

Tips & Tricks It's Summer!

YOU CAN DO THE
SAME THING FOR ALL
4 MONTHS OR MIX 'N
MATCH!



YOU CAN BE
PRODUCTIVE
& HAVE FUN
TOO!



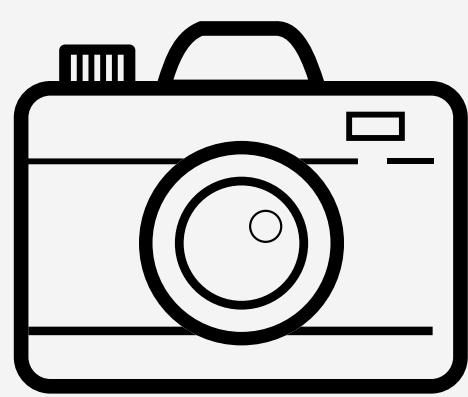
SUMMER CAMPS!

Did you know that UAlberta hold various summer camps for kids? This is a great way to volunteer and give back to our community!



WORK, WORK, WORK!

Many people choose to work over the summer! Some people go back to old jobs or find new ones.



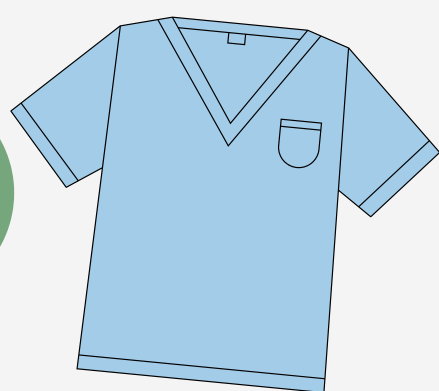
DO YOUR HOBBY

That hobby you have loved but never had enough time for? Now is your chance to refine those skills.



VOLUNTEER

You can volunteer with any organization you want! Maybe it's somewhere you used to volunteer or maybe it is with a whole new program!



CLINICAL SUMMER STUDENTSHIPS

You can apply to different clinical opportunities through:

- [Rheumatology](#)
- [Lab med](#)



SHADOW IF YOU WANT

This is NOT required. It is your choice if you feel the need to explore various specialties. For career advice see OAW!



ACADEMIC RESEARCH

Research is an option, not a requirement!
[Click here for opportunities!](#)



TRAVEL

This is very common! This might be the last time you have 4 months off without lots of logistics! If you have that travel bug, go for it.



TRAVELING ELECTIVES

Global health has many international options to pick from! If you do one after second year, it counts towards your cap for third year electives.

RELAX AND RESET!!

It is HIGHLY recommended that you take at least 2 weeks off in the summer to refresh; this is important for your mental health and long term success.

Summer

The OAW is always around to provide career advice, help you plan your summer, and set you up for success.