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PRESENTING THE 2025 GUIDE TO SUMMER PROGRAMS



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Email me at
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Here at TeenLife, we think it's never too early to start thinking about summer plans. It's a season of growth, exploration, and fun — a chance to break free from the daily grind and embrace new experiences.

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Marie Schwartz
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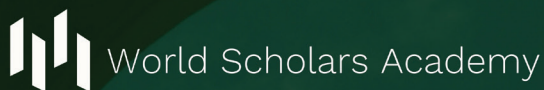
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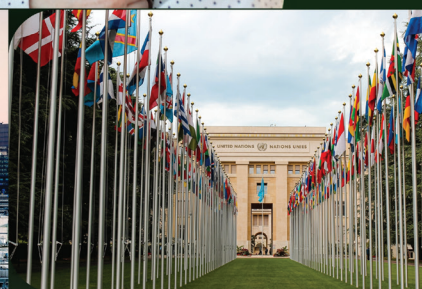
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2025 GUIDE TO SUMMER PROGRAMS

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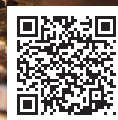
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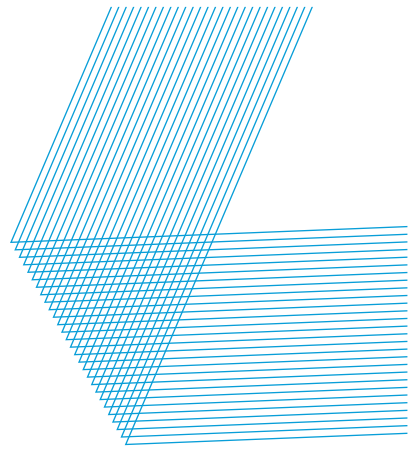


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HOW PRE-COLLEGE PROGRAMS BENEFIT TEENS

BY JODI IRELAND

Pre-college programs offer a unique opportunity for high school students to immerse themselves in academic subjects, explore career paths, and experience college life firsthand. These programs, often hosted by prestigious universities and colleges, provide a diverse range of experiences, from intensive academic courses to creative arts workshops and research projects.

While some programs allow students to earn college credit, others focus on personal and intellectual growth. Participants typically live on campus, engaging in lectures, discussions, and hands-on activities. In recent years — and prompted by the challenges presented during the COVID pandemic — many programs have evolved to include hybrid and remote learning options.

WHAT'S COLLEGE CREDIT, ANYWAY?

Before we talk about the benefits pre-college programs offer, let's define college credit. To graduate from college requires students to successfully complete a specific number of courses in different subjects like math, science, humanities, and social sciences — plus the courses required for their major. In passing these classes, students earn credits applied toward the graduation requirement.

High school students can get a head start on their college education by earning college credit before even enrolling in university. Several strategies can help them earn those credits, including:

- **Advanced Placement (AP) courses:** These rigorous high school classes, if passed with a high enough score on the corresponding AP exam, can earn college credit. Scoring a 4 or 5 on an AP exam means a college will likely award credit. Some colleges award credit for a score of 3 or higher, but it also depends on the topic. For example, the University of San Diego will award college credit for a 3 or higher on the AP Biology exam, but students need a 5 on the AP History exam for college credit.

- **International Baccalaureate (IB) courses:** More colleges and universities have recognized the robust standard of IB courses and exams. Like AP exams, students need a 4 or higher on the higher-level (HL) exams, although some colleges require a score of 5 or 6 to award credit. Certain colleges — like Hofstra University — will award up to 30 credits to students who have successfully earned the full IB diploma (passed all IB exams).
- **College-level examination program (CLEP):** CLEP tests assess college-level knowledge in different subjects. Passing a CLEP exam can result in college credit.
- **Dual enrollment programs:** These programs allow students to take classes at a local university or community college while still in high school.
- **Pre-college summer programs:** Some colleges and universities offer intensive academic programs that award college credits.

By earning college credits in advance, students can potentially reduce the overall cost of their college education and accelerate their degree completion.

BENEFITS OF ATTENDING A PRE-COLLEGE PROGRAM

Short-term pre-college programs may or may not award college credit. Credit availability often depends on the specific program, host institution, and student's academic performance. But even if the pre-college program doesn't offer credit, there are plenty of other benefits.

- **Stopping the brain drain.** Pre-college summer programs offer intellectually stimulating activities and problem-solving challenges to keep students' minds active and engaged, help with knowledge retention, and mitigate the effects of summer brain drain.
- **Building confidence and clarity.** Transitioning to college overwhelms even the best-prepared incoming students. Pre-college programs help students acclimate to

a university environment, reducing anxiety and boosting self-confidence. Engaging in college-level coursework before beginning college can also give students a clearer understanding of their academic strengths and weaknesses and help them make informed decisions about their major and potential career path.

- **Developing essential skills.** These programs cultivate critical thinking, problem-solving, and research skills — all essential for success in higher ed. Students learn to analyze complex information, conduct independent research, and communicate ideas effectively.
- **Exploring academic interests.** By having time to really dig deeper into specific subjects, students can pursue new passions and existing interests. Pre-college programs provide opportunities to engage in cutting-edge research, work with renowned faculty, and collaborate with like-minded peers. This exposure can spark creativity and intellectual curiosity while inspiring future academic pursuits.
- **Learning from the experts.** A pre-college summer program offers access to experienced faculty and industry professionals eager to share their expertise,

insights, and mentorship. These relationships broaden horizons, ignite new ideas, and provide a competitive edge during the college application process.

- **Strengthening college applications.** Participating in one of these programs shows a student's initiative, dedication, and academic potential. Admissions officers often view pre-college experiences favorably because they showcase a student's commitment to learning and their ability to thrive in a challenging environment. Highlighting involvement in a pre-college program differentiates those students from other applicants but does not guarantee admission or preference during the process.

CHOOSING THE RIGHT PRE-COLLEGE SUMMER PROGRAM

When selecting a high-quality pre-college summer program, you should look for:

- **Hands-on learning opportunities.** Practical experiences like lab work, field trips, and studio projects can enhance your understanding and skill development.

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- **Mentorship and networking.** Interaction with faculty, graduate students, and other peers can foster your intellectual growth and establish valuable connections.
- **A supportive environment.** A welcoming atmosphere encouraging curiosity, critical thinking, and collaboration can significantly impact your overall experience.

While attending a pre-college program at a specific university may not guarantee admission, it can certainly strengthen your application. However, weigh the cost benefits of such programs against other opportunities you're considering, like volunteer work, internships, or international travel.

To make the most of a pre-college summer program, carefully consider your goals and interests. By reflecting on your aspirations, you can choose a program aligned with your academic and personal objectives. Whether studying a specific subject or topic more deeply, exploring a new field, or simply getting exposure to college life, a well-chosen program may open your eyes to endless possibilities.

Once you're there, engage in class discussions, ask questions, and jump into the group projects with enthusiasm. While it may be a little out of your comfort zone, connect with your peers, professors, and other professionals. It's a great time to build relationships. Take advantage of the resources, too. Use the library, writing center, and other campus facilities. Especially if you're enrolled in a residential program, try new things — attend social events, join clubs, and explore the campus and surrounding area.

After you complete the program, make time for self-reflection. Write or talk about your experiences, lessons learned, and personal growth. Apply what you've learned to your academic and personal life. Keep connected with the new friends you made — and the faculty, too.

It's never too soon to begin your search for the perfect pre-college summer program. The application process can be extensive, so if you have an idea of courses you'd like to take, start now.

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HOW I SPENT MY SUMMER

By **BYRON ALFARO**

UC San Diego Academic Connections

The reason I chose to participate in this program is that it seemed like an opportunity, unlike any other one I've heard about. In my experience, I've only heard about camps that lasted three days, like RYLA, a rotary youth leadership camp. Academic Connections was something intriguing to me. I knew that participating in this program would open the door to lots of connections with faculty at UC San Diego, and I knew I could ask about anything that was academically related or just about life.

When choosing a summer program, there was really only one option, as money played a big role in which program I applied to. Academic Connections offered a scholarship to my school, so I knew that this was definitely one of the ones I would apply to at the end of the day.

A typical day for me was waking up at around 7:30 a.m. to get ready, heading to class by 9 a.m., and being in class until 11 a.m. Then we would get two hours for lunch and leisure activities before heading back to class for another three hours. I liked the class as my teacher, Mr. Azizz, made learning about structural engineering a very fun and enjoyable experience. After our 4 p.m. class ended, I would typically partake in afternoon activities with my new friends. The main activity I played quite regularly was beach volleyball, as they had volleyball courts with sand. That was always super fun and one of my key memories from UC San Diego. We were expected to check in with our RAs at 5 p.m. and 9 p.m., and it was lights out by 11 p.m. That about wraps up a typical day.

The most memorable moment of my program was the day we went to the mall. On this day, I talked not only



to the people I had spent time with before this trip but also to so many more people as well. During this trip, I met new people with whom I had already been spending time but at a further level. I had a lot of wonderful conversations and even tried new foods with them. It was definitely one of the best days during the program.

The best advice I can give to teens looking at programs is not to be intimidated. Although it might seem like a program is a lot, or if you don't see yourself in this program's environment, don't allow intimidation to decide whether or not you will succeed. Just know that if you put yourself out there and try new things, even if you're scared, you are taking huge steps as a person in your academic journey.

HOW TEENS CAN BOOST THEIR CONFIDENCE THIS SUMMER

BY STEFANIE TEDARDS

Summer programs do much more than simply keep teens busy during school break — they provide countless benefits, from preventing learning loss to exposing students to new interests to helping students build skills that will serve them for the rest of their lives.

Summer programs also build confidence, providing students with countless opportunities to learn, grow, and feel more secure in themselves and their abilities. Plus, with so many amazing summer programs out there, you're sure to find one that fits your interests.

Here are 10 exciting ways to stay active this summer while gaining confidence along the way.

- 1. Explore the performing arts.** Performing arts, like theater, dance, or music, challenge you to step out of your comfort zone, express yourself creatively, and engage with an audience. Workshops, practice, and collaboration help increase confidence in your abilities and develop the strength to stand tall in any situation, on stage and in daily life.
- 2. Master debate and public speaking.** Debate and public speaking sharpen critical thinking and communication skills while helping you build the confidence to speak clearly and assertively in front of others. You'll learn how to research and develop a strong argument, present it with conviction, and actively listen to others — skills that will help you navigate challenging conversations in the future.
- 3. Experience Model United Nations (MUN).** Model UN helps you develop diplomacy, negotiation, and public speaking skills while tackling global issues. This program increases your leadership skills, especially in decision-making and conflict resolution. It also helps you develop a stronger sense of how to handle complex situations with poise and authority.



- 4. Level up your fitness at a sports camp.** If you're already a student-athlete, take your skills to the next level this summer with a summer sports camp. These camps will challenge you physically, with coaches guiding you to hone your athletic abilities and build important qualities like perseverance and teamwork.
- 5. Make an impact through volunteering.** Even if you're unsure about your future, it's never too early to find a sense of purpose. Volunteering helps you feel more connected to your community, cultivate leadership skills, and foster a strong sense of social responsibility. Plus, taking initiative is a powerful way to build confidence and recognize the impact you can have in the lives of others.
- 6. Immerse yourself in a new culture.** Study abroad programs are a great way for you to develop independence, adaptability, and global awareness. You'll gain confidence navigating new environments — and a deeper sense of self. Whether volunteering, taking courses, or learning a new language, you'll acquire valuable skills that last a lifetime.

7. **Dive into entrepreneurship and business.** Already dreaming big? Turn your ideas into reality with a summer program designed to help you launch your ideas into the world. You'll gain the self-assurance needed to lead, innovate, and overcome obstacles along the way. Take a business course to become financially literate, develop your problem-solving skills, and nurture the confidence to tackle real-world challenges.
8. **Build tech skills at a coding bootcamp.** One of the most valuable and applicable skills you can learn today is coding. It develops technical competence, critical thinking, and confidence in problem-solving — empowering you to think creatively and take on complex challenges. Plus, improving your digital skills opens the door to countless career opportunities.
9. **Embark on an outdoor adventure.** Want to push yourself outside your comfort zone? Boost your resilience by tackling physical challenges and overcoming natural obstacles you encounter in an

outdoor adventure. Experiences like learning wilderness survival, trying white-water rafting, or conquering your fear of heights on a zip line teach bravery and resilience — skills that will empower you in every area of your life.

