

Summer Activities for High Schoolers in New York City

When you're gearing up to apply to college, summers no longer mean just relaxing with friends at the beach. Instead, admissions committees want to see that you're working on something meaningful. There are plenty of options: internships, paying jobs, academic programs, community service, or something else entirely. If you're still totally stuck on ideas, check out [Effective Summer Activities](#) and [5 Things You Can Do This Summer Instead of an Internship](#) before you read on.

If you live in New York City or are planning on spending the summer there, you're lucky — the city is bursting with opportunities for high school students. Read on for just a few of the meaningful ways you can spend your summer in New York.

New York Academic Summer Programs : New York is home to a number of competitive colleges, and many of them offer pre-college programs for high school students.

Here are just a few:

- [Columbia University](#) offers several different immersion programs that will give you a taste of college life in the scenic Morningside Heights. Some programs allow you to earn college credit, and some, like their Summer Global Immersion, even let you travel all the way to Barcelona!
- Rising juniors and seniors can experience college life in the East Village by participating in [NYU Precollege](#), where students can take classes for credit in more than 30 subjects from archaeology to journalism.
- Students interested in pursuing art as a major or area of study should check out the [Pratt Institute's Summer Program](#), where they'll be able to choose from major classes such as fine arts/painting and drawing, digital arts, graphic design, illustration (traditional or digital), fashion design, photography (analog or digital), architecture, cultural studies, or creative writing. Students also build a portfolio and receive four college credits.
- Art students may also enjoy [Parsons Pre-College Academy](#) at the New School. There are several options available to students, starting as early as the third grade. Rising juniors and seniors might be particularly

interested in the Portfolio Development Course, which helps them prepare their artwork for college admissions.

- At the [School of the New York Times](#), students can participate in the NYC Summer Academy, the Symposium, or the College Success Course. Respectively, they offer immersive courses on several disciplines, noteworthy conversations with field experts, and advice on preparing for college from speakers. It's not just for future journalists, either; the programs cover a variety of disciplines and careers.
- [Baruch Leadership Academy](#) offers five pre-professional programs: Global Finance & Economics, Financial Engineering & Applied Mathematics, Pre-Med, Entrepreneurship, and Sophomore Enrichment. Whichever path you choose, you'll receive an enriching academic experience combined with advice on college planning and preparation.
- The six-week intensive [Summer STEM Program](#) at the Albert Nerken School of Engineering at the Cooper Union gives students hands-on experience with engineering design and problem-solving. Students work on projects in a STEM discipline, attend workshops to help them hone their oral presentation and technical writing skills, and receive career counseling and college admissions advice.
- For those interested in the performing arts, Juilliard hosts two youth summer programs: [Summer Dance Intensive](#), where students participate in classical ballet and modern dance, and the [Summer Percussion Seminar](#), where students gain experience with the two- and four-mallet keyboard, snare drum, timpani, and orchestral accessories.

These are just a few of the summer programs New York has to offer. Other colleges offer programs on their campuses, so be sure to look online or ask your guidance counselor if you are interested in a school not on this list.

Jobs and Internships

Hoping to learn some career skills or land a paying job? Here are some opportunities to move your professional career forward:

SYEP In the Summer Youth Employment Program, young people aged 14-24 can work in paying, entry-level jobs in various fields including arts and recreation, educational services, financial services, marketing/public relations, media/entertainment, real estate/property, and retail. Students can also participate in workshops on job readiness, career exploration, financial literacy, and continuing education and social growth. The program lasts six weeks.

