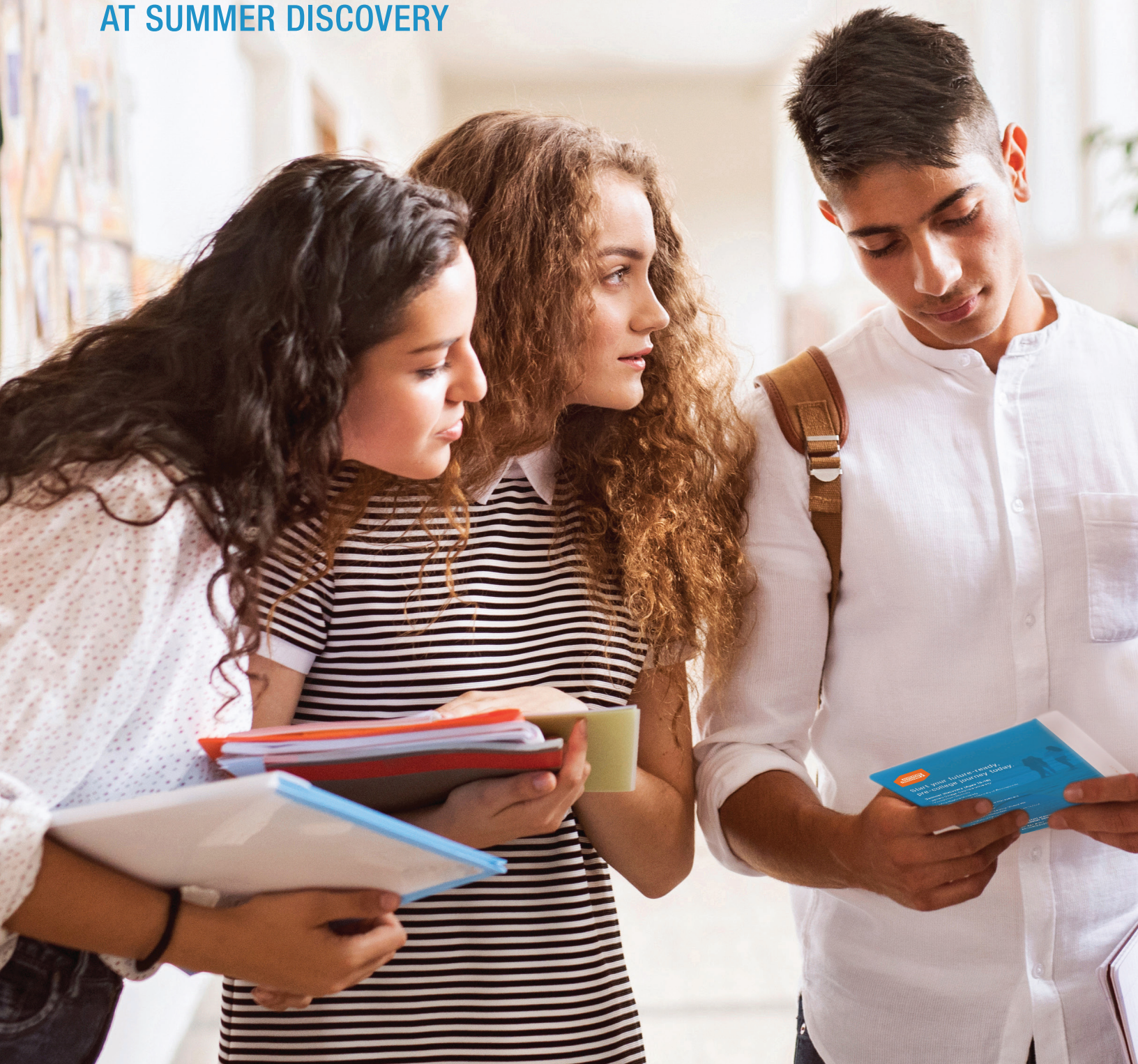


The High School Student's Definitive Guide to Summer



BROUGHT TO YOU BY THE EXPERTS
AT SUMMER DISCOVERY



What should I do this summer?

Imagine your post-high school self. Confident, eager, and ready to start building a life you love.



What are you doing?

Maybe you're discussing Aristotle on the campus quad with a few of your peers or launching a tech start-up with your scrappy friend group.



Where are you? You might be mastering the Spanish language in Seville or getting political experience at an internship in D.C.



Most important, what does it feel like? Are you excited to wake up every morning? Are you creating something that lights you up? Do you feel challenged or inspired by the people around you?

These are the questions you should ask yourself when planning your summer.

Some say that summer is the time to bulk up your college resume and participate in programs that will impress admissions counselors. But sometimes, what colleges want to see and what you want for yourself are not entirely aligned. At Summer Discovery, we think you should spend your summer discovering yourself and your true passions. We know the rest will fall into place for you.