10. **Step up as a peer mentor.** To become a leader, you must learn how to guide and support others. Becoming a mentor — whether through a school program, a local organization, or a summer camp — helps you develop responsibility, empathy, and communication skills. When you mentor others, you cultivate self-assurance and evolve into a more confident, capable leader.

Whether you want to develop a new skill, become more comfortable in front of an audience, or step into a leadership role, a summer program can transform your break into a tremendous opportunity for growth. When you return to the classroom, you'll feel self-assured and more prepared to tackle the challenges of the upcoming school year with renewed resolve and determination.

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HOW I SPENT MY SUMMER

By **AMOR JONES**

New York School of Interior Design: Pre-College Program

I chose the New York School of Interior Design's (NYSID) Pre-College Program to improve my understanding of the different design principles. This program engaged me in hands-on projects, taught me how to craft a floor plan, form great relationships with both my peers and professors, draw various types of doors, and match different color palettes to my client's liking.

I decided this program was right for me because I wanted to explore other kinds of art. Interior design is a great way to expand your knowledge of art because it challenges you to solve problems, match textures, and think about spacing while creating your floor plan.

During the two weeks I attended the Pre-College program, each day was filled with many activities. Since I was a daily commuter, in the morning, I arrived and then went to my designated classrooms and discussed the daily schedule with our professor. After that, we had a few hours of academic classes where we did hands-on projects and worked with our peers. For an hour each day, we went outside with friends and ate at different restaurants and cafes. Then, we had more classes to finish or ask questions about that assigned project. To conclude the day, we had mentor groups where we interacted with other students and learned more about each other.

The most memorable moment of this program was the final presentation. I enjoyed receiving feedback and seeing the hard work come together after only two weeks of progress. Improving my presentation



skills was a key skill that helped me engage more with my community members. Looking back on the program, I've realized it is truly an accomplishment, as is reflecting on your past projects.

I advise other teens looking at summer programs to explore new interests because you never know how it can shape your future. Taking those risks can expand your thinking in ways you never thought it would. Another piece of advice is to make sure you are managing your time. If you balance your outside activities and your program, it will be easy to enjoy both.

Lastly, stay open-minded when researching different options because it may be the right program to expand your horizons. I will always carry the highlights of collaborating with my classmates, field trips we took around NYC, and the bonds created with our professors. Thanks to the New York School of Interior Design for making those two weeks such a memorable experience!

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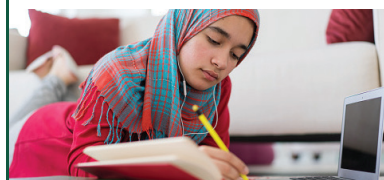


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Shakespearean plays: *Julius Caesar* and *Antony & Cleopatra*

7:30 p.m. ET

Selections by James Baldwin

Charles Darwin's "The Voyage of the Beagle" (Science)

Week 2: Monday, June 23–Thursday June 26

12 p.m. ET

Selections by James Baldwin

Charles Darwin's "The Voyage of the Beagle" (Science)

7:30 p.m. ET

Homer's *The Odyssey*

Shakespearean plays: *Julius Caesar* and *Antony & Cleopatra*



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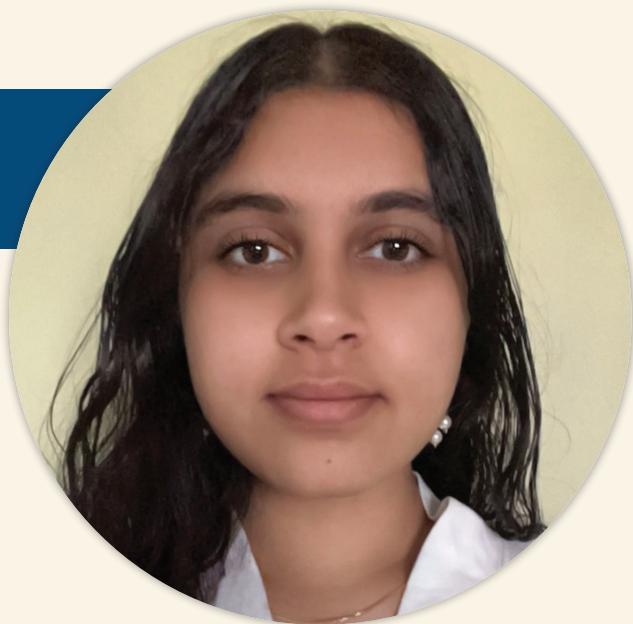
By **RITVIKA BAL**

World Scholars Academy

I've always been fascinated by how different fields — like economics, negotiation, and business — intersect in shaping global decisions. After participating in leadership programs and gaining experience in finance and accounting, I wanted to take my understanding to the next level. The World Scholars Academy offered the perfect blend of opportunities: the World Business Academy led by Dr. Dericks and an in-depth Business Research Internship on cross-cultural negotiation. I saw this as a chance to learn directly from an expert while collaborating with peers worldwide. It was the perfect environment to sharpen my skills and explore my passions deeper.

I focused on finding programs with strong instructors and well-rounded curriculums. The programs I chose at World Scholars Academy stood out because of their dual focus on practical business applications and cross-cultural understanding. Dr. Dericks's resumé as an expert in economics gave me confidence in the program's quality. Additionally, I was drawn to the interactive nature of the classes, which included lectures, research studies, and collaborative projects.

A typical day in the World Business Academy started with engaging lectures from Dr. Dericks on different economic concepts along with revisions on previously learned information. These were often paired with real-world case studies to show how the theories apply in practice. Later, we'd participate in group discussions, sharing our insights and what we learned. For the Business Research Internship on cross-cultural negotiation, we explored cultural dynamics and negotiation strategies, often



applying what we learned to research papers we would analyze. The day often ended with assignments or more research to clarify the lessons and help us understand its uses.

The most memorable moment of my summer was definitely the Shark Tank-style simulation we ran on the last day of the business class. Working in a team, we were asked to create an innovative product that would attract investors. We applied lessons from Dr. Dericks's lectures on competitive strategy and market research to design a product, develop a business model, and outline a strategy. Pitching our idea to our class and receiving real-time feedback was very interesting and helpful to know for the future. The experience not only challenged my creativity and teamwork but also gave me incredible insight into the entrepreneurial process.

Summer programs are an incredible way to explore your interests and build skills. Look for programs that match your career or passions and offer opportunities for hands-on learning and collaboration. Reach out to alumni, research instructors, and review the curriculum to make sure it aligns with your goals. Most importantly, approach the program with curiosity and a willingness to engage with peers — you'll not only grow academically but also make connections and memories that will stay with you for years.

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HOW I SPENT MY SUMMER

By **AMANDA RABADE** **SCAD**

I was getting more active in my school's art club, but felt like an outsider. I wanted to meet people that were more like me, and to pursue art seriously. Being away from home sounded scary, but I knew it would allow me to explore different avenues of art I didn't have access to. I enjoyed Summer Seminars so much, I decided to participate in Rising Star the following summer, which gave me the boost to propel me in my own creativity.

I was struggling to decide if I wanted to do SCAD's five-week program or Ringling's. I was leaning toward Ringling since I had spent one summer at SCAD. I figured it was best to explore another school. Then I remembered how much fun I had at SCAD and how many friends I made. I loved SCAD so much I couldn't miss out on another great summer.

For Summer Seminar, I'd have breakfast with the girls in my hall then make our way to our first workshop. During lunch, we'd explore different places downtown before heading off to our afternoon workshops. There was always something happening in the evening, like a silent disco or movie. Rising Star was similar. I'd eat breakfast with the other girls in my room before heading to class. I'd eat lunch with friends and maybe go shopping before my afternoon class. Sometimes we'd get dinner off campus for a change of pace.

My favorite memory from Summer Seminar was from 3D animation. I felt such joy when I was messing around in Maya for the first time. That was the first step getting me into the career of my dreams. One of my favorite memories at Rising Star was



one of the nights I was up late gossiping with my roommate. I was very shy and it was always difficult for me to talk about myself, so I was grateful to have a roommate that was more outgoing to help me out of my shell.

I know it's scary leaving home, but you won't regret going. It's been six summers since I attended, and I still talk to those girls and remember all the fun we had. I recommend Summer Seminar if you're unsure about pursuing art as a career. It's less of a commitment but still just as fun filled. It's a perfect opportunity to investigate and find what really speaks to you.



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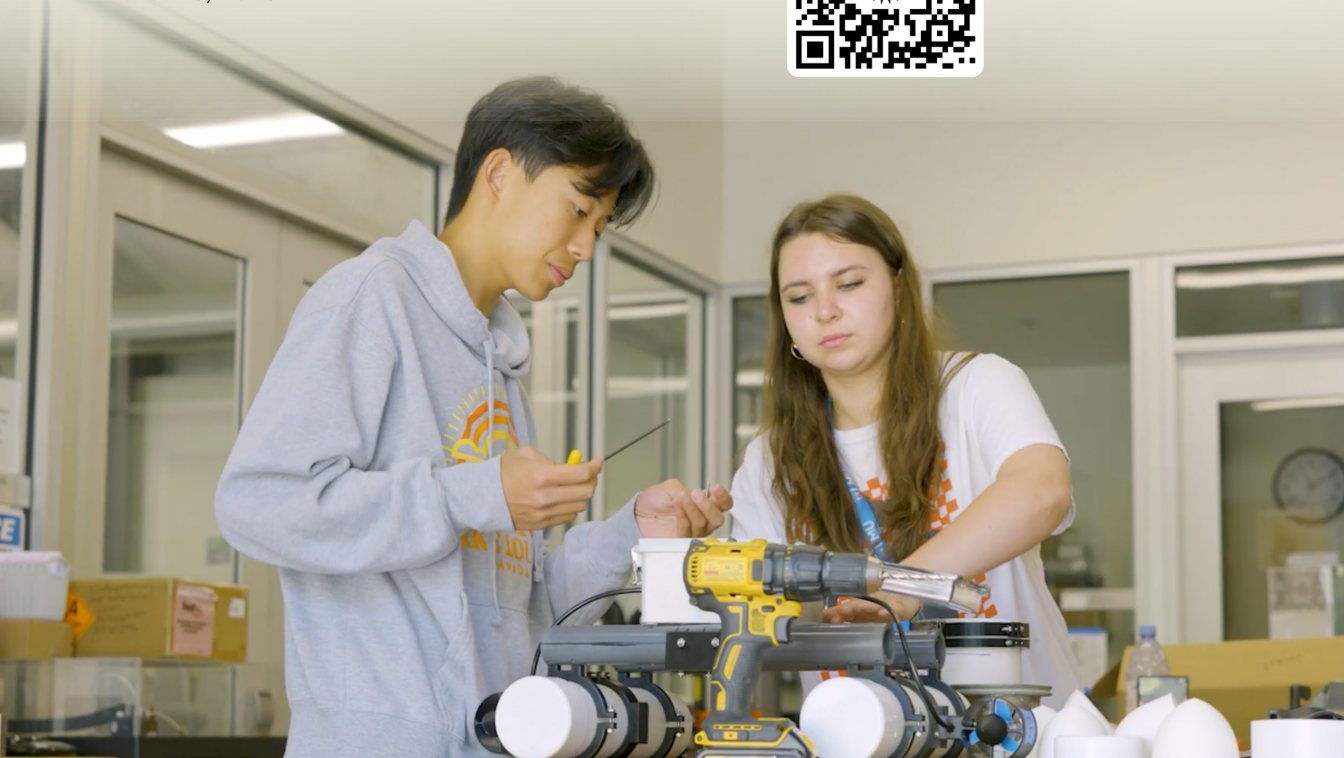
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HOW MY DAUGHTER SPENT HER SUMMER

By **KELLI SMITH-BAILEY**

LMU Summer Programs

My daughter participated in the summer program at Loyola Marymount University (LMU) because she had visited the school for an admission tour and was interested in their animation degree. The program was a great way for her to get to know the school and explore animation as a field of study.

When deciding which program was right for my daughter, we considered timing, location, and program of study. She wanted to do a summer program and LMU — a school she was considering — had openings in its Animation program, a field that interests her. She is also a high-level athlete who competes a lot during the summer, so the timing fit in with her competition schedule and our family's summer plans.