- High school and college students can participate in paid summer internships with leading corporations, non-profit organizations, and government agencies in New York through Ladders for Leaders. Participants also receive help with résumé/cover letter writing and interviewing skills.
- Are you a future doctor? The Human Oncology and Pathogenesis Program (HOPP) Summer Student Program at Memorial Sloan Kettering allows you to conduct concrete, independent research under the guidance of a HOPP principal investigator. You'll also participate in extracurricular events, tours, training, and luncheons outside the lab.
- Graduating high school seniors with a passion for technology should check out Google's Computer Science Summer Institute (CSSI), a three-week introduction to computer science. The program is also available on other Google campuses, so don't despair if you don't live in New York!
- High-achieving, inner-city students are paired with legal employers through the Thurgood Marshall Summer Law Internship Program. Job assignments vary, but typically include assisting paralegals, filing, record keeping, assisting library and back-office personnel, data entry, and document and exhibit organization. Participants also receive pre-employment training as part of the program.
- NASA offers hands-on opportunities to students from high school through the graduate level. During the internship program, students participate in scientific or engineering research, development, and operational activities.

- ExpandED Options is a summer program that will train you on how to teach and work with kids. Interns will be placed in camps around the city and work approximately 6 to 8 weeks, depending on the city. This one will pay you!
- History buffs will be interested in the New York Historical Society Student Historian High School Internship Program. The internship and youth development program gives students vocational and academic training, public speaking and leadership skills, and an increased understanding of American art and history.
- The Metropolitan Museum of Art offers summer internships to rising juniors and seniors. Interns observe, assist, and are mentored by a staff member in one of the museum's departments. They will also hear curators, educators, designers, conservators, and other staff talk about their professional paths and roles and participate in workshops that help them learn more about the different fields.

These are some of the most prominent opportunities in the city, but there will also likely be jobs and internships at organizations nearby. Be sure to ask local businesses if they're looking for paid help over the summer as well.

Volunteer and Community Service Opportunities

Volunteering to help your community can be a meaningful way to spend your summer and also build your job skills. Here are a few ideas:

- Central Park's Visitor Experience Apprentice Program gives high schoolers the chance to volunteer in the North Meadow Recreation Center, in the Park's four Visitor Centers, and with the Discovery Guides. Students will also learn about the history and management of the park and hone their interpersonal skills by interacting with attendees.
- Young people ages 14-21 may have the opportunity to influence change by joining an NYC Youth Leadership Council, in which they will participate in youth-adult partnerships within city agencies, schools, and community-based organizations.

- Interested in learning about urban agriculture and the environment? The [Brooklyn Botanical Garden Apprenticeship Program](#) may be for you. Note that the apprenticeship program also requires a weekly commitment during the academic year.

Check out [Do I Need Community Service for My College Applications?](#) for more ideas. Also be sure to look at [idealist.org](#) and [New York Cares](#) youth opportunities as well as local organizations near you, since many need help and will welcome volunteers.

There are many rewarding opportunities for high school students in New York over the summer. No matter what route you choose, you're sure to have a busy and fulfilling experience.

If none of the above ideas appeal to you, there are plenty of other choices available. If you want to spend the summer participating in an academic experience, but can't or don't want to commit to a program, keep in mind that many colleges offer continuing ed or non-matriculated summer classes. If you're more interested in getting career experience or volunteer experience, check online to see what national or local programs are just around the corner.

Looking for help navigating the road to college as a high school student? Check out the [CollegeVine Mentorship Program](#).

Our mentors drive significant personal and professional development for freshmen, sophomores, and juniors. Combining mentorship with engaging content, insider strategies, and personalized analyses, our program provides students with the tools to succeed. As students learn from successful older peers, they develop confidence, autonomy, and critical thinking skills. The ultimate goal is for college admissions to just be the next step in series of successes driven by the student.

AWESOME Internships for High School Students At some point in your high school career, you're probably going to start to consider an old childhood question a little more seriously. *What do you want to be when you grow up?* And, if you're like most high school students, the answer still isn't crystal clear. That's alright, and in fact it's 100% normal. The good news is that there are plenty of ways to explore your interests and various career fields before you take the leap to committing to a certain program or college major.

Internships are a great way for high school students to gain work experience, learn about professional opportunities, and network within career and academic fields. In this post, we'll describe what an internship is, how it usually works, and why you should consider one. Then, we'll offer a list of 15 great internships you might consider as a high school student.

What Is an Internship and How Does It Work?