Whether your goal is to explore the culture of a new city, build relationships with like-minded friends, prepare for your future in an intense academic environment, or be of service in your community, there are endless ways to create meaningful experiences. Use this guide to help you design a summer you love!





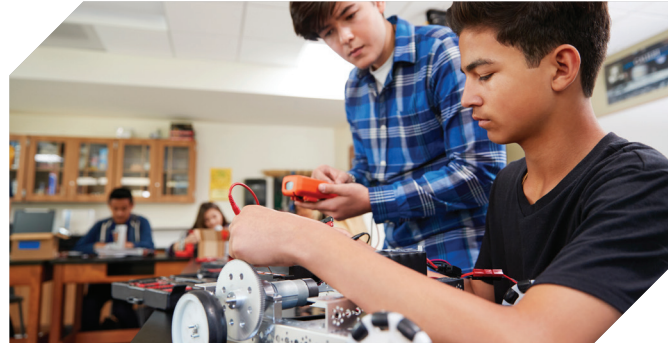
Strengthen your emotional intelligence

EQ, or emotional intelligence, is an important skill that will help you thrive in your personal and professional life. Learn how you can cultivate EQ this summer.

- **Travel (if you can):** Hopping a plane and jumping headfirst into a new culture is one of the fastest ways to grow. When we visit new places, we're exposed to new ways of life that can challenge our assumptions and help us develop greater empathy for people of different backgrounds. Navigating unfamiliar terrain also requires resilience, adaptability, and a sense of curiosity. Whether you're striking up a conversation with a local vendor or meeting fellow travelers at a coffee shop, traveling allows you to flex your social skills and build relationships amidst the backdrop of an exciting new place!
- **Practice Mindfulness:** Imagine being absorbed in each present moment of your life. The sense of peace you can cultivate by going inward is the greatest gift you can give yourself. Learn the skill of mindfulness this summer, whether through meditation, yoga, exercise, journaling, or simply being in nature. Mindfulness allows you to observe your emotional reactions and make different choices to improve the quality of your life. This work will positively affect everything you do! Try downloading a meditation app, taking a yoga class, reading books, or listening to podcasts to start your inner journey now!
- **Read, Read, Read!:** Reading creates new neural networks in your brain, which can prime you to have exciting, new experiences! Whether you read fantasy or sci-fi for pleasure or learn about business or mindset, reading can set you apart by increasing your knowledge base and improving critical thinking skills. Plus, it can decrease your stress, too! Check out Crimson Education's summer reading list for awesome recommendations like *Atomic Habits*, *Grit*, and more best-sellers!
- **Get Outside Your Comfort Zone:** When we confront our fears, we develop a greater sense of self-assurance and willingness to embrace challenges in the future. We can say, 'I accomplished that. I stretched myself further than I thought possible and learned something about myself.' Enrolling in a pre-college enrichment program is one way to step outside your comfort zone. When you show up to a college campus in a city you've never been to, with people you've never met and courses that challenge you academically, you have no choice but to grow into the next best version of yourself!

Have a blast preparing for your future

Summer is the best time to discover your unique interests. Browse different programs that will help you envision a future career path and beyond.



If you're interested in business . . .

- **Business of Entertainment, Media & Sports Academy at the UCLA Anderson School of Management:** Gain crucial business skills, including finance, marketing, and strategy, and explore the latest industry trends through engaging case studies and lectures at one of the country's top business schools.
- **Wharton Global Youth Program:** Spend your summer at the world-renowned Wharton Business School exploring business practices and solving complex challenges alongside exceptional high school students like you.
- **Get a Summer Job:** Working in retail, restaurants, or child care can be one of the most fun and rewarding ways to spend your summer. You'll build valuable communication skills, strengthen your college resume with work experience, and make money!
- **Start a Home Business on Etsy:** If you make jewelry, clothing, art prints, or any handmade goods, consider setting up an Etsy shop (or your own website) where you can sell them. You'll gain relevant business experience and really feel like an entrepreneur.

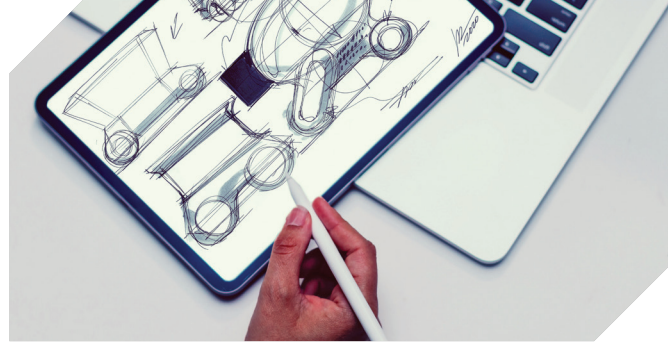
If you're interested in STEM . . .