My daughter stayed on campus for this two-week summer program. Her days consisted of eating breakfast, lunch, and dinner either in the on-campus dining hall or with her group while participating in off-campus excursions. She'd attend class two times a day (morning and afternoon) and took field trips to locations that enhanced her learning experience and took advantage of being in Los Angeles. In the evening, she'd have dinner in the dining hall and do homework with friends in the dorm common areas, followed by regular movie nights!

LMU's summer program had many benefits for my daughter. First and foremost, it gave her a great sense of what it would be like to attend college. She loved experiencing dorm life. She learned how to communicate with the resident advisors and navigate her schedule. Additionally, she made wonderful friends from all over the country! They would do movie nights in the common areas of the dorm, and they'd still meet for watch parties from their homes after the program ended. Finally,

she solidified her commitment to animation as a field of study and career. She loved all she learned and even came back and created an independent study course at her high school for her senior year. LMU became her first choice for her undergraduate college program, and she applied early action.

If I could go back and be a parent of high schoolers again, I would have my kids do the summer program at LMU the summers before junior and senior years of high school. My son is now a senior and missed out on the chance to experience LMU's summer program because the timing didn't work for him last summer, while his twin sister loved every minute of it. I wasn't aware of the program when they were eligible before junior year.

Even if LMU isn't the college for your student, the LMU summer program is a wonderful experience for any high school student who is considering attending college. It gave my daughter a great sense of what college life would be like. It also gave me a moment to practice "letting go" while knowing she had the right amount of independence and adult supervision.

I would also advise parents of teens looking at these programs to discuss any concerns with the LMU programming staff. My daughter has severe food allergies, and when I mentioned this to the staff, I was met with immediate problem-solving, meetings with the school's head chef, discussions about options for safe off-campus choices, and assurance of safety within the dorms themselves. This was above and beyond my expectations.

I felt at the time, and believe it now, that the LMU staff cares about my daughter and is dedicated to her success. The LMU summer program is a great way to experience college life with age-appropriate supervision and independence.







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WHY CHOOSE AN ONLINE SUMMER PROGRAM

BY JODI IRELAND

Who doesn't love summertime? After all, it means freedom from the traditional classroom, a chance to unwind and recharge after a busy school year, and an opportunity to do something you don't have time for between September and June.

Summer really is a magical time filled with endless possibilities for fun, learning, and personal growth. Whether you relax, explore, or learn new skills, the summer offers a unique time to make the most of the season and create lasting memories.

You might also want to enroll in summer programs to try something different, nurture your talents, or see what else is out there. But balancing chill time, vacations, a part-time job, or volunteer work can make finding a program aligned with your schedule hard. Enter online summer programs.

ADVANTAGES OF VIRTUAL SUMMER PROGRAMS

They might offer a different type of hands-on experience than an in-person program, but they certainly have their benefits!

Convenience and flexibility

These programs offer exceptional flexibility for students with diverse schedules and commitments. They are frequently designed to accommodate various time zones, enabling students to attend live sessions from wherever they are — and complete assignments at their own pace. This flexibility empowers you to balance your goals for what you'd like to gain from the program with your other activities and personal obligations.

Self-paced learning

There's something to be said for working at your own pace, especially since doing so is rarely an option in traditional school. An online summer program may have different tracks and areas of concentration that enable you to really get granular about topics of interest or accelerate your learning.

Cost-effective

Online summer programs often provide a more cost-effective alternative to traditional in-person programs, eliminating travel and accommodation costs. This affordability increases these programs' accessibility to a broader range of students, allowing them to explore academic and extracurricular interests and develop crucial skills for college, career, and beyond.

Digital literacy

Virtual summer programs harness the power of technology to create engaging, interactive learning experiences. These programs invite you into a fully immersive educational environment via multimedia resources, virtual laboratories, and other digital tools. By participating in an online summer program, you'll deepen your understanding of the topic and develop (and refine) valuable computer literacy skills essential for success in today's digital age.

Global connections

Online summer programs can connect you to students worldwide, fostering intercultural understanding and global citizenship. Imagine becoming friends with someone who lives thousands of miles away!

TYPES OF ONLINE SUMMER PROGRAMS

Before 2020, people may have viewed online summer programs as less rigorous than in-person options, but newer technology has led to some pretty amazing options. Plus, some topics are particularly well-suited for a virtual environment. Here is just a small sampling of

online summer programs. Many offer college credit, too!

- STEM programs that introduce you to various topics in computer science, engineering, AI, game design, biology, chemistry, neuroscience, statistics, sports analytics, cognitive science, nanotechnology, and more
- Visual and creative arts programs in creative writing, animation, fashion, photography, interior design, and dance
- Academic and pre-college courses in architecture, business, hospitality, history, philosophy, literature, social change, leadership, international relations, sports marketing, sociology, law & ethics, foreign language, and more

The popularity of virtual summer programs for middle and high school students will continue to grow. If you can't participate in an in-person program, online options are a great alternative. They'll help you expand your knowledge, refine your skills, and elevate your college applications — from the comfort of your own home, the deck of a cruise ship, the balcony of a mountain retreat, or anywhere in the world.

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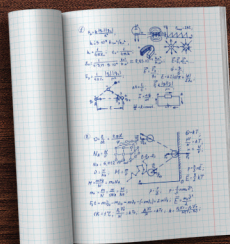
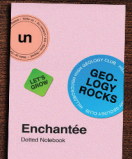
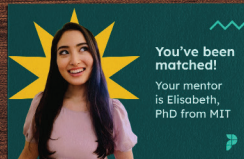
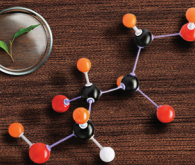
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SUMMER PROGRAM BENEFITS FOR NEURODIVERSE TEENS

BY JODI IRELAND

Parents of neurodiverse teens — those diagnosed with autism, ADHD, or dyslexia, for example — often look to summer not just as a time for vacations and relaxing but as an opportunity to reinforce the skills and progress their teens made during the school year.

The end of regular routines and structured learning once school's out can potentially result in skill regression, impacting social skills, communication abilities, and behavioral improvements. When school resumes in the fall, these teens may struggle with the transition.

Fortunately, there's a solution to keep the momentum going. While traditional programs may work for some, specialized summer programs cater to neurodiverse learners' novel needs and strengths. These camps and programs offer a unique opportunity for these students to develop essential skills, increase their confidence, and cultivate meaningful connections with others.

A SUMMER PROGRAM FOR EVERY INTEREST

Whatever your teen's need or interest, there's a summer program out there.

ACADEMIC ENRICHMENT

For teens seeking academic growth, summer programs provide structured learning environments with smaller class sizes and tailored support (and a whole lot less pressure). These programs often incorporate SAT or ACT prep, English language learning, expository writing, or remedial math.

SOCIAL AND EMOTIONAL DEVELOPMENT

Social challenges can hinder personal growth. Summer programs designed for neurodiverse populations, like students on the autism spectrum, offer a safe space for teens to connect with peers who understand them. These programs can include group activities like intramural sports, arts activities, and weekend excursions fostering social skills and confidence.

HANDS-ON LEARNING

Kinesthetic learners thrive in summer programs with an emphasis on hands-on experiences. Outdoor adventure camps like rock climbing and whitewater rafting build confidence, resilience, and social skills. Internships can provide practical experience and career exposure, enhancing college applications and future job prospects.

SPECIALIZED PROGRAMS FOR TWICE-EXCEPTIONAL LEARNERS

Gifted and neurodiverse students benefit from specialized programs designed to address their needs. These programs foster intellectual growth, social connections, and self-awareness, empowering participants to thrive academically, socially, and personally.

SKILL DEVELOPMENT

Summer programs provide structured social settings where teens can practice communication, empathy, and teamwork with their peers. Living away from home in a residential program — even for a short time — can help these students develop self-reliance, problem-solving skills, and the ability to manage daily routines. Programs may include activities focused on practical life skills such as cooking, budgeting, and time management in preparation for greater independence in adulthood.

SPECIFIC SUPPORT FOR NEURODIVERSE TEENS

Summer programs specifically designed for neurodiverse teens often incorporate:

- A supportive, understanding environment where teens feel comfortable expressing themselves and asking for help
- Tailored programming and individualized support services to meet each participant's unique needs
- Structured activities with clear routines and schedules to help teens manage their time and reduce anxiety
- Sensory-friendly spaces and other accommodations like quiet rooms or specific tools and equipment

FINDING THE RIGHT FIT

The key to a successful summer experience for your teen is finding the right program. Consider your teen's interests, learning style, and social needs. Invite your teen to participate in the decision-making process. Encourage them to research and explore options that excite and inspire them.

Research each program's goals and philosophy. Is the focus on building community, friendships, and social-emotional skills? Sleepaway camps encourage teens to spend time with mentors, adults, and peers and spread their wings, try new things, and gain independence in a safe, supportive environment.

Other considerations to help you choose the best program for your teen include:

- **The staff's background in special needs.** A strong background working with neurodiverse students helps ensure everyone feels included and has a positive experience.

The entire staff should have training and knowledge of best practices in working with neurodiverse teens. Consider the ages of the counselors, too. Older, more experienced counselors may be better equipped to meet the needs of neurodiverse program participants.

- **The staff-to-student ratio.** How many staff provide supervision during the day? Are all staff members included in this ratio, or are other personnel (like kitchen staff) not directly responsible? If the program involves water sports or is located near a body of water, how do staff supervise the waterfront?

When might teens be left unsupervised (rest time, after lights-out, etc.)? Where do the counselors sleep relative to the students? Is there enough staff to assist these students with tasks like transitioning between activities, completing chores, or preparing for bed?

- **The environment.** A well-structured daily routine, with clearly defined transitions and expectations, is crucial for neurodiverse participants to thrive.
 - > Is the schedule rigid or flexible? Most teens

do well with a balance of structured and unstructured time.

- > How does the camp promote social interaction and friendship-building among participants? Are there opportunities for participants who struggle with social interactions to receive social skills training?
- > Does the program have a culture of inclusivity, and are there strategies to help teens participate fully — to the extent that they are comfortable — in activities and social events?
- > How are cabin/rooming assignments made for overnight programs? Are there considerations for social compatibility and support needs?
- > How does the program address conflicts and promote positive relationships among the teens? What procedures address bullying and social exclusion, especially during unstructured times?

Effective behavior management is essential for a positive environment. How does the program manage challenging behaviors, and how are those strategies tailored to individual needs? How are the rules enforced and consequences administered? How does the program communicate with parents about their teen's behaviors and any concerns or emergencies?

Ask others like guidance counselors, specialists, and other professionals working with your teen for recommendations. Read the reviews from parents (especially those with neurodiverse teens who've participated in the past).

SUMMER PROGRAMS OFFER CONTINUOUS LEARNING OPPORTUNITIES

Consistency is crucial for neurodiverse teens who thrive on routine and predictability. We've all heard about the "summer slide," but summer programs can keep the momentum going — in a structured environment — reinforcing progress made throughout the school year.

Enrolling your neurodiverse teen in a summer program continues learning and growth. This investment in their development can have a lasting impact on their overall well-being and future happiness and success. A bonus? These programs may help smooth the transition to the next school year, too.