An internship is essentially an introductory work experience in a professional career field. It is sometimes paid, though usually at the lowest end of the pay scale, and it is sometimes unpaid. The function of an internship is to gain experience and insight into a certain field while also performing some functional work in exchange for the experience. For example, if you get an internship in a research lab, usually you will not jump right into hands-on lab work. Instead, you'll start with things like cleaning the lab and entering data into spreadsheets. While this might sound tedious, it will also give you the opportunity to connect with the people who work there, learn about the day-to-day functioning of the worksite, and give you an idea of whether or not a career in this field might be of interest to you.

Before you commit to an internship, you should always make sure that you are clear on the expectations. Have a good understanding of the time commitment, the length of the internship, the responsibilities, and whether or not you'll be receiving anything in exchange. Some unpaid internships might offer other perks like free classes at related institutions, travel reimbursement, or even housing. You should also be certain you understand your responsibilities and that you're comfortable sticking with them, even for little or no pay. Ultimately, an internship is not typically about earning money, but more about gaining experience and networking in a specific field.

Internships are a great way to break into difficult career fields. For students who want to gain experience in research, medicine, law, or other professions normally requiring an advanced degree, an internship is a way to gain some insight and experience without the commitment of a degree. You will learn about the field and forge important connections with people who might ultimately write you a recommendation or even offer you a job. If you have the time, an internship is a great opportunity to explore.

14 Great Internships For High School Students

United States Secret Service

An internship with the US Secret Service provides you with valuable experiences while allowing you to contribute to one of the most elite law enforcement organizations in the world.

BRAINYAC

A BRAINYAC is a program offered through Zuckerman Institute's Brain Research Apprenticeships in New York at Columbia University and connects high school students with scientists for intensive summer lab internships including hands-on experience.

Air Force Research Library Scholar Program

The Air Force Research Laboratory (AFRL) Scholars Program offers stipend-paid summer internship opportunities along with valuable hands-on experiences working with full-time AFRL scientists and engineers on cutting-edge research and technology.

Hutton Junior Fisheries Biology Program

The Hutton Program is a paid summer internship and mentoring program for students high school juniors and seniors interested in pursuing science disciplines associated with natural resource and environment management.

GeoSciences Bridge Program

The Geosciences Bridge Program is funded by a grant from the National Science Foundation and is a 6-week paid internship through which graduating high school seniors study and participate in hand-on activities in marine geology, physical oceanography, atmospheric science, marine biology, marine chemistry, biogeochemistry, and remote sensing/GIS.

Plant Genome Research REU

Undergraduate and high school summer internships at Boyce Thompson Institute (BTI), Cornell University, and the USDA provide an excellent opportunity to gain research experience and explore if a scientific career in plant science research and bioinformatics is a good fit.

Production Assistant Intern

Through the Wanderlust Council, select students at the Now Boarding Corporation have the opportunity to learn about the various benefits of cultural education, study abroad education, and local and international travel education while being involved in non-profit video research, the audio and video production of videos, photos and social media assets, and the editing of photos and videos.

Naturalist/Field Research Intern

In association with the Cincinnati Museum Center, the Young Ecologist's Training Institute (YETI), is a project based summer program designed to allow students to engage in field-based scientific research on the 20,000-acre Edge of Appalachia Preserve System (EOA).

Student Research Internship Program at the Scripps Translational Science Institute

The Scripps Translational Science Institute (STSI) offers a Student Research Internship Program for highly motivated high school students. Interns work with and learn from a multi-disciplinary team of scientists who include internationally-renowned investigators in the areas of genomics, bioinformatics, and digital medicine.

New-York Historical Society's Student Historian Program

Interns use the resources of New-York Historical to conduct exciting research and share their scholarship through creative projects. Interns meet with professional staff to learn about careers in the museum, library, and history fields; work collaboratively with fellow students to develop their public speaking and leadership skills; and engage in hands-on work to deepen their understanding of American history and art.

Microsoft High School Internship

In Microsoft's high school internship program, students will learn a lot about the world of computer science and programming. Microsoft internships are geared toward STEM (science, technology, engineering and math) students, so if you were thinking of pursuing a degree in one of those fields, Microsoft is the place for you.