- **Explore a Research Project with Polygence:** Fuel your passion for computer science, engineering, or neuroscience by connecting with an expert mentor in your field of interest and conducting research to uncover new findings!
- **NASA'S STEM Opportunities for Students:** Work with NASA scientists and engineers to explore space science and technology, develop new skills, and gain unmatched experience that will inspire you to pursue a career in STEM.
- **Engineering Career Accelerator at UNC Chapel Hill:** Spend your summer on UNC Chapel Hill's iconic campus and embark on an investigative exploration through the different types of engineering, from structural and mechanical to solar and electrical and everything in between!
- **STEAM+ with the Summer Institute for the Gifted:** Enroll in cutting-edge science, technology, engineering, arts, and math (STEAM+) courses. Expand your mind through problem-based learning, and increase your EQ with exciting social activities.



If you're interested in medicine . . .

- **Medicine Career Accelerator with Summer Discovery at UC Berkeley:** Gain clarity on your future medical career by visiting medical labs and research institutes, attending lectures from well-known medical practitioners, and practicing action-based simulations like suturing and dissection.
- **Medicine Academy at the University of Texas at Austin:** Experience a typical day in American medical school, learn how to diagnose common illnesses and injuries, explore the major organ systems, and more!
- **Volunteer with the American Red Cross:** Get out in your community and respond to local emergencies or disasters, deliver lifesaving blood to hospitals, or assist families after a home fire. The opportunity to serve is priceless!
- **Neuroscience with the Summer Institute for the Gifted, Yale:** You will participate in sheep brain dissections to study the structure and function of the brain, examine the effects of brain damage, and propose new ideas that could change the face of neuroscience forever!



If you're interested in creative pursuits . . .

- **Work on Your Art Portfolio:** Want to pursue your artistic talents? Spend a relaxing and creative summer honing your craft, building your portfolio, and having fun! Check out Sketch a Day on the App Store to get started!
- **Join a Local Community Theater Production:** Warm up your vocals and dance moves and audition for a local theater production! You'll meet new friends, improve your performance skills, and bulk up your acting resume!
- **New School Pre-College Programs:** Take on the Big Apple at the acclaimed New School and take courses in fine art, design, management, music, or film-making.
- **Art & Architecture with Summer Discovery at the University of Cambridge:** From ancient to ultra-modern, explore the historic buildings of Cambridge and the captivating art within their walls.

Get passionate about giving back

Service is one of the most rewarding experiences in life. When you give, you receive. Learn how to use your time this summer to give back to your community.

- **Explore Local Volunteering Options:**

Search for volunteer opportunities in your area through online resources like Volunteer Match or Idealist. You can search for jobs based on your interests, location, and availability. Check with local non-profit organizations, schools, or community centers to see where you can get involved. You can even create your own opportunity! Maybe you start a community garden to provide fresh produce to locals or host a workshop to teach a skill like cooking or art. Most importantly, choose a cause you're passionate about and pour your heart into it!

- **Give Back Online:** Harness the power of social media and other online platforms to create awareness or fund-raise for causes you care about. Maybe you're passionate about mental health or sustainability. You can organize online campaigns and donation drives, share inspiring stories and educational content, or even partner with charitable organizations to amplify their message. Explore the emerging world of content creation and how it can influence the masses. Figure out how you can inspire positive change around important issues through the power of content and community online.

- **Mentor a Younger Student:** During the summer months, many schools and youth organizations offer volunteer opportunities for high school students to mentor and support younger students. This can include tutoring, leading sports and arts activities, or providing guidance and support to students struggling in school or facing other challenges. This is the perfect opportunity if you want to pursue careers in education or social work. You'll develop leadership skills, build relationships with younger students, and make a meaningful difference in their lives.

- **Apply for Summer Discovery's Future Global Leaders Program:** Work with bright, like-minded students from across the globe to solve real-world problems surrounding the United Nations 17 Sustainable Development Goals. The SDGs were created in 2015 to tackle issues such as ending poverty, fighting inequality, and addressing climate change. Engage in exciting discussions, field trips, and hands-on workshops to build the foundational skills needed to lead and bring about change in our society. Apply what you've learned to a final competition where you'll create and present your solution for a real-world development challenge.

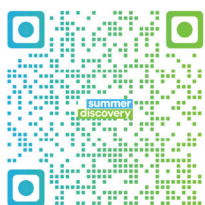




Want to learn more?

Summer Discovery changes students' lives. We're the world's most popular pre-college academic enrichment and gifted student program for ages 5 -17. We partner with world-class universities such as UCLA, University of Michigan, University of Pennsylvania, Wharton, and Cambridge to run powerful programs where students learn, have fun, and thrive. We also run exceptional programs for gifted, academically advanced, and creative learners through the Summer Institute for the Gifted (SIG). Our mission is to provide the best experiential, university-based summer academic programs that help students grow into the best versions of themselves.

Learn more about summer opportunities with Summer Discovery here.



Our website: <https://www.summerdiscovery.com>

Our blog: <https://www.summerdiscovery.com/blog>

Reach out to us at info@summerdiscovery.com