Outset

ALUMNI GUIDEBOOK

Continue your journey beyond this summer.

Return in 2027! Explore Outset's new multi-year model.

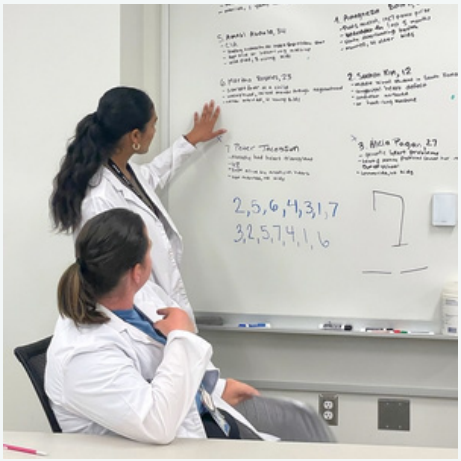
5 ways to build on your experience at Outset.

Join our Alumni Community & stay connected.

Parents: a note from our Director.

JOINOUTSET.COM

2024
FINAL FOUR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CONGRATULATIONS ON COMPLETING YOUR OUTSET 2026 PROGRAM!

WELCOME TO OUR ALUMNI COMMUNITY.

WEBSITE

Keep an eye on our new programs, blog content for students, and announcements of upcoming alumni events and webinars

SOCIALS

Follow us on Instagram, TikTok, and YouTube to keep tabs on what's happening in the Outset community and connect with future learning opportunities

QUESTIONS?

Reach out anytime to our team:
alumni@joinoutset.com

www.joinoutset.com

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Outset

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Summer 2026 Reflection From Outset's Founder

Dear Outset Alum:

This summer, you did something most students your age never do: you stepped onto a college campus, unpacked your bags, and got serious about your future.

That takes curiosity — but more than that, it takes courage. In a world that's changing faster than ever, the students who will thrive in healthcare careers are the ones who start asking hard questions early, who seek out real experience before they're required to, and who treat their education as something they actively build rather than passively receive. You're one of those students — congratulations.

We hope this past week gave you a genuine insight into what a career in medicine actually looks like. Not a sanitized version, not a highlight reel, but the real thing.

Some of you came in certain about your path and left even more convinced. Some came in curious and left with new questions. And some of you finished this week and decided this career is not the right fit. All of these are great outcomes, and exactly what our program is designed to do.

You are leaving with something many of your peers won't have for years: a real behind-the-scenes look at a career in healthcare.

The experience you had this summer is a foundation — not a finish line. The pre-med (or pre-dental or pre-nursing) path is a long one, and the students who make it are the ones who stay consistent, stay curious, and keep finding ways to build on each experience they have.

That's exactly what this guide is designed to help you do. Whether that means finding shadowing opportunities in your hometown, connecting with the Outset alumni community, or coming back for a deeper Year 2 experience in Summer 2027, the next chapter of your journey is already within reach.

Our healthcare system needs professionals like you: driven, thoughtful, and willing to do the work before anyone asks.

We are incredibly proud of every student who chose to spend part of their summer with us this year. The questions you asked, the skills you practiced, and the conversations you had with physicians and peers — those things will stick with you. Medicine needs doctors, nurses, and dentists who were once students like you: driven, thoughtful, and willing to do the work before anyone asked them to.

Keep going, and we hope to keep supporting you on your journey.

G. Lawson Kuehnert
New York, New York
Founder & Executive Director, Outset
lawson@joinoutset.com

5 Ways to Build on Your Experience at Outset

Your Outset program is just the starting point, not the end of your journey. Here are five ways to keep building on your pre-med or pre-health foundation through the school year.

Find healthcare-related volunteer opportunities.

Contact hospitals, clinics, or charities to find opportunities that genuinely interest you. Even nursing homes are a great option for volunteering! You can gain insight into community health challenges and make a meaningful impact. You may need to be 16+.

Shadow medical professionals locally.

Even a few hours shadowing nurses, techs, or doctors across specialties can clarify what you like, and what you don't. Many hospitals or clinics have shadowing programs — often you do have to apply, but with persistence you can get in!

Get hands-on first responder skills.

High school students usually can't be certified EMTs, but you can learn emergency skills through CPR, first aid, or a local junior responder program. This is a great way to get hands-on experience and signal you are serious about medicine.

Join research at a local university or lab.

Find a lab working in a field you're passionate about — biology, neuroscience, public health, and more. Reach out and ask how you can contribute. Many researchers welcome motivated high school students for a project or volunteer role.