The Expanding Horizons Internship Offered through the Constitutional Rights Foundation, the Expanding Horizons Internship provides first-generation, college-bound high school students in the Los Angeles area with an intensive experience of skill development and personal growth that prepares them for college, career, and civic life. The EHI program begins with interactive seminars in the spring and

concludes with a paid summer internship at a prestigious law firm, corporation, government agency, or non-profit organization.

Smithsonian Internship

The Smithsonian offers a wide variety of internship opportunities ranging from centrally funded opportunities that place interns throughout the Smithsonian to specific opportunities available at each of the Smithsonian's various museums, research centers, and other units. Participants can find roles in art history, business and administration, museum conservation, and much more.

The Library of Congress Internship There are many internship opportunities available at the Library of Congress and they range in focus from the Geographic Information Science Program to the Young Readers Center Program and the Manuscript Division.

Internships are a smart way to network, gain experience, and test the waters in professional career fields. The internships listed above represent a broad variety of career interests and ambitions, but you can find more just like through simple online queries.

If you're having trouble finding an opportunity that's just right for you, or you want a little more guidance in choosing your path, consider the the benefits of the CollegeVine Near Peer Mentorship Program, which provides access to practical advice on topics from college admissions to career aspirations, all from successful college students.

Summer Internship Opportunities In New York City for Teens
1/9/19 - By Alina Adams

These days, colleges are becoming increasingly competitive and are looking for more than good grades, great SAT scores, an outstanding essay, and a list of after-school activities; they also want to see some hands-on, real-world experience, preferably with a leadership component. That's where a summer internship can make your average, high-achieving, New York City teen really stand out from the rest of the equally high-achieving pack.

Fortunately, because not all kids have the same interests, NYC summer internships come in a variety of flavors, paid and unpaid, regular and intermittent, educational and creative, with some also offering school and volunteer credit. The main thing summer internships in NYC tend to have in common is that the due dates to apply are usually before most teens have started thinking about their summer—or their college—plans.

To make sure your teens don't miss out on any opportunities (and you don't end up with an angsty child-shaped sloth on your couch for three months), check out our roundup on great internships and summer programs for teens in NYC—listed in order of application deadline.

Summer Human Oncology & Pathogenesis Program at Memorial Sloan Kettering Cancer Center — Upper East Side

Ages: 10th to 12th graders

Application due: Thursday, February 7, 2019

This eight-week program gives motivated and self-directed students a chance to conduct their own research in a state-of-the-art lab under the guidance of a post-doc, and then publicly present their results. A stipend is awarded upon completion of the program.

Student Historian Internship Program — Upper West Side

Ages: Entering 10th to 12th grade in the NYC metro area

Application due: Monday, February 29, 2019

American art and history are the means for vocational and academic training in public speaking and

leadership. Interns help with family programming and research art, artifacts, and documents, with an emphasis on future museum careers. Paid internships may be offered to interns who are eligible for free or reduced lunch at school; otherwise, the internship is unpaid but school credit or community service hours can be earned.

West Side YMCA Teen Career Connection — Upper West Side

Ages: NYC high school students younger than 19

Application due: Friday, March 8, 2019

Created to help ease the difficulty teenagers have finding summer jobs, the Career Connection spends two weeks teaching interns skills like conflict resolution, dressing for success, and public speaking. The rest of the program is spent mentoring students through six weeks of work at multiple locations, followed by a Portfolio Night where each presents about their experiences. Interns receive a \$1,500 stipend, \$300 clothing stipend, and two monthly MetroCards.

New York County District Attorney's High School Internship Program — Manhattan

Ages: 10th to 12th graders who live in or attend school in Manhattan

Application due: March 2019; exact date has not been finalized for 2019

Interns help out in one of three different District Attorney's offices, as well as attend special presentations and field trips, and take part in mock trial competitions. Interns receive a weekly stipend of \$175.