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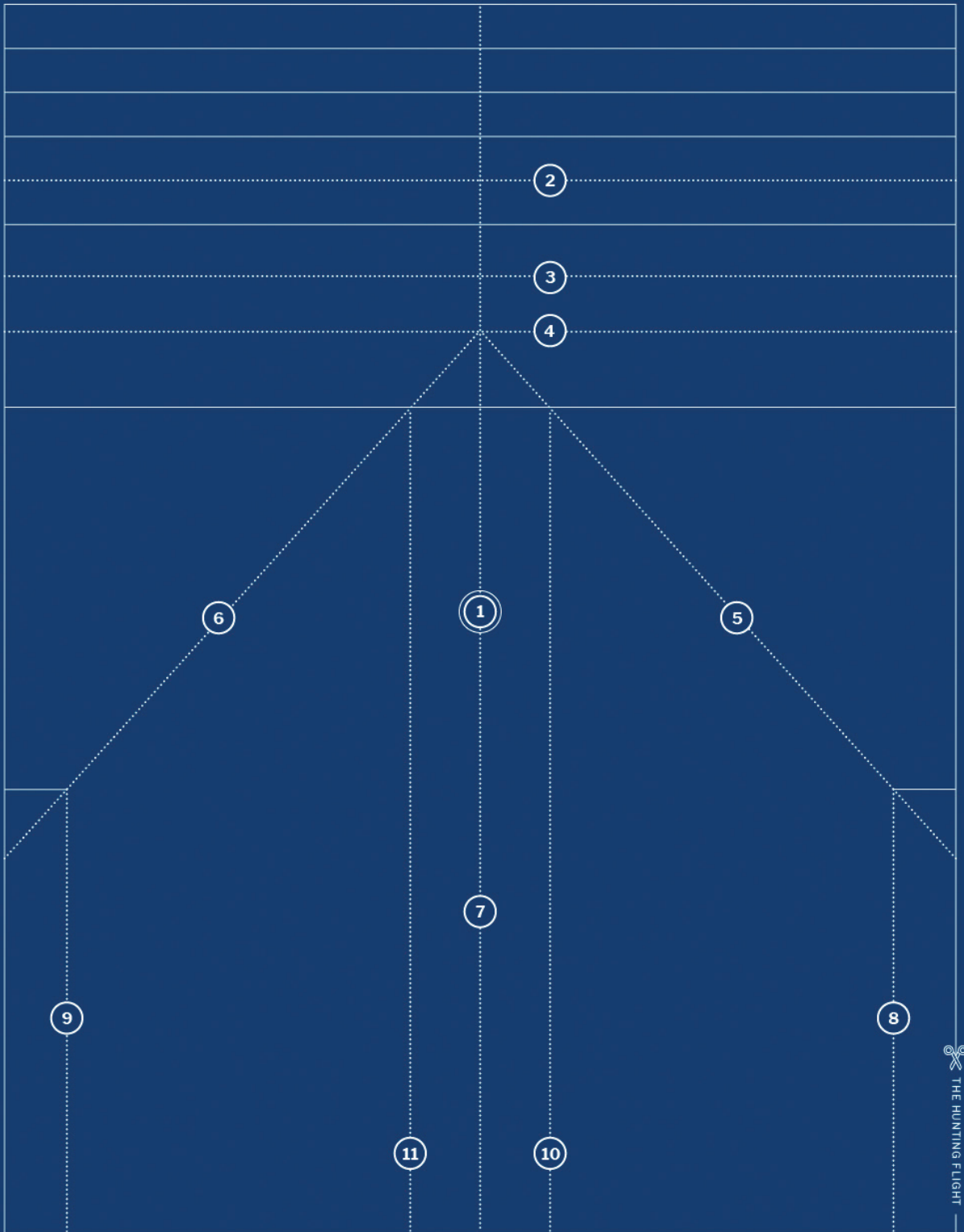
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THE BENEFITS OF LEARNING ANOTHER LANGUAGE

■■■■■■■■■■ BY JODI IRELAND ■■■■■■■■■■

Almost 8 billion people live on the planet — and only 1.4 billion or so speak English. Chinese is the most widely spoken language, followed by Spanish and then English, which is the primary language for approximately 360 million people worldwide.

Learning a new language opens up a world of possibilities. Whether you're traveling abroad, immersing yourself in a different culture, or advancing your career, solid language skills are a valuable asset. Imagine exploring a foreign city and communicating effortlessly with the locals — or landing a dream job that requires fluency in a second language.

Beyond practical benefits, learning a second language enriches your life in countless ways. From discovering new literature (imagine reading *Le Petit Prince* in the original French) and new music to gaining a deeper understanding of different cultures, language learning's advantages are innumerable!

SPRECHEN SIE DEUTSCH? PARLEZ-VOUS FRANÇAIS? Nǐ HUI SHUō ZHōNGWÉN MA?

If you're planning a career that requires connecting and communicating with people worldwide, learning a second language makes sense. Here are other benefits of becoming bi- or multilingual.

Better brain function

Learning another language gives your brain a fantastic workout because it requires grappling with new grammar rules, vocabulary, and sentence structure. As your brain works to process this information, it strengthens and grows like a muscle.

Unlike your native language, which your brain's left hemisphere processes, second language learning engages both hemispheres. This increased brain activity can lead to grey and white matter growth.

The benefits of language learning extend beyond cognitive enhancement. Studies have shown that multilingual people may experience a delayed onset of neurodegenerative diseases like Alzheimer's and dementia.

Improved attention spans

Learning a new language can boost focus and concentration. By switching regularly between languages, bilinguals train their brains to filter distractions and concentrate on the current task. This enhanced ability to zero in is a definite benefit in today's fast-paced, information-overloaded world.

Research has also shown that bilingualism can improve executive function — the mental processes that allow us to plan, organize, and problem-solve. Bilingual people are often better at multitasking, decision-making, and creative thinking.

More career options and job opportunities

Speaking a second language can significantly enhance your career prospects in a globally connected world. Speaking a second language opens doors to more opportunities and increases earning potential.

In a competitive job market, language skills can elevate you above other candidates. Employers often seek individuals with strong communication and problem-solving abilities. Learning a second language develops those skills, increasing your value.

Enhanced creativity

Learning a foreign language can spark your creativity because as you learn the language, you learn the culture. Exposure to different perspectives broadens your thinking and can make you more innovative, adaptable, and flexible.

And think about it: the process of learning that new language requires you to combine words and phrases in different ways to express yourself. It's a cognitive exercise that stimulates your imagination and enhances your creativity.

An added bonus? Creative activities improve mental health and well-being, so learning French, Spanish, or any other language doesn't just boost your brainpower — it also nurtures your mental health!

A better grasp of your native language

While we acquire our native language intuitively as babies and toddlers, learning a second language requires deliberate study and practice. Did you know this process can actually enhance our understanding of our first language? In learning a new language, we become more conscious of language's underlying rules and structures and start to recognize patterns and nuances we may have taken for granted.

I'm a former high school Latin and English teacher. When I taught Latin, my students had to understand how grammar worked in English before applying those rules to Latin. Many said that learning Latin helped them grasp the complex grammar rules of English more easily — and it definitely showed in the papers written by students I taught in both Latin and English. The same held for my colleagues teaching French, Spanish, and German.

Improved memory

Just like physical exercise strengthens our muscles, mental exercises strengthen the brain. Learning a foreign language is a fantastic way to challenge your cognitive abilities and improve your memory.

Learning a language requires memorizing new vocabulary, grammar rules, and sentence structures. This mental workout strengthens your memory and helps you retain information more effectively.

Higher self-esteem

Learning something different — and challenging — requires us to step outside our comfort zone and embrace our mistakes as part of the process. But while it may feel nerve-wracking to chat with native speakers as you stumble along with unfamiliar vocabulary, the rewards are worth it.

Achieving fluency in a foreign language can boost self-esteem. That feeling of accomplishment? Being able to communicate with people from different cultures? Talk about empowering! As you gain confidence in your

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language skills, you'll gradually become more comfortable in social situations and more adept at navigating different cultural contexts.

Level up college applications

Learning a foreign language can also give your application a little extra "wow" factor. Fluency in a second language showcases your initiative, curiosity, and well-rounded education.

Many colleges also have a foreign language requirement. If you've learned another language in high school, you can take a placement test to see what college-level course to take. A high enough score may exempt you from continuing the language in college, freeing you to try a third language (or another elective).

Make lifelong friends in school — or abroad

Learning a second language can open doors to new friendships and cultural experiences. In high school and summer programs, language classes provide opportunities to connect with like-minded peers who share your passion for learning. When you study a language for multiple

years, you build bonds with your classmates that can last a lifetime.

If you study abroad for a semester or a summer, you meet people from diverse backgrounds and cultures. You'll form friendships with your fellow travelers and the locals eager to share their language and culture with you.

A FINAL REASON TO LEARN A FOREIGN LANGUAGE

While English is the primary language in the U.S., it's not the "official" language of this country. In fact, the country doesn't have an official language at the federal level. This choice makes sense. Even though over 245 million people in the U.S. speak English at home, about 430 languages are spoken here. English tops the list, followed by Spanish, Chinese, and Tagalog — with over 21% of the population speaking minority languages at home.

Your background may include other ethnicities. Wouldn't it be fun to speak the native tongue of your ancestors? Life is just more interesting when you're bi- or multilingual.

AN OCEAN OF KNOWLEDGE AWAITS YOU

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Explore the Program

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HOW I SPENT MY SUMMER

By **BRYANAH HOUSTON**

Boston Leadership Institute: Intro to Surgery

I took Intro to Surgery, described by BLI as a one-week medical program that introduces students to basic surgical skills, such as surgical knot tying and suturing. It allows us to translate these skills to mock surgeries. Students focus on cardiovascular disease, including coronary artery bypass grafting. Students additionally complete, in groups, a slideshow presentation involving cardiothoracic diseases and their surgical treatments. They will then practice their presenting skills as they present their work to the rest of the class. They learn skills that will aid them in the process of applying to and succeeding in pre-med and medical programs in their futures.

During my time attending the BLI Intro to Surgery program, I feel that it impacted me in many ways. I learned skills early on that I otherwise would have had to learn further in my academic career. I was taught verbal study hacks by my amazing instructors. These helped me not only remember the materials better but also how to be more attentive. Overall, I learned skills that will help me down the road to further my education and lead me to be the surgeon I one day hope to become. I was able to perform mock surgeries such as a gastric bypass and a CABG as well as learn and apply many different suture techniques that I still practice today. I was also taught the proper way to check someone's blood pressure.

This skill enabled me to be able to check my dad's blood pressure when needed, which I was unable to do prior to my BLI experience. Being involved in hands-on learning helped me understand and



physically see what I was learning to prepare me for the work I will be executing in the future. Apart from the medical skills I took part in, I learned how to be a leader and the importance of collaboration skills. I learned how to work together when in groups/duos and listen to other people's thoughts and ideas. I gained the ability to better my public speaking when presenting my own ideas to my peers. All in all, I learned leadership skills that I now apply to my everyday life. I am involved in multiple clubs at my school, some of which I lead to excel in the community and accomplish great goals. I am forever grateful and blessed that I had the opportunity to learn such amazing things at BLI.

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HOW I SPENT MY SUMMER

By SHAILA COLON DE LEON Syracuse University Pre-College Programs



As a Hispanic girl in a predominantly white school, I have always wanted to do more. I had to do more. To even be seen, I had to strive for more. Striving for a career in a male-dominated field, I've had to do more. Being the only girl in my computer science classes pushed me to learn more, to surpass my male peers and to show them that I, a girl, could also do just as much as them. When I saw the opportunity to attend Syracuse University's Summer College program, I was immediately enticed.

Having lived in Syracuse since I was 7, I always considered the possibility of attending Syracuse University when I got older, and now that I was, its Summer College program was a no-brainer for me. Once I realized the courses included fields like STEM and computer science, I signed up on the spot. Realizing that the IT Girls: Women in Stem course was an all-girl science course excited me the most, and I knew it was the program for me.

The incoming emails preparing me for what was soon to be the best week of my year left me well-prepared. This preparation process was completely new to me. Yet, it was the common process for moving into college, and I am grateful for the experience. Now, I'm able to anticipate what comes ahead as I prepare to attend college full-time. Once I arrived, I was joyous, getting my ID and opening the doors to my dorm for the first time. I will never forget the beautiful view from the dorm window. Meeting my roommate from California blew my mind, and the astonishment even furthered after I made even more friends in the lobby downstairs.

A regular day started with waking up at 8 a.m., having breakfast in the dining hall with my new friends, and then walking through the campus's beautiful hills and architecture to my course inside the iSchool. There, the teachings surpassed anything I've ever learned. The wonderful conditions created by the safe environment of an all-girls course led to bonds created and friendships formed. The team-building exercises to get to know each other allowed us to work well together academically and in our friendships. Lunch break around 1 p.m. included another beautiful walk to the dining hall or other food places around campus. Back in the iSchool, each lesson varied every day, and I retained information extremely well. Once the class ended at 4 p.m., we spent the rest of the day attending multiple events offered on campus, like ice skating or a pool party.

At Summer College, I bonded with a diverse group of Hispanics, which led to spending every moment outside of class together and having active relationships even now. The multiple opportunities to go out and explore Syracuse enticed us all, and the beautiful scenery on our walks was wonderful. The most memorable moment was ice skating on the south campus with my new group of friends. It felt like I was a kid again, and my fun there could never be duplicated.

If you're nervous about opening a new chapter of your life as you explore the college world, the bonds and connections with the people you meet will lead to experiences and moments that are fruitful in memories and teachings. Reach out, participate, and always do more.