Join your local HOSA chapter.

HOSA (Future Health Professionals) is a national organization that gives students access to workshops, competitions, and leadership opportunities in healthcare. It's also one of the best ways to meet like-minded peers who share your goals.

Every experience you have this year — whether it's a Saturday volunteering at a clinic or an afternoon shadowing a physician — is doing double duty. It's helping you figure out if medicine is really the right path for you, and it's building the foundation of a college application that tells a genuine, compelling story. Admissions committees aren't just looking for grades. They want to see students who have actively explored their interests, taken initiative, and accumulated real-world perspective. The earlier you start, the stronger that story becomes.

It's also worth remembering: this is just the beginning of what the medical path asks of you. Pre-med coursework, clinical hours, research experience, the MCAT, medical school applications — the journey ahead is long and demanding, and that's a good thing. Each step you take now makes the next one more possible. We'd love to hear what you get up to this year. If you have a story to share — a shadowing experience, a volunteer moment that stuck with you, something that surprised you — reach out to our team at hello@joinoutset.com.

Every experience you have is doing double duty: helping you figure out if healthcare is right for you, and building a college application that tells a genuine story.

Staying Connected to Outset

Your Outset experience doesn't end when you go home.

WAYS TO STAY INVOLVED AND KEEP MOMENTUM:
Ambassador Program - Alumni Network - Newsletter - Online Learning - Webinar Series - 2027 Programs - Advising Services - Work with Outset

You're part of something bigger than a single summer program. The connections you made, the physicians you met, the peers who sat next to you in simulation labs — that community doesn't disappear when you leave campus. Outset is building an alumni network designed to keep you connected, supported, and growing long after your program ends.

Whether you want to give back, stay sharp on your pre-med path, or simply stay in touch with people who share your ambitions, there's a place for you in the Outset alumni community. Starting Fall 2026, enrollment is open now. Here's how to get involved.

ALUMNI LEADERSHIP OPPORTUNITIES:

Explore Outset leadership opportunities and help other students take steps toward a career in medicine.

Alumni Ambassador

As an Outset Ambassador, you'll play an active role in sharing the Outset experience with other future pre-med students. That might look like writing about your experience for our blog, being featured in our social media content, participating in interviews, or simply being a visible, authentic voice for what Outset is really like.

This is a great way to build your leadership profile, strengthen your college application narrative, and stay meaningfully connected to a community you're already part of.

Scan the QR code to submit an interest form.

Alumni Advisory Board

Outset's Academic Advisory Board is a small cohort of alumni who work directly with our team to review and shape our medical curriculum. As programs evolve and new tracks are developed, Advisory Board members provide the student perspective that keeps our content rigorous, relevant, and engaging.

Membership is by invitation only, extended to alumni who have demonstrated exceptional engagement during their Outset program. If you are interested in being considered, please indicate so on your Alumni Ambassador interest form (QR code above).

OTHER RESOURCES FOR OUTSET ALUMNI
LAUNCHING FALL 2026

ALUMNI NETWORK

An opt-in community for Outset alumni. Connect with students who attended programs with you, find peers who are heading to the same college, or tap into a broader network of students at every stage of the pre-med journey. Resources, opportunities, and community. Parent/guardian sign-off required to join.

ALUMNI NEWSLETTER

Stay in the loop with everything happening in the Outset community. Program updates, pre-med resources, student spotlights, upcoming events, and more — delivered straight to your inbox on a regular cadence.

CARDIOLOGY ONLINE COURSE

Outset alumni get free access to a new Cardiology online course designed to take you deeper into this critical specialty in medicine. This course will be a mixture of live online content and recorded videos, and all participants will get a certificate for successful completion. Coming Spring 2027.

ALUMNI WEBINAR SERIES

Exclusive virtual sessions with the kinds of people who can actually shape your path: deans of medical schools, practicing physicians, pre-med advisors, and medical school admissions experts. Past Outset webinars have featured medical school deans and top physicians across specialties. Free for all alumni.

SECTION
115
SEATS 8-14

CAUTION

Resources

Exciting Announcement!

Outset is now a multi-year program.

In partnership with leading pre-health advisors across the US, we have redesigned our curriculum into a series of programs that build on each other as you explore medicine.

For alumni, this means you now have an opportunity to return in 2027 and continue learning with Outset.