Forest Project at Wave Hill — the Bronx

Ages: 10th to 12th graders

Application due: March 2019; exact date has not been finalized for 2019

This rigorous, five-day a week, two-month physical and academic internship teaches kids about ecology in an urban setting via interns building and maintaining woodland trails, removing invasive plant species, shoring up eroded slopes, and helping restore disturbed woodland toward a more balanced state. First-year interns earn about \$1,400 for the semester; second-year interns earn about \$2,000.

Metropolitan Museum of Art — Upper East Side

Ages: Completing 11th or 12th grade and residing in New York, New Jersey, or Connecticut

Application due: Applications available in February 2019; 2018 deadline was April 2

This internship consists of three main components: A department placement chosen based on the student's interests, rotation through an assortment of career labs, and planning and executing a final event where interns demonstrate their skills learned over the course of the internship.

Bronx-Westchester Area Health Education Center Summer Health Internship Program — Bronx

Ages: 11th and 12th graders and college students who reside or attend school in the Bronx or Westchester

Application due: Applications available in February 2019; 2018 deadline was March 4

The six-week summer internship introduces students to multiple health-care professions via shadowing and encourages discussion of health issues that affect their particular community. There will also be lectures and field trips. (There is a similar program for residents of Manhattan and Staten Island.) Internship is unpaid.

Mount Vernon Hotel Museum — Upper East Side

Ages: 10th to 12th graders or first year of college

Application due: Saturday, March 30, 2019

This four-week program allows interns to deep-dive into the daily activities of a city historic site, including researching life and artifacts of the 19th century, supporting summer programming, exploring NYC history, and posting to social media accounts. The program is unpaid, but school credit or community services hours may be earned.

DOROT — Midtown West and Riverdale

Ages: For high school students entering 10th grade through graduating seniors

Application due: Friday, May 10, 2019 (early applications are encouraged as spots often fill up before the deadline)

During the course of two, separate, four-week sessions, summer interns visit, deliver meals, help with technology, shop for groceries, and play various games with homebound senior citizens. Summer interns are then expected to volunteer during the school year. Internship is unpaid, but offers a minimum of 92 hours of community service.

Saltz Internship Program at American Museum of Natural History — Upper West Side

Ages: 14- to 18-year-old NYC high school students

Application due: Sunday, March 18, 2019

Saltz interns learn about the museum and its exhibits, so they can then share their knowledge with visitors, especially children. Interns receive a MetroCard and uniform for the duration of the program, and a stipend upon completion.

Go Getter — Citywide

Ages: High school students

Application due: Monday, April 29, 2019

Interns work as teaching assistants in a K-5 classroom under the supervision of a head teacher, and in small groups or one-on-one to help with academic skills and model good behavior. Interns will also participate in professional development to hone community leadership skills. Internship is unpaid.

Artslife at the Museum of Arts and Design — Columbus Circle

Ages: Entering 10th and 11th graders

Application due: Sunday, March 31, 2019

Interns are introduced to a range of museum careers, from behind-the-scenes to public-facing activities. Over a six-week period, students engage in collaborative work with museum staff, local designers, and other arts professionals. Interns are paid \$15 per hour.

And now for something a little different...PENCIL is a competitive career readiness training program that culminates in a paid six-week summer internship.

The Pencil Fellows isn't an internship program, per se. Instead, it prepares NYC public school students ages 16-22 years for the future by teaching them a variety of career-ready, hard and soft skills, then placing them in a paid, six-week internship in a local business. In conjunction with the 2019 Ladders for Leaders Program, PENCIL will be taking applications through Sunday, February 3, 2019.

NASA also has a variety of internships for high-school students, including one at the Goddard Institute for Space Studies in NYC at Columbia University and beyond (topics vary by location), with the summer session deadline on Monday, April 1, 2019.

References/Sources: Retrieved 1/9/19 Summer Internship Opportunities in New York City for Teens 1/9/19
- By Alina Adams ; <https://momypoppins.com/newyorkcitykids/summer-internships-for-teens-in-new-york-city>

- SUMMER Youth EMPLOYMENT OPPORTUNITIES
- DCAS website: www.nyc.gov/site/dycd/
- ACCESS website: ACCESS.nyc.gov/programs