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Whatever your goals are this summer, we hope you do something great. Check out these options and see if there is one that's right for you!



To connect with these programs, scan this QR code or go to teenlife.com/request-summer.

ACADEMIC

ADELPHI UNIVERSITY SUMMER PRE-COLLEGE PROGRAMS

adelphi.edu/precollege

Location(s): Garden City, NY

Adelphi University's Summer Pre-College Program is open to rising high school sophomores, juniors, and seniors. Our three-week, credit-bearing program allows students to explore an academic area of interest, participate in college preparation workshops, and discover all that Adelphi University has to offer. Both residential and commuter options are available. Take an amazing class, make new friends, and earn college credits all in our summer program tailored just for you. [Learn More »](#)

ALFRED UNIVERSITY PRE-COLLEGE PROGRAMS

alfred.edu/about/summers-at-alfred/summer-camps

Location(s): Alfred, NY

Each summer, we welcome high school students from all over the country to our beautiful Alfred University campus for a variety of Pre-College Programs that offer something of interest for every student. A faculty member or coach staffs each Academic Institute or Sports Clinic, educating and challenging students with a college-level experience in a safe and supportive environment. [Learn More »](#)

ANDOVER SUMMER AT PHILLIPS ACADEMY

andover.edu/summer

Location(s): Andover, MA

Established in 1942, Phillips Academy's Summer Session in Andover, Massachusetts, is the premier summer academic enrichment program in the country helping students from across the United States and around the world to achieve their educational goals. For five weeks, students with ambitious academic goals prepare for the rigors of the best high schools and colleges and the challenge of leading and serving in this complex world.

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the-bac.edu/summer-academy

Location(s): Boston, MA; Online
The Boston Architectural College's (BAC) Summer Academy is designed for high school students curious about starting a career in architecture, interior design, landscape design, urban design/planning, and more. The BAC's Early College Program helps students study design with leading professionals and peers from around the globe. Students worldwide (grades 9–12) are welcome to participate in this hands-on summer program. No design experience required! Offered onsite and virtually, learn more about how YOU can launch a future in design. [Learn More »](#)

BOSTON COLLEGE SUMMER SESSION

bc.edu/bc-web/sites/bc-experience/

Location(s): Chestnut Hill, MA; Online

The Boston College Experience provides motivated high school students the opportunity to live and learn as students at Boston College. Our programs expose students to a rich and rewarding college experience through coursework, extracurricular activities, and reflection. Students participate in lectures and workshops ranging from the college admissions process, resume writing and networking skills, and cultural and social outings while enjoying the beautiful city of Boston in summertime. [Learn More »](#)



BOSTON HISTORY COMPANY: SUMMER HISTORY CAMP

bostonhistoricaltours.org/coming-soon-03

Location(s): Boston, MA

BHC's Summer History Camp is an immersive, two-week program for high school students on the history of Boston, featuring daily walking tours around the city, readings and discussions, and supervised research projects on topics of students' own choosing. Tour locations include the Freedom Trail, the Back Bay, the North End, Harvard University, MIT, the MFA, Fenway Park, and more. Students will construct a short historical video, podcast segment, or essay by the end of the camp. [Learn More »](#)

BOSTON UNIVERSITY SUMMER TERM HIGH SCHOOL PROGRAMS

bu.edu/summer/highschool/teenlife

Location(s): Boston, MA; Online

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CAMPUS OXFORD SUMMER COURSES

campusoxford.com/summer-programme

Location(s): Oxford, Cambridge (UK); New York, NY & San Francisco, CA (US); Toronto (Canada); Sydney (Australia)

Campus Oxford summer courses include Academic Insights at Oxford and Cambridge College and in Toronto and Career Insights in the London, New York, and San Francisco college locations. Each course allows you to choose an academic subject or prospective career to research in-depth, enhancing your knowledge and understanding, and preparing you for future success. Our Female Future Leaders course prepares young women for prominent careers. A full schedule of visits and activities balances the study aspect for a well-rounded summer experience. [Learn More »](#)

CAPITOL DEBATE SUMMER CAMPS

capitoldebate.com

Location(s): Multiple locations in-person; Online

Established in 2006, Capitol Debate's summer camps offer a unique blend of debate and public speaking training for middle and high school students. Focused on personal growth and skill development, the curriculum emphasizes voice dynamics, articulation, and confidence-building. Participants enjoy a mix of rigorous learning and fun team activities, shaping them into confident communicators and critical thinkers, ready for a transformative experience. Campers learn effective argumentation, cross-examination techniques, and refutation skills, equipping them for competitive debating and everyday leadership. [Learn More »](#)

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summer.champlain.edu

Location(s): Burlington, VT

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[Learn More »](#)

COLUMBIA UNIVERSITY: SUMMER PROGRAMS FOR HIGH SCHOOL STUDENTS

precollege.sps.columbia.edu

Location(s): New York, NY;

Online

Columbia University invites the world's top high school students, grades 9–12, to deepen their academic and college preparation through our pre-college academic enrichment programs. Columbia offers a wide variety of program options: one- and three-week Summer Residential and Commuter Programs; one- and two-week Summer Online Programs; and ten-week Academic Year Weekends (Friday, Saturdays and/or Sundays). Learn from world-class experts and researchers, accelerate college preparedness, and join a global community of scholars.

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DUKE UNIVERSITY: PRE-COLLEGE PROGRAMS

learnmore.duke.edu/precollege

Location(s): Durham, NC;

Online

Duke Pre-College offers an exciting range of summer programs designed to prepare middle and high school students for the next step in their academic journeys. Whether students study on Duke's campus, explore the Marine Lab in Beaufort, NC, or engage in dynamic online courses, they'll have the opportunity to dive into challenging and inspiring subjects. Participants also connect with global peers, learn from industry veterans and Duke affiliates, and gain invaluable insights that enhance college readiness. [Learn More »](#)

FIRE FREE SPEECH FORUM

camp.thefire.org

Location(s): Washington, D.C.

The forum is a free, week-long summer program for college-bound rising 10th through 12th graders interested in free speech. Students will gain a thorough understanding of free speech, why it's important, and how it empowers all of us to solve real-world problems and achieve our full potential. The summit strikes the perfect balance of academic rigor, immersive activities, leadership-building, and fun. Through a shared interest in free speech, students will make lifelong memories with new friends. [Learn More »](#)



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program

Location(s): *Cambridge, MA; Online*
Harvard's Summer College Programs for high school students are intensive programs designed to give students a glimpse of college and the opportunity to challenge themselves in college-level academics. You'll meet new friends from around the world and build important life skills that can make your future college experience successful while strengthening your college application. [Learn More »](#)

**ISSOS INTERNATIONAL
SUMMER SCHOOLS**
issos.com

Location(s): *Cambridge and St. Andrews (UK); New Haven, CT (US)*
ISSOS offers exclusive summer schools in the world-renowned university towns of St. Andrews, Cambridge, and Yale for students aged 13-18. Our unique three-week programs blend academic excellence, creative enrichment, and exciting adventures for a once-in-a-lifetime experience. With a 10% cap on any one nationality, ISSOS welcomes students from 80+ countries, building a global community. From expert-taught classes to a fun-filled clan competition, ISSOS is where students learn, grow, and create memories to last a lifetime. [Learn More »](#)

**JOHN CARROLL
UNIVERSITY: SUMMER
IN THE HEIGHTS**

jcu.edu/summerintheheights
Location(s): *University Heights, OH*
John Carroll University's Summer in The Heights is a premier pre-college academic experience for students entering their sophomore, junior, or senior year of high school. Participants will learn directly from John Carroll faculty in one of our six dynamic program offerings while immersing themselves in JCU's campus environment. Students will also have the opportunity to explore the diverse neighborhoods around John Carroll in "The Heights" and the city of Cleveland! [Learn More »](#)



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July 1–August 3, 2025

JOHNS HOPKINS ENGINEERING INNOVATION PRECOLLEGE PROGRAMS ei.jhu.edu

Location(s): *Baltimore, MD*
Johns Hopkins Engineering Innovation Precollege Programs offer high school students passionate about math, science, and technology the power to engineer the future and earn college credit from our top-tier research university. This summer, tackle college-level engineering courses alongside creative and bright students from around the world through on-campus and online courses. [Learn More »](#)

LOYOLA MARYMOUNT UNIVERSITY PRECOLLEGE SUMMER PROGRAMS

summer.lmu.edu/courses
Location(s): *Los Angeles, CA*
Loyola Marymount University's precollege summer programs offer high school students a unique opportunity to experience college life through engaging two- or four-week courses. Designed to challenge their critical and creative thinking, these programs go beyond traditional summer school. Students will explore their academic passions, grow as individuals, and discover what it means to live the life of an LMU Lion. This transformative experience helps students gain insight into their future while making friendships and memories that will last a lifetime. [Learn More »](#)



NORTHWESTERN CENTER FOR TALENT DEVELOPMENT (CTD) SUMMER PROGRAM

ctd.northwestern.edu/summer-programs
Location(s): *Evanston, IL; Chicago, IL*
Northwestern University's Center for Talent Development (CTD) offers summer programs for grades 6–12, helping students explore their strengths and passions. Through academic enrichment and accelerated courses, we inspire curiosity and foster growth, providing tools for success in school and beyond. Our programs guide students to delve deeper into subjects they love or discover new interests, paving the way for them to reach their full potential. Together, we help them thrive and grow academically and personally. [Learn More »](#)

NYU SCHOOL OF PROFESSIONAL STUDIES: HIGH SCHOOL ACADEMY CAREER EDGE

sps.nyu.edu/high-school-academy/programs/career-edge
Location(s): *New York, NY*
Experience NYU and explore careers this summer! Immerse yourself in a one-of-a-kind college and career readiness experience at NYU's Career Edge Summer High School Program. These one-week summer sessions allow you to explore career possibilities and gain a competitive edge on your college applications. Meet friends from around the world, explore NYC, and live in an NYU dorm! Get a taste of the real-world workplace while preparing for college life—only at NYU SPS! [Learn More »](#)

PENN STATE BELLISARIO COLLEGE OF COMMUNICATIONS SUMMER CAMPS

bellisario.psu.edu/departments/summer-camps
Location(s): *State College, PA*
The Donald P. Bellisario College of Communications at Penn State University offers students a fully immersive, creative experience in our state-of-the-art studios for students to bring their stories to life. Led by industry professionals and experienced Penn State faculty, these weeklong camps feature hands-on experiences for students interested in Social Media & Content Creation, Broadcast Journalism, and Film Production. Summer camps are July 6–11, 2025, and are open to students aged 14–18 as of July 1, 2025. [Learn More »](#)

POLYGENCE SUMMER RESEARCH PROGRAM

polygence.org/partner/teenlife
Location(s): *Online*
Polygence is an online mentorship program that equips teens with skills and guidance to thrive in college, adulthood, and beyond. By fostering agency and encouraging students to explore their genuine interests, we pair them with PhD-level mentors who support them through a personalized research project while they develop time management, critical thinking, and self-directed learning. Through 10 one-on-one sessions, students design and complete tailored research projects—and produce tangible outcomes. This transformative experience deepens their passion for learning and prepares them to succeed. [Learn More »](#)

The background of the entire page is a photograph of two young women with long hair, focused on a design project. They are leaning over a table covered with white paper, using various colored markers and pencils to create a design. One woman is in the foreground, looking down at the paper, while the other is slightly behind her, also looking down. The lighting is warm and indoor.

BOSTON ARCHITECTURAL COLLEGE

SUMMER ACADEMY



What are you doing this summer?

Curious about architecture, interior design, landscape design, urban planning, and more? The Boston Architectural College's Early College Program offers high school age students hands-on design exercises with peers and leading professionals around the world. **No design experience is required! Learn how YOU can launch a future in design.**

Summer Programs

www.teenlife.com/request-summer

PRATT INSTITUTE: PRECOLLEGE SUMMER PROGRAM

pratt.edu/continuing-and-professional-studies/pre-college/summer-precollege

Location(s): Brooklyn, NY

At Pratt, you're more than just a student — you become part of a vibrant tapestry of creators. Nestled in Brooklyn, you'll join a diverse and supportive arts community united by a shared belief: collaboration fuels success. The four-weeks summer program offers intensive courses in art, design, architecture, and writing, taught by Pratt faculty on our Brooklyn campus. Gain college-level skills, strengthen your portfolio, and earn college credits — all while experiencing the creative energy of New York City. [Learn More »](#)

QUINNIPIAC UNIVERSITY SUMMER PROGRAMS

qu.edu/summer

Location(s): Hamden and North Haven, CT

Designed and delivered by our expert faculty, Pre-College Summer Programs at Quinnipiac give high school students the freedom to explore their interests while getting a taste of the college experience. With overnight and commuter options, these one- and two-week programs focus on various themes from movie-making, creative writing, and sports communications to game design, forensic science, nursing, data sciences, healthcare career exploration, and pre-med preparation. This year, take a break from the ordinary and find your summer adventure at Quinnipiac.

