leading scientists in the world, in an environment devoted exclusively to biomedical research. Applications are now available for summer 2017. Visit the [NIH website](#) for details. Application deadline is March 1, 2017.

OREGON HEALTH & SCIENCE UNIVERSITY (OHSU) DENTAL EXPLORING PROGRAM

OHSU School of Dentistry is offering high school students an opportunity to investigate a career in Dentistry. Monthly two-hour meetings are held at the dental school with an emphasis on "hands-on" activities. The first hour is composed of a lecture from dental school faculty from a variety of disciplines, while the second hour is a laboratory experience. Participation is available on a first come, first serve basis to the first 60 applicants. Visit website for more information and to enroll

OREGON HEALTH & SCIENCE UNIVERSITY RESEARCH MENTORING

Students in grades 10 and 11 gain first-hand knowledge of research methods and work to develop a research proposal. The *Partnership for Scientific Inquiry* classes meet at OHSU on Tuesdays from 5 to 7 pm, February through May. Classes are designed to teach effective scientific communication and inquiry skills. The course requires regular attendance and a significant time commitment outside of class. Each student will be paired with an OHSU faculty member as a mentor. Students may also do a research project with their mentor over the summer. Visit [Partnership for Scientific Inquiry](#) website for details. Deadline: January 2, 2017

PORTLAND FIRE & RESUCE CADET PROGRAM

The Portland Fire & Rescue (PF&R) Cadet Program provides the opportunity for young

men and women, ages 16 to 20, to become familiar with career opportunities available in the fire service. Through classroom instruction, hands-on training, and volunteer work, Cadets are provided a base of knowledge and experience that will benefit them not only in fire service careers, but also in all future endeavors. The program is designed to encourage and promote accountability, being safe, communication, teamwork, fitness and develop leadership skills. Visit www.portlandoregon.gov/fire/58421 for details. Applications are typically available mid-summer.

PORTLAND POLICE BUREAU CADET PROGRAM

The Cadet Program is open to students between the ages of 16 and 20 with at least a 2.0 GPA and no failures on their transcript. For details, visit the [Cadet Program](#) website. Applications are accepted on a continuous basis; however, students are encouraged to apply before January.

SATURDAY ACADEMY - APPRENTICESHIPS IN SCIENCE AND ENGINEERING (ASE)

The ASE Program matches students in grade 9 through 11 with scientists and engineers for eight-week summer internships in a professional, scientific or engineering environment. Visit the [ASE](#) website for further detail or see join the [mailing list](#) to be notified when the process opens. Plan ahead! Students will need two letters of recommendation too. We encourage you to make these request through the College Counseling Office by the beginning of February. Students are highly encouraged to attend an information session before submitting an application. Sessions will occur around the greater Portland Metro area. There are also workshops being offered to help students complete their ASE application. Visit the [Saturday Academy upcoming events](#) website for details.

SATURDAY ACADEMY CLASSES

Saturday Academy offers a variety of classes and day camps to help students explore healthcare careers. Visit the [Saturday Academy](#) website for more information.

SUMMER ENRICHMENT PROGRAMS

We realize it seems early to be thinking about summer but we are already receiving information about upcoming summer enrichment programs. Be sure to check [Family Connection](#) in the coming months for more opportunities.

VOLUNTEER AT DOERNBECHER CHILDREN'S HOSPITAL OR OHSU

To volunteer at Doernbecher or OHSU you must be 16 years old and commit a minimum of 6 months of service. If you are interested in a medical career, this would

be a great opportunity for you to serve patients and families in many different ways. For more information see the [Doernbecher](#) website or the [OHSU](#) volunteer website.

VOLUNTEER

Another great way to learn more about careers is through volunteering. See the Christian Service Office or your counselor for details and suggestions.