SUMMER 2026

2026 Outset Programs: Overview



Outset

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What to expect in a week at Outset

Hands-On Learning

Students get a firsthand look at what MDs practice, using med-school-level tools and simulation labs with guided supervision. Every program includes its own set of hands-on activities designed to help students understand that specialty.

Examples of activities across programs may include:

Basic Clinical Skills:
Taking vitals, using stethoscopes, and practicing assessments with patient actors.

Simulation Procedures:
Introductory skills such as suturing, administering vaccines, using ultrasound devices, or interpreting medical imaging.

Specialty Techniques:
Track-specific training that may include surgical skills, diagnostic evaluations, emergency scenarios, dental procedures, or other specialty-aligned simulations

Lectures and Q&A with Physicians

Students attend sessions led by physicians from a range of specialties who share firsthand perspectives on medical careers. These interactive discussions help students understand what different fields require and what a day in the life of a doctor looks like.

- What a physician actually does day to day in their specialty
- How physicians choose their specialties
- Training milestones, from college to residency and beyond
- Real stories from the OR and clinic
- Student-driven Q&A about careers, school, challenges, and lifestyle

These sessions help students better understand whether a medical career is the right fit for them.

Path to Pre-Med Course

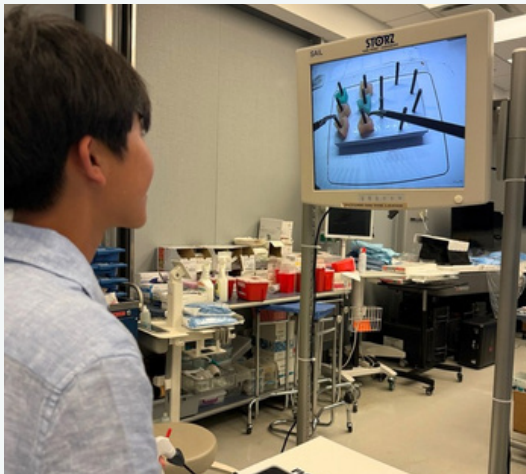
All students participate in Outset's "Path to Pre-Med" curriculum. It is designed by pre-med advisors that demystifies the entire journey to becoming a doctor. Students learn:

- The full timeline from high school to college to medical school
- What pre-med classes to expect
- Strategies for succeeding in challenging courses
- How to choose the right college for their goals
- What the MCAT is, how, and when students prepare for it
- How to make smart choices about extracurriculars, gap years, etc
- What medical school applications look for

Note: Activities vary by specialty, campus, and facility availability. Students receive their detailed schedule closer to their program date. Contact our Admissions Team if you'd like more information about your specific campus or program.







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A day at Outset

Below is an **example** of what a student's day at Outset might look like. Each summer we tailor activities to each campus, blending labs, workshops, and evening events that bring the program to life.

8:00 – 8:45 AM	Grab healthy breakfast at the on-campus dining halls with other students
9:00 – 9:45 AM	Kick off the day mapping your journey, from choosing the right school to mastering the MCAT
10:00 – 10:45 AM	Get a look at your education path ahead, from costs and timelines to what to expect during life as a med student
11:00 – 11:45 AM	Discover smart strategies to crush tough classes, balance it all, and stand out when it counts
12:00 – 2:30 PM	Enjoy lunch with your student cohort at the dining halls or out, then join in on staff-led games, sports, and activities around campus
2:30 – 4:30 PM	Practice hands-on clinical skills in a Medical School simulation lab with physician teachers
4:30 – 5:30 PM	Hear from physicians and guest speakers about healthcare in action
6:00 – 7:00 PM	Refuel and connect with new friends over dinner at a local restaurant
7:30 – 9:30 PM	Join our evening activity led by staff: movie nights, bowling, local excursions and more!
9:30 – 11:00 PM	Games, shower, and relax in your campus dorm before lights out at 10:30 or 11:00pm

Watch Video

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SUMMER 2026

Outset Campuses: 2026



UNC-Chapel Hill

Programs offered:

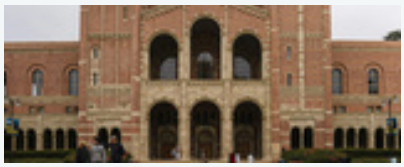
Pediatrics
General Medicine
General Surgery
Cardiology
Neurosurgery
Anesthesiology
Psychiatry
And more



Vanderbilt University

Programs offered:

General Medicine
General Surgery
Pediatrics
Anesthesiology



UCLA

Programs offered:

Pediatrics
General Medicine
General Surgery
Neurosurgery
Anesthesiology
And more



University of Washington

Programs offered:

Pediatrics
General Medicine



University of Michigan

Programs offered:

Pediatrics
General Medicine
General Surgery
Anesthesiology



Rice University (Texas)

Programs offered:

Pediatrics
General Medicine



FIU (Miami)

Programs offered:

Pediatrics
General Medicine



UC-Berkeley

Specialty Topic Program

Introduction to how artificial intelligence is transforming modern healthcare through hands-on workshops, case discussions, and expert-led sessions.



Columbia (NYC)

Programs offered:

Pediatrics
General Medicine
General Surgery
Orthopedic Surgery
Cardiology
Anesthesiology
Emergency Medicine



Outset Abroad: Barcelona

Specialty Topic Program

The Global Health & Medicine program combines public health seminars and medical simulation with immersive cultural experiences in Barcelona.



Boston: Medical Research

Specialy Topic Program

Focus on scientific discovery through hands-on labs and workshops in genetics, neuroscience, cancer research, and clinical trials.

Explore Programs & Dates >



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SUMMER 2026

All Specialty Programs

Not sure which specialty program is right for you? Check out our other MD path specialties:

Neurosurgery	Explore surgical care for the brain, spine, and nervous system.
Orthopedic Surgery	Study musculoskeletal system care, bones, joints, and injuries.
General Medicine	Explore the fundamentals of care, diagnosis, and treatment.
Cardiology	Explore surgical care for the brain, spine, and nervous system.
Psychiatry	Focus on mental health assessment and treatment.
Anesthesiology	Learn how anesthesia supports surgeries and patient safety.
Pediatrics	Focus on healthcare of children from infancy to adolescence.
Dentistry	Study oral health, dental procedures, and patient care.
General Surgery	Explore surgical principles and patient care for procedures.
Emergency Medicine	Understand fast-paced care for urgent and acute conditions.
Dermatology	Study skin health, conditions, and treatments.
Medical Ethics*	Explore real-world dilemmas shaping healthcare and society.
Biomedical Engineering*	Apply engineering to medical technology and devices.
Medical Research*	Investigate diseases and treatments.
AI in Medicine*	Utilize AI in healthcare applications.
Outset Abroad: Barcelona*	Explore medicine in a global context.

*Outset special topics and global courses

Apply Now

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Your Foundation for the Pre-Med Journey

Our Path to Pre-Med curriculum is designed by pre-med advisors to help students understand what it takes, before they start the path.

Map Your Medical Journey	See the full timeline and financial picture.
Pick the Perfect College	Find the school that sets you up for pre-med success.
Tackle Pre-Med Challenges	Learn how to handle the toughest college hurdles.
Plan Your Courses	Know what classes to take and in what order.
Ace Hard Classes	Master strategies for challenging pre-med courses.
Gap Year Options	Weigh pros and cons of a gap year before med school.
Conquer the MCAT	What it is, why it matters, and prep tips.
Master Med School Applications	Learn the process and how to stand out.

Hear from students what they take away from the Path to Pre-Med curriculum at the video on our home page:

Learn More

SUMMER 2026



FAQs

Admissions deadline & process?

There is no deadline! We have rolling Admissions. We have a simple 4-step Admissions process. You can learn more how it works by **clicking here**.

What is the cost?

Tuition and housing for our programs is $2,950, including 24/7 staff, dorms, meals, 20+ hours of academics, speakers, evening activities, and activity transport. Travel to and from campus is not included.

Is there financial aid?

Yes, if you need financial aid please indicate this on your online application and fill out the aid information. We are not able to guarantee aid but we do take every aid request seriously.

How do I apply? How competitive is it?

Applying online is easy: **click here**. You'll hear from us within 2 business days. Outset is competitive and we look for motivated students with strong grades and a genuine interest in medicine or healthcare.

Are students supervised 24/7?

Outset maintains a 8:1 student-to-staff ratio, with ACA-trained staff providing 24/7 supervision. Our programs meet strict safety standards, and campuses are monitored to ensure students are safe at all times.

What are rooms and housing like?

Outset partners with college residence halls/dorms. Rooms are shared with 1–2 students of the same gender, & shared bathrooms. Single rooms are available for an additional fee- please check with our team for up-to-date info on cost and availability.

See all FAQs

SUMMER 2026

Meet the Outset team

Program Leadership

Our leadership team combines experience in pre-med education and student programming to create a hands-on, inspiring experience for future healthcare leaders.



Lawson Kuehnert
Executive Director



Alicia Nelson
Campus Director



Liam Smith
Operations Director



Annie Schools
Head of Admissions



Mary Bains
Director of Admissions



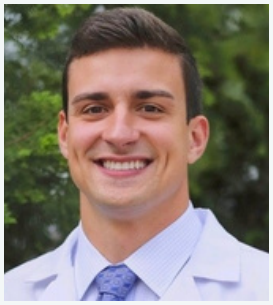
Allison Dwyer
Director of Admissions

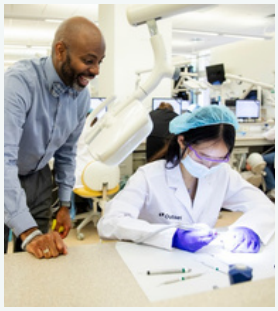
Admissions Team Leadership

Our admissions team guides families through every step of the process, helping students find the program that sparks their curiosity and fits their goals.

Faculty & Physicians

We hire faculty, residents, fellow, and physicians to lead our sessions & share career insights. These teachers are finalized a few weeks before your camp.







More on our Team

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Trustpilot
TrustScore 4.7 | 105 reviews
Trustpilot checks reviews

The trusted leader for teen career exploration.

Outset is trusted by 1,000+ families each summer for high-quality teen summer programs. Read our reviews and see why we're the leading brand for summer education.

hosa future health professionals

BBB ACCREDITED BUSINESS

NCHSE National Consortium for Health Science Education



Read Reviews





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Ready for a week exploring the medical career with Outset?

Apply Now

Have questions or need to follow-up on your admissions process? Schedule time with our Admissions Team.

Schedule Call