[Learn More »](#)



REACH CAMBRIDGE INTERNATIONAL SUMMER PROGRAMS

reachcambridge.com

Location(s): Cambridge, UK

Since 2005, we have been welcoming students from all around the world to share in a truly international experience. Our rich curriculum of academic tuition and research, group activities, excursions, and social events provides a truly formative and memorable experience. We offer two, four & six week programs during the summer for students aged 14-18. Visit our website to view our excellent early-bird discounts.

[Learn More »](#)



SMITH PRECOLLEGE SUMMER PROGRAMS

smith.edu/academics/programs-courses/precollege-programs

Location(s): Northampton, MA

Spend two weeks in New England this summer at Smith! Experience living and learning this summer on the beautiful Smith College campus in Northampton, Massachusetts. 2025 Programs: Creative Writing Workshop, Summer Science and Engineering, Women, Gender and Representation, Sustainable Futures, and College Readiness. Smith Precollege Programs are open to students entering 9-12th grade in the fall of 2025. Courses are not for credit. Smith College is among the top-rated liberal arts colleges in the United States.

[Learn More »](#)



Pre-College Programs

umass.edu/summer



Residential & Online Programs

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Sport Management | Hospitality | Art | Architecture
Broadcasting | Sociology | Psychology | Literature
and more

2025 Sessions: June 29 | July 13 | July 27

ST. JOHN'S COLLEGE SUMMER ACADEMY

sjc.edu/summer-academy

Location(s): Annapolis, MD; Santa Fe, NM; Online
St. John's Summer Academy is a college summer program for high school students (ages 15-18), modeled after St. John's discussion-based, interdisciplinary method of teaching great books. A genuine introduction to college life, Summer Academy helps students hone their reading, critical thinking, and discussion skills in classes led by St. John's faculty. Join week-long programs on our campuses in Annapolis, MD, and Santa Fe, NM, or online.

[Learn More »](#)

STANFORD PRE-COLLEGIATE SUMMER INSTITUTES

spcs.stanford.edu/teenlife

Location(s): Stanford, CA
Stanford Pre-Collegiate Studies academic enrichment programs allow intellectually curious students to explore advanced topics beyond the typical high school curriculum. Students engage in an interactive exploration of material with a global community of peers. Online and residential courses are available in mathematics, bioscience, humanities, business, writing, and more.

[Learn More »](#)

STONY BROOK UNIVERSITY: PRE-COLLEGE SUMMER summer

Location(s): Stony Brook, NY
Explore your academic passions at New York's top-ranked public university! At Stony Brook's Pre-College Summer Program, you'll dive into a weeklong residential experience featuring hands-on, non-credit courses in a wide range of disciplines, including creative writing, communicating science, engineering, filmmaking, healthcare, pre-law, science, sustainability, and more. You'll learn directly from world-class faculty, build lasting friendships through social activities and campus events, and gain an authentic taste of college life. [Learn More »](#)

SUMMER DISCOVERY: TRANSFORMATIVE SUMMER PRE-COLLEGE ACADEMIC EXPERIENCES

summerdiscovery.com/lp/teenlife
Location(s): USA; UK; Spain
Summer Discovery is the #1 pre-college summer enrichment program recommended by high school college counselors. Our programs deliver tangible results that strengthen your college application and propel you forward with confidence and clarity to define your future career goals. No other pre-college summer program compares to our deep university relationships, accredited instructors and curriculums, exclusive on-campus access to facilities, and off-campus adventures. Choose from 300 courses at 15 universities. Applications for Summer 2025 are open. Space is limited. Apply today!

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SUSQUEHANNA UNIVERSITY: SUMMER PRE-COLLEGE PROGRAMS

susqu.edu/academics/summer-pre-college-programs

Location(s): *Selinsgrove, PA*

The Summer Pre-College Programs at Susquehanna showcase the university's colleges of the arts, business, humanities and sciences by offering exciting and engaging, weeklong on-campus workshops designed especially for high-achieving high school students. Faculty and college student mentors challenge high schoolers who want to learn new skills, improve their abilities, or explore topics that can add to their college résumé.

[Learn More »](#)

SYRACUSE UNIVERSITY PRE-COLLEGE PROGRAMS

precollege.syr.edu

Location(s): *Syracuse, NY*

For 64 years, Syracuse University Office of Pre-College Programs has been providing high school students with the opportunity to explore college majors and potential careers through its renowned pre-college programs. Students choose from over 100 credit or non-credit courses either on campus, online, or on location in NYC and LA. Courses are taught by Syracuse University faculty and instructors. Students learn to balance freedom and responsibility much like a college student and return home feeling confident, enthusiastic, and college ready.

[Learn More »](#)



THE SCHOOL OF THE NEW YORK TIMES: SUMMER ACADEMY

nytedu.com/pre-college/summer-academy/nyc

Location(s): *New York, NY*

Summer Academy N.Y.C. at The School of The New York Times is designed for curious-minded high school students interested in learning to think critically and creatively about the world. Students explore a range of subjects, including journalism, business, politics, and the arts, alongside New York Times journalists and other industry thought leaders. [Learn More »](#)

TUFTS UNIVERSITY PRE-COLLEGE PROGRAMS

go.tufts.edu/teenlife

Location(s): *Boston, MA*

At Tufts, our Pre-College Programs offer ambitious high school students the opportunity to learn from renowned faculty and experience rigorous academics at a leading higher education institution. Our summer programs combine the academic rigor of a top 30 university with a vibrant community of inspired learners and an engaging virtual campus. Programs run from one-week up to six-week sessions.

[Learn More »](#)



UC BERKELEY'S ARCHITECTURE & DESIGN SUMMER PROGRAMS

ced.berkeley.edu/academics/summer-programs

Location(s): *Berkeley, CA*

Explore how design might fit into your future this summer at UC Berkeley. In-person architecture and design programs will fire your imagination, stretch your mind, and set you on the path to achieving your goals. You'll explore multiple aspects of environmental design and learn how to conceptualize and communicate your ideas in 2D and 3D. No prior design experience is necessary. These intensive programs start at high school age with commuter and overnight options. [Learn More »](#)

UC SAN DIEGO ACADEMIC CONNECTIONS

academicconnections.ucsd.edu/inpersoncourses

Location(s): *San Diego, CA*

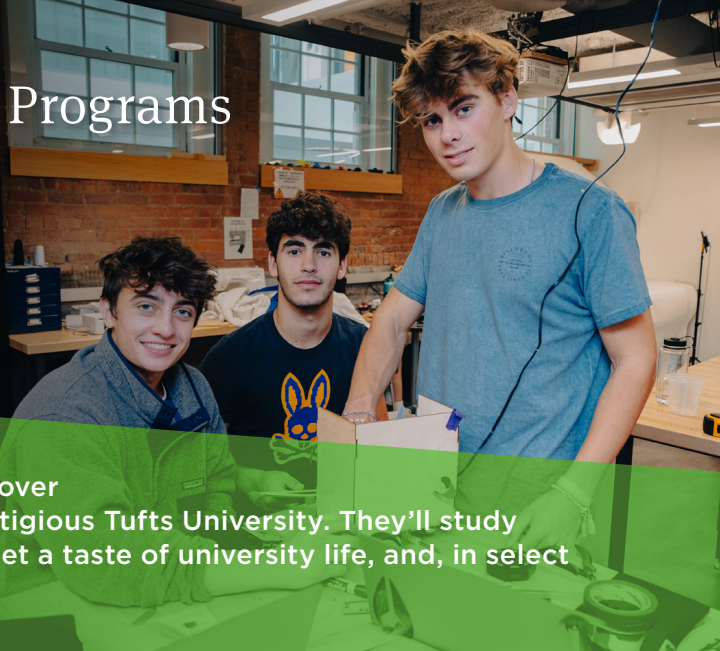
Immerse yourself in a dynamic summer residential experience with Academic Connections at UC San Diego. High-achieving high school students live on campus, exploring fields like engineering, sciences, and the arts at a top-five public university. Engage in hands-on courses led by inspiring instructors and build academic skills and lasting friendships in a vibrant social setting. This pre-college program offers a glimpse into university life, providing the perfect blend of academic growth and community. Apply now. [Learn More »](#)





Pre-College Programs

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Your high school student can discover a world of possibilities at the prestigious Tufts University. They'll study alongside like-minded students, get a taste of university life, and, in select courses, earn college credits.



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“At first I thought I'd come to this program just learning about how to treat animals, but I ended up learning more about myself and my peers as well. We can all share this comradery to achieve what we want in life.”

— **Chris Kwon**

Student, Veterinary Medicine,
Pre-College Program at Tufts



Pre-College Programs

go.tufts.edu/teenlife | precollege@tufts.edu | 617-627-2926

UC SAN DIEGO DIVISION OF EXTENDED STUDIES: TEST PREP

extendedstudies.ucsd.edu/courses-certificates/pre-college/test-preparation
Location(s): *San Diego, CA*
UC San Diego Extended Studies offers high-quality, low-cost test prep courses for SAT, ACT, GRE, GMAT, MCAT, LSAT, and individualized support for college admissions essays. With expert instructors, flexible, year-round classes, and proven strategies, our courses empower you to achieve higher scores and create a standout application. Whether you're preparing for college or graduate school, our personalized approach helps you reach your academic goals and opens doors to your future. Plan for success—sign up today. [Learn More »](#)

UCLA: WRITING SUMMER INSTITUTE FOR HIGH SCHOOL STUDENTS

wp.ucla.edu/outreach/outreach-for-high-school-students/
Location(s): *Los Angeles, CA*
English Composition 50: Introduction to College Writing for High School Students is a non-resident writing course for English-speaking high school students who seek to strengthen their writing and discussion skills. UCLA's highly regarded writing specialists will help college-bound students prepare for those challenges. All activities will demystify the unstated differences between college and high school writing. The summer workshop will also attend to the college application process, including the application essay. [Learn More »](#)

UMASS AMHERST SUMMER PRE-COLLEGE PROGRAMS

umass.edu/summer
Location(s): *Amherst, MA*
Discover pre-college opportunities available this summer for rising 10th-12th graders at UMass Amherst. Offering academic intensives in 25+ topics including STEM, art & design, business and more, plus unique six-week lab research experiences. Our year-round college prep workshops offer students the practical skills and knowledge to confidently navigate the college application process. Pre-college programs at UMass combine all the major elements of college, including great academics, living in a residence hall, and eating in our award-winning dining commons. [Learn More »](#)

UNCW MARINEQUEST SUMMER PROGRAMS

uncw.edu/seahawk-life/get-involved/community/teens-children/marinequest/summer-enrichment
Location(s): *Wilmington, NC*
For 45 years, UNCW MarineQuest has provided enriching academic opportunities for the pre-K-12 community to explore, discover, and value our marine habitats. Our program encourages participants to develop into environmentally responsible adults. MarineQuest offers a variety of STEM-based activities for teens and the opportunity to collaborate with distinguished faculty for a meaningful pre-college experience. [Learn More »](#)



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esap.seas.upenn.edu

ENGINEERING SUMMER ACADEMY
at PENN

JULY 2025



**UNIVERSITY OF
MARYLAND: TERP
YOUNG SCHOLARS (TYS)**
tys.umd.edu

Location(s): College Park, MD
Terp Young Scholars delivers an exceptional academic experience at an incredible value. In this pre-college program, high school students enroll in an engaging college course, earn three college credits, explore an exciting new field, and take advantage of the many educational and campus resources at the state's flagship university. Courses are offered in person or online during three weeks in the summer, from July 14 - August 1, 2025.