Learn more on the next page >

RETURNING TO OUTSET

How it works

Step 1: Core Curriculum

YEAR 1: FOUNDATIONS

"**Foundations**" is the Path to Pre-Med or Path to Dentistry/Nursing curriculum you went through during your first week at Outset. This is the entry course designed to give you the big picture for planning your education and career in medicine.

You completed this!

YEAR 2: ACCELERATE

"**Accelerate**" is our year two curriculum. In year two, you'll focus on the courses required for pre-health success. We'll dive deeper into success strategies for courses like organic chemistry or physics. We'll also take an early look at the MCAT to help you build confidence.

YEAR 3: RESEARCH CAPSTONE

"**Capstone**" is our third-year core curriculum and focuses on an introduction to the field of medical research. You will tackle your own research project and also visit labs and learn basic research techniques. Add this capstone to your college application!

Step 2: Pick a Career Interest

SURGERY CAREERS

- General Surgery
- Neurosurgery
- Plastic Surgery
- Orthopedic Surgery
- OB-GYN

MEDICAL CAREERS

- Psychiatry
- Dermatology
- Pediatrics
- Emergency Medicine
- Anesthesiology
- General Medicine
- Cardiology
- Oncology
- Dentistry
- Nursing

RESEARCH CAREERS

- Immunology
- Genetics
- Neuroscience
- Drug Discovery
- Cancer Immunology
- Microbiology
- Personalized Medicine
- Infectious Diseases

Summer 2027

Step 3: Pick a Campus

Explore a new host campus with Outset or return to the same one!

East Coast

- UNC-Chapel Hill
- Columbia (NYC)
- FIU (Miami)
- UMass (Boston)

Central

- U Michigan-Ann Arbor
- Vanderbilt University
- Rice University

West Coast

- UCLA
- U Washington (Seattle)
- UC-Berkeley

Interested in coming back?
Complete this form.

Alumni in good standing do not need to reapply.
Alumni receive a 10% discount.

Gap Summer in Spain

For High School Seniors

Summer 2027

Barcelona, Spain

2 WEEKS OF GLOBAL MEDICINE IN BARCELONA

Spend the summer before college exploring global health and medicine in one of Europe's most vibrant cities. This 2-week program combines simulation center training, a lecture series on comparative healthcare systems, and cultural immersion in Barcelona — giving high school seniors a meaningful, memorable gap summer.

- Barcelona, Spain
- 2-week program: dates TBA
- Ages: 16+ (high school seniors)
- Simulation center training
- Comparative healthcare lecture series
- Cultural exploration across Barcelona
- Small group cohort
- $4,995 (not including flight)

Interested?
Let us know here.

Alumni in good standing do not need to reapply.
Alumni receive a 10% discount.

Clinical Shadowing in Europe

For College Students

Lisbon, Portugal

3-4 WEEK PROGRAMS / HOSPITAL SHADOWING

Designed for college students serious about medicine, our clinical shadowing programs offer 60+ AAMC-compliant clinical shadowing hours in a top European hospital. You'll rotate through specialties, observe practicing physicians, and return home with documented hours that count toward your medical school application.

- Lisbon, Portugal and other locations to be announced in Fall 2026
- 3-4 week programs
- College students only
- 60+ AAMC-compliant shadowing hours
- Hospital rotations - multiple specialties
- Physician observation
- $5,995-$7,995 program fee

Interested?
Let us know here.

Alumni in good standing do not need to reapply.

Alumni receive a 10% discount.

College Advising

For Outset Alumni in Grades 9-12

DESIGNED FOR PRE-MED & PRE-HEALTH STUDENTS

College Application Strategy

Map out a college list, develop your personal narrative, and understand how to position your interest in medicine or healthcare as a differentiator.

Testing Strategy

Understand your standardized testing needs (SAT/ACT) and get a realistic plan for when and how to prepare — without the guesswork.

Extracurricular & Activity Planning

Get guidance on which experiences, volunteer roles, research, and clinical activities will strengthen your application and genuinely prepare you for a pre-med path.

Pre-Med & Pre-Health Advising

Get insider guidance on what medical and health professional schools are actually looking for, years before you apply — so every decision you make in high school counts.

Course Planning

Know which classes to take — and in what order — so you're set up for success in college and competitive for pre-med programs from day one.

Essay Support

Work with advisors to shape your story and craft application essays that are specific, compelling, and authentic to your experience.

Limited availability.

Interested in advising?
Complete this quick form.

Work for Outset

Grade 12 & College

Summer 2027

APPLY TO JOIN OUR SUMMER STAFF!