[Learn More »](#)

**VANDERBILT SUMMER
ACADEMY**

[pty.vanderbilt.edu/
for-students/vsa](http://pty.vanderbilt.edu/for-students/vsa)

Location(s): Nashville, TN
VSA is an intentionally designed residential program for academically advanced 7th through 12th-grade students offered through Vanderbilt University's highly regarded Programs for Talented Youth. Hosted on Vanderbilt's campus, VSA offers one-week and two-week summer courses grounded in academic rigor and scholarly exploration while also focused on fostering community and friendship. At VSA, students stretch their intellectual boundaries with peers from around the world.

[Learn More »](#)

**VOGUE SUMMER
SCHOOL**

[voguecollege.com/
summer-school/](http://voguecollege.com/summer-school/)

Location(s): New York, NY
Vogue Summer School invites students who are curious about the world of fashion to experience it first-hand in New York City. With specialized courses in fashion business, fashion styling, and fashion media, this program takes students behind the scenes with Vogue experts to learn about the inner workings of the fashion, media, and lifestyle industries.

[Learn More »](#)

**WHEATON COLLEGE
PRE-COLLEGE PROGRAMS**

[wheatoncollege.edu/
academics/pre-college-
programs](http://wheatoncollege.edu/academics/pre-college-programs)

Location(s): Norton, MA
Create your future this summer with a preview of college life — whether as a student or a student-athlete. Take college-level courses and/or train with NCAA coaches in volleyball, distance running, swimming, tennis, fencing, lacrosse, field hockey, artistic swimming, or strength and conditioning. Choose two courses — or take one course and train in your sport. Live on campus or commute from home, meet new friends, and enjoy epic weekend trips.

[Learn More »](#)

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college applications as
their most stressful
academic experience.**

*National Association for College Admission Counseling

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WILLIAM & MARY: PRE-COLLEGE PROGRAM IN AMERICAN HISTORY

wm.edu/as/niahd/precol

Location(s): *Williamsburg, VA*

The National Institute of American History & Democracy's Pre-College Program in American History is distinguished among peer programs for its longevity, hands-on approach to the study of history, roots in a historic region, and academic connection to outstanding undergraduate and graduate opportunities. Students develop college-level reading and writing skills, participate in seminar discussions, and interact with historians, architectural historians, curators, and archaeologists. Students earn transferable college credit for their work.

[Learn More »](#)

ARTS

ALBERTA UNIVERSITY OF THE ARTS: SUMMER PRE-COLLEGE PROGRAM

**auarts.ca/learn-with-us/
precollege-program**

Location(s): *Calgary, Canada*

Experience summer in Canada, near the stunning Rocky Mountains! AUArts offers a four-week intensive pre-college program where students aged 16+ earn credit, build their college portfolio and prepare for post-secondary studies in the arts. Get hands-on experience in our art and design studios while connecting with peers who share your creative passion. With guidance from professional artists, you'll finish the program with lifelong friendships and a portfolio that stands out! Housing available.

[Learn More »](#)



ARTSBRIDGE SUMMER

artsbridge.com/summer

Location(s): *Baldwin Wallace*

University, Berea, OH

ArtsBridge Summer programs give actors, singers, songwriters, and classical vocalists intensive, immersive training in their art form, along with specialized guidance on what it takes to succeed in the college admissions process in their major. High school and college transfer students seriously considering a college major or minor in the arts work with top college faculty from across the country.

[Learn More »](#)



ATLANTIC ACTING SCHOOL: SUMMER TEEN ENSEMBLE

**atlanticactingschool.org/kids-
and-teens/summer/**

Location(s): *New York, NY*

We invite teens to play, create, and form lifelong friendships. In addition to creating characters and scripts, young actors have opportunities to produce their own work. Each class has a focus varying from musical theater to sketch, improv, scene study, film/TV, and more, and all are rooted in the Atlantic Technique.

[Learn More »](#)

BALL STATE UNIVERSITY INTERIOR DESIGN SUMMER WORKSHOP

bsu.edu/DesignForum

Location(s): *Muncie, IN; Online*

High school students interested in interior design should attend Ball State University's Interior Design Workshops, offered online and on-campus. The Youth Summer Interior Design Forum introduces 2D/3D design, drawing, color, and lighting concepts while exploring how spaces impact behavior. Students will build a portfolio, earn a completion certificate, and gain foundational design knowledge. Perfect for college preparation, this hands-on workshop helps you explore your passion, make friends, and experience the exciting world of interior design. Don't miss this opportunity.

[Learn More »](#)



BOSTON UNIVERSITY SCHOOL OF VISUAL ARTS SUMMER INSTITUTE (VASI)

bu.edu/cfa/vasi

Location(s): *Boston, MA*

The Boston University School of Visual Arts Summer Institute offers high school students (ages 15–18) an intensive visual arts program designed to help them build exceptional portfolios and get a taste of the collegiate art school classroom experience. Students are introduced to materials and methods used in professional artistic practice. VASI takes place at Boston University College of Fine Arts, located on the Charles River Campus and is a commuter-only day program. Housing is not provided.

[Learn More »](#)

The Boston College Experience



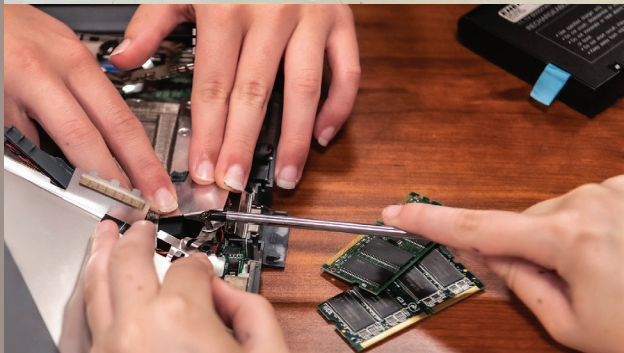
Experience college life. Imagine your future.



» bc.edu/bceinfo



@BostonCollegeExperience



CALIFORNIA COLLEGE OF THE ARTS PRE-COLLEGE PROGRAM

cca.edu/academics/pre-college

Location(s): *San Francisco, CA*
Current high school students ages 15-18 by summer 2025 are eligible to apply for CCA Pre-College, a summer program for young creatives to develop their skills and experience what it's like to attend college. Students can earn three college credits, learn from expert faculty instructors, develop portfolio pieces for college applications, meet other art-minded makers and designers, and live on campus. Priority applications are due February 24, 2025. [Learn More »](#)

IDYLLWILD ARTS SUMMER PROGRAM

idyllwildarts.org/summer

Location(s): *Idyllwild, CA*
Discover the magic of an Idyllwild Arts summer, where students of all ages and abilities explore their creativity and build lifelong friendships with other passionate artists in a welcoming camp environment. Our engaging workshops are offered in all arts disciplines, including Music (Songwriting, Jazz, and Classical), Visual Arts, Film, Creative Writing, Dance, Fashion Design, and Theatre, and are taught by renowned teaching artists who help students simultaneously build skill and confidence. Residential options are available for students aged 10 and up. [Learn More »](#)



JUNIPER INSTITUTE FOR YOUNG WRITERS

umass.edu/juniper-youngwriters

Location(s): *University of Massachusetts Amherst, MA*
The Juniper Institute for Young Writers residential creative writing program for high school students brings together teens who want to share their poetry and prose with other passionate young writers and mentors. Our instructors help motivated young writers take their creative work to the next level. Daily writing classes are capped at 8-12 students in the first week, with the second week's classes capped at 4-6 students. Each student completes an independent poetry or fiction project. Come write with us! [Learn More »](#)

MONTERRAT COLLEGE OF ART: SUMMER PRE-COLLEGE PROGRAM

montserrat.edu

Location(s): *Beverly, MA*
Montserrat College of Art, Beverly, MA, offers high school students a three-week, residential pre-college program from July 13-Aug. 2. Immerse yourself in a creative environment, three blocks from the ocean, with other students from across the country. Earn college credit while building your college portfolio! Pre-college mirrors the personalized scale of Montserrat's undergraduate experience, prioritizing small classes and one-on-one mentorship from professional artists/faculty. Study fine arts, digital/interactive media or both. Education field trips and time to enjoy summer are included! [Learn More »](#)



Discover Dean's 2025 Sports Broadcasting Pre-College Summer Program

High school students aged 14-18 are invited to gain hands-on experience, train with professionals, and earn college credit this summer through one of our week-long Sports Broadcasting program sessions.



SCAN TO LEARN MORE

Learn more about Dean's 2025 Sports Broadcasting Pre-College Summer Program and secure your spot by registering today!

THE DEAN SUMMER ARTS INSTITUTE DANCE & THEATRE

The Dean Summer Arts Institute offers high school student performers aged 14-18 the opportunity to explore their passion through either the **Dance Intensive** or the **Musical Theatre Intensive**.



SCAN TO LEARN MORE

Learn more about Dean's Dance and Theatre Summer Intensives and secure your spot by registering today!

MOORE COLLEGE OF ART AND DESIGN: SUMMER ART & DESIGN INSTITUTE

moore.edu/academics/youth-education/summer-art-amp-design-institute/upcoming-program-details
Location(s): Philadelphia, PA
 Moore College of Art & Design's Summer Art & Design Institute, a four-week, 3-credit residential program, is designed to expand your creative talents and prepare you for college admissions. Explore animation, illustration, photography, fashion design, and more courses with experienced Moore faculty and industry leaders. Immerse yourself in your art and design in our studios, and discover Philadelphia's vibrant museums and cultural landmarks. Build confidence in your skills and develop your creativity — it's all happening this summer at Moore. [Learn More »](#)

NEW YORK SCHOOL OF INTERIOR DESIGN: PRE-COLLEGE PROGRAM

nysid.edu/precollege
Location(s): New York, NY; Online
 Embark on an exciting two-week journey with the New York School of Interior Design's (NYSID) Pre-College Program. This immersive experience is available in-person or online for students entering 9th-12th grade. You'll learn from professional interior designers, explore architectural drawings and digital media, and get to create your own designs in studio classes. Scholarships are available for students to help cover tuition expenses. Don't miss the chance to explore the world of interior design! [Learn More »](#)

OHIO UNIVERSITY SUMMER ARTS PROGRAMS

ohio.edu/fine-arts/summer-arts-programs
Location(s): Athens, OH
 Ohio University's Summer Arts Programs for High School offer students ages 14-18 the opportunity to immerse themselves fully in the fine arts, working with faculty and visiting artists to improve their skills and techniques, hone their creative vision, and create meaningful personal work — all while enjoying our beautiful campus in Athens, OH. [Learn More »](#)

PARSONS ACADEMY: NEW YORK SUMMER INTENSIVE STUDIES

cpe.newschool.edu/youth-and-pre-college/parsons-new-york-summer-intensive-studies
Location(s): New York, NY
 Study art and design with Parsons' world-class faculty while experiencing the creative inspiration of New York City in our academically rigorous and artistically stimulating three-week, three-credit intensive program. Our fully immersive courses are tailored to high-schoolers preparing to apply for college and feature thought-provoking project-based learning, art and design field trips, and industry guest speakers. [Learn More »](#)



Check out our summer programs for teens

- ➔ 4-week PreCollege Program
- ➔ 1-week PreCollege Discovery Program
- ➔ Teen Studios
- ➔ Esports Camps



Explore creative programs
www.ringling.edu/cps



Ringling College
 of Art + Design



A campus for creativity.

Check out our Esports arena!

Summer Programs

www.teenlife.com/request-summer

POWERHOUSE THEATER TRAINING PROGRAM AT VASSAR COLLEGE

[vassar.edu/powerhouse/
training-program](http://vassar.edu/powerhouse/training-program)

Location(s): Poughkeepsie, NY
ACT. DIRECT. WRITE. The Training Program offers students a unique opportunity to experience a conservatory-like intensive on the Vassar College campus. Actors, directors, and writers hone their respective crafts through classwork and practical experiences. By engaging with professional theater companies and artists who are in residence each summer, students deepen their understanding of the art and the industry. A summer at Powerhouse exposes students to new theater-making possibilities through self-discovery.

[Learn More »](#)

RINGLING COLLEGE OF ART AND DESIGN PRECOLLEGE RESIDENTIAL PROGRAM

ringling.edu/precollege

Location(s): Sarasota, FL
Ringling College's PreCollege is a transformational summer experience for emerging artists and designers. In this four-week summer program for high school sophomores, juniors, and seniors, students build skills in core classes, explore two degree-related immersions, and participate in creative mini-workshops. Successful completion earns three elective college credits. For those looking for a shorter experience, Ringling also offers a one-week, residential PreCollege Discovery experience as well as Teen Studios where high school students develop their portfolios and elevate their creative skills.

[Learn More »](#)

SCAD PRE-COLLEGE SUMMER PROGRAMS

[scad.edu/academics/
pre-college-programs](http://scad.edu/academics/pre-college-programs)

Location(s): Savannah, GA;
Atlanta, GA

Start your SCAD journey early with a pre-college program. Explore new avenues of artistic development and spark your imagination at The University for Creative Careers. SCAD offers summer pre-college programs for high school students to pursue art and design disciplines while working alongside peers from all over the world. It's the ideal opportunity for young artists to create, learn, and grow. SCAD offers two engaging pre-college programs to ignite creativity: SCAD Summer Seminars and SCAD Rising Star.

[Learn More »](#)

SCHOOL OF THE ART INSTITUTE OF CHICAGO: EARLY COLLEGE PROGRAM SUMMER INSTITUTE

saic.edu/ecpsi

Location(s): Chicago, IL
SAIC's Early College Program is a great way to earn college credit and explore your passion for art at one of the most historically significant accredited independent schools of art and design in the nation. You'll have access to state-of-the-art facilities and resources, including the Art Institute of Chicago museum, and will study with acclaimed practicing artists, designers, and scholars. You also have the option to live in SAIC's incomparable residence halls in the heart of downtown Chicago. [Learn More »](#)

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**SOTHEBY'S
SUMMER INSTITUTE
PRECOLLEGE
PROGRAM**

**precollege.sotheby-
sinstitute.com**

Location(s): *New York, NY*

Taught by leading scholars and professionals in the art industry, Sotheby's Summer Institute draws on the global expertise of Sotheby's Institute of Art and takes students behind the scenes of world class museums, galleries, auction houses, artists' studios, and more.

[Learn More »](#)

**SUMMER AT SANTA
CATALINA**

**santacatalina.org/
summercamp**

Location(s): *Monterey, CA*

Summer at Santa Catalina is a day and overnight camp for girls ages 7-14 dedicated to the mental, emotional, and spiritual growth of girls through experiential education. One- and two-week sessions are offered in addition to our five-week musical theatre program, where girls are cast in a full-scale musical production. Campers entering grade 9 can take part in Catalina CREW, an intentionally designed leadership program where girls gain confidence and hands-on experience planning and facilitating an all-camp program. [Learn More »](#)

**THE BLACKBIRD ACADEMY:
MUSIC & RECORDING
SUMMER CAMPS**

theblackbirdacademy.com

Location(s): *Nashville, TN*

The Blackbird Academy's Recording Summer Camps are for High School age musicians, music lovers, band members, singers, songwriters and those with the passion of building their music production skills! These 3-day camps are held at the world-renowned Blackbird Studio in Nashville, TN where some of the biggest names in music have been recorded and produced like Taylor Swift, Post Malone, Morgan Wallen and many, many more! You'll learn/work on the same gear used to produce hit records every day.

[Learn More »](#)

**UNIVERSITY OF NORTH
CAROLINA SCHOOL
OF THE ARTS (UNCSA)
SUMMER PROGRAMS:
SUMMER INTENSIVES**

uncsa.edu/summer

Location(s): *Winston-Salem, NC*

Transform your artistic dreams into reality at UNCSA's Summer Intensives. Join talented young artists for hands-on training in animation, dance, drama, film-making, music, and visual arts. Learn from professional artists, perform on stage, and make lifelong friends in a safe, supportive environment. Choose from residential or commuter options. Have questions about campus life? Contact Cameron MacManus (macmanusc@uncsa.edu) or call 336-817-5027. [Learn More »](#)



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BUSINESS & ENTREPRENEURSHIP

BENTLEY UNIVERSITY PRECOLLEGE PROGRAMS

bentley.edu/precolllege

Location(s): *Waltham, MA*

A pre-college program at Bentley University provides rising high school juniors and seniors with a taste of college academics and offers a chance to experience residential life and explore a university community. By immersing themselves in a rigorous yet supportive learning environment, students can gain valuable insights into their academic interests and career aspirations. Bentley offers five pre-college programs: Wall Street 101, Analytics Academy, Entrepreneurship and Innovation, Leadership and Sports Management, all taught by Bentley professors.

[Learn More »](#)

LAUNCHX SUMMER PROGRAMS

launchx.com

Location(s): *Bay Area, CA; Online*

LaunchX ignites high school students' entrepreneurial spirits! The online and in-person Entrepreneurship Programs empower students to start a real company through expert mentorship. The Innovation Program transforms students into consultants, tackling real-world business challenges for established organizations. The new BootCamp Program is a 2-week sprint focused on foundational skills and empowering students with the tools to turn ideas into reality. Join passionate students from around the world at one of our five incredible programs.

[Learn More »](#)



TEACH ME WALL STREET: FINANCE PROGRAMS FOR TEENS

teachmewallstreet.com/summer-camp

Location(s): *Online*

Explore the world of finance with our summer programs for students interested in Wall Street and business. Wall Street 101 provides the cornerstone for investing know-how. Learn to navigate the stock market to maximize your wealth through Investing & Trading. Budgeting & Beyond provides students with the skills and knowledge necessary to manage money and create real-life budgets. Live instruction by seasoned Wall Street professionals. This “fit-to-major” program equips teens with the skills for future financial independence and success.

[Learn More »](#)

CAREER EXPLORATION & LEADERSHIP

DEAN COLLEGE - SUMMER PROGRAMS

dean.edu/academics/summeratdean

Location(s): *Franklin, MA*

High school students looking to pursue their passion over the summer are encouraged to learn with the best during our pre-college programs. We offer two one-week sessions in Sports Broadcasting, and our Summer Arts Institute offers one-week programs in Dance and Musical Theatre. Whether you want an introduction to college life or a space to further your skills with like-minded students who share your interests — spend the summer with Dean!

[Learn More »](#)



EHL PRE-UNIVERSITY COURSES

ehl.edu

Location(s): *Lausanne, Switzerland; Singapore*

Prepare to stand out. Join students for a transformative experience and open your mind to the diverse career opportunities in hospitality, travel, entertainment, luxury brands, high tech, and many more. The EHL Pre-University Courses introduce you to the trends and technologies that are shaping the future. Choose between three one-week courses: Hospitality Business & Innovation, Culinary & Wellness Concepts, or International Hospitality & Luxury Brand Management. Join us next summer in Switzerland or Singapore.

[Learn More »](#)

ENVISION BY WORLDSTRIDES

envisionexperience.com

Location(s): *Multiple US locations*

Envision is a leader in career exploration and experiential learning for students, providing valuable leadership skills and real-world experiences. Our programs are taught by subject-matter experts on campuses of top colleges across the country and built on modern, 21st-century learning principles. From performing surgery using virtual reality to conducting a mock trial in an actual courtroom to learning how to create a grassroots organization to affect positive change, these programs provide practical, hands-on learning experiences that students call “amazing” and parents call “transformative.”

[Learn More »](#)



To connect with these programs, scan this QR code or go to teenlife.com/request-summer.



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MODEL UNITED NATIONS INSTITUTE

muninstitute.com

Location(s): *Georgetown; Columbia; UC Berkeley; UC Irvine; UCLA; Boston; Texas; Florida & more*

Step into the shoes of global leaders. Tackle pressing issues, enhance your speaking and debate skills, gain confidence, and receive personalized feedback from champion mentors. Make friends who care about the world. Experience MUN simulations, speaking labs, trivia, games, socials, and explore your dream campus. The MUN Institute's vibrant atmosphere, filled with flags and positive energy, will bring out the best in you, inspiring you to debate diplomatically in a polarized society, participate in MUN at school, and change the world. [Learn More »](#)

NATIONAL STUDENT LEADERSHIP CONFERENCE (NSLC) SUMMER PROGRAMS

nslcleaders.org

Location(s): *Multiple Locations*

The National Student Leadership Conference (NSLC) is an immersive pre-college experience for students to explore their interests, discover their passions, and cultivate their leadership skills. Since 1989, NSLC has helped students test-run their futures through interactive programs hosted at some of the nation's and world's most prestigious universities. In each program, students get to engage in hands-on education across different fields of study—from aerospace engineering to music production—and gain authentic college experiences that prepare them for their futures. [Learn More »](#)

SUMMER SPRINGBOARD

summerspringboard.com

Location(s): *Berkeley, CA & other locations*

Summer Springboard offers high school students an immersive experience in college major and career path exploration. Hosted on top university campuses, programs provide hands-on learning in the business, medical, and engineering fields, and more. Participants engage with industry professionals, gain real-world insights, and build skills to make informed academic and career decisions. With access to renowned instructors and state-of-the-art facilities, students leave with enhanced confidence, clarity, and preparation for their future college and career journeys. [Learn More »](#)

SUMMER TEEN LEADERSHIP PROGRAMS | PEACE AMBASSADOR LEADERSHIP SUMMIT (PALS)

nveee.org/pals

Location(s): *Miami, Orlando & Gainesville, FL; Washington, D.C.*

Set your teen up for success with the Peace Ambassador Leadership Summit (PALS)! This immersive seven-day program, hosted on university campuses (UCF, UF, FIU, and GU), prepares high school students for college and beyond. PALS builds essential skills like leadership, communication, financial literacy, and emotional intelligence while boosting college applications through 50 service hours and the prestigious Presidential Volunteer Service Award. Give your teen the tools to lead, thrive, and stand out. Limited spots available—register now to secure their future. [Learn More »](#)

HEALTHCARE

FUTURE PHYSICIANS AMERICA

futurephysiciansamerica.com

Location(s): *Orlando, FL*

Thinking about a BS-MD program? At Future Physicians America (FPA), we set you up for success with six weeks of programming. Here's a sneak peek at some of our highlights. Medical Publishing: publish in a PubMed-indexed journal. Clinical Research: present your abstract at the SE Society of Academic Emergency Medicine. Trauma: suturing, splinting, point-of-care ultrasonography, laboratory & CXR interpretation. Dermatology & Plastic Surgery: dermoscopy, melanoma, skincare. Cardiology: resuscitation, heart dissection, medical simulation, EKG interpretation. Neurology: CNS infections, neurocritical care escape room. [Learn More »](#)

LANGUAGE

ALPADIA BY KAPLAN INTERNATIONAL: FRENCH AND GERMAN COURSES ABROAD

kaplaninternational.com/lp/c/french-german

Location(s): *France; Germany; Switzerland*

Study French and German abroad with an immersive experience or enjoy our junior summer camps for ages 12-17. Whether you're after an internationally recognized language qualification, an adventure-filled trip, or a full year of immersive study, we've got you covered. From beginner to advanced levels, our courses are tailored to help you progress rapidly while having fun. Our vibrant destinations in France, Germany, and Switzerland offer something for everyone. [Learn More »](#)

To connect with these programs, scan this QR code or go to teenlife.com/request-summer.



CESA LANGUAGES ABROAD - SUMMER PROGRAMS

cesalanguages.com/teenage-courses

Location(s): *Europe; Asia*

CESA Languages offers summer teenage courses in France, Spain, Germany and Japan. We have established long-term close relationships with all our language colleges and can draw on years of first-hand experience. Accredited, quality language schools host all the courses from beginner to advanced levels, which are one week or longer in duration. Learn a language and experience the culture with other teenagers in the country that's home to the language you choose. CESA offers fabulous group classes so you can revise and improve key skills whilst having fun.

[Learn More »](#)

EF INTERNATIONAL LANGUAGE CAMPUSES: LEARN ABROAD THIS SUMMER

ef.edu/ils

Location(s): *Costa Rica; France;*

Germany; Italy; Japan; South Korea; Spain

Learn a language abroad on the adventure of a lifetime. You will see the world, experience a new culture, and make friends from 100 countries as you prepare for your global future. Start any Monday and study for two weeks or up to a whole year. Ages 13 and up. Earn transferable college credit through our partner in education, The University of Montana. Get ahead while still in high school by learning Spanish, French, Italian, German, Mandarin, Japanese, or Korean. [Learn More »](#)



OUTDOOR ADVENTURE

ALPENGIRL CAMP SUMMER ADVENTURES

alpengirlcamp.com

Location(s): *Bozeman, MT; Seattle, WA; Portland, OR