Some of our best staff started exactly where you did. Whether you're a graduating senior or a college student, there's a place for you on the Outset team — to mentor the next generation of future physicians, deepen your own experience, and spend a summer doing something that actually matters.

CIT (Counselor in Training)

Come back as a CIT the summer after graduation! You'll support the student experience, help lead activities, and be a go-to resource for the next group of future pre-meds — all while staying connected to the Outset community one more summer.

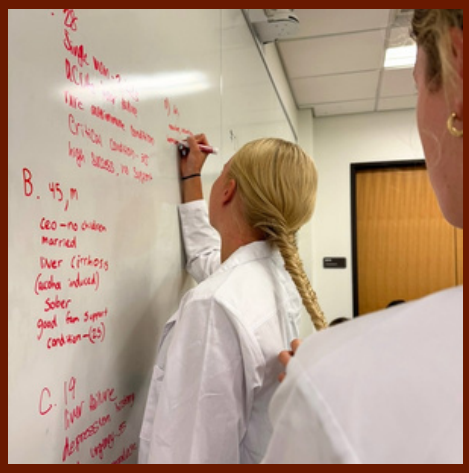
- Open to alumni 18+ after completing senior year
- Housing, meals, and small stipend provided
- Work alongside Outset staff and counselors, get exposure to more medical education
- Bridge between high school and college

Campus Counselor

Once you're in college, you're eligible to apply for a full Camp Counselor role — a key member of the Outset staff. You'll lead students through the same program that shaped your own path, while continuing to build your own medical exposure, add meaningful experience to your med school application, and earn competitive pay doing it.

- Open to Outset alumni enrolled in college
- Competitive compensation
- Continued access to clinical programming and physician interactions
- Mentor future pre-meds and share learnings
- Looks great on a med school application

Scan the QR code to share your interest. We will follow up with additional information in Fall 2026.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ceo - no children
married
liver cirrhosis
(acetha induced)
sober
good fam support
condition - (25)
C. 19

STUDY
LOUNGE

A LETTER TO OUTSET 2026 PARENTS

Dear Parents/Guardians:

This summer your student tested their interest in medicine against real clinical environments, sat in rooms with practicing physicians, and got an honest look at what the medical path actually requires. That kind of early exposure doesn't just inspire students — it prepares them. And in a college admissions landscape that increasingly rewards demonstrated commitment and authentic experience, that preparation matters more than ever.

If your student came away more certain than ever about a healthcare career, we encourage them to explore **Year 2 with Outset.** It's been designed specifically for students ready to go from exploration to preparation, with a meaningful focus on pre-health coursework and clinical depth.

And if your family had a positive experience with Outset, we'd love to have you join our **Parent Community.** This is an informal network of Outset families who share their firsthand experience with other parents who are just starting to research our programs. There is no formal commitment required. If you are interested, please email us: hello@joinoutset.com

Congratulations again to your child on this meaningful step toward their future career!

Thank you,

The Outset Team
hello@joinoutset.com
www.joinoutset.com

WE HOPE TO SEE YOUR FAMILY AGAIN IN 2027.

Outset is Expanding! Explore our Business & Law Career Programs.

Outset now offers residential summer programs for Law and Business career exploration. If you have a sibling or a friend who is a good fit, we'd love to meet them!

Law & Business Programs

LAW CAREERS
UNC, UCLA & MORE

Outset Law is a one-week, on-campus program designed for high school students who want to explore what law school and a career as an attorney look like. Students work through real legal concepts, engage with practicing attorneys and law school faculty, and get an honest look at the path from high school to law school. Career tracks include:

- Health Law
- Corporate / M&A Law
- Environmental Law
- Real Estate Law
- AI & Technology Law
- Criminal Law

BUSINESS CAREERS
UNC, UCLA & MORE

Outset Business is a one-week, on-campus program to help students build critical business skills through workshops and labs, and explore careers like:

- Management Consulting
- Venture Capital
- Private Equity
- Investment Banking
- Entrepreneurship & Startups

Interested? Contact our team for more information: lawson@joinoutset.com

Outset is the leader in career-readiness camps.

Outset started in medicine because we believe high school students deserve real exposure to the careers they are considering. That same belief is behind Outset Law and Outset Business.

Stryker

SAVANNA
GEORGIA

ROUTE
US
66

Outset
Outset

Outset

Curious about 2027 programs?
Schedule a call with our team to learn more.

HELLO@JOINOUTSET.COM

@OUTSETCAMPS / @OUTSETMD

WWW.JOINOUTSET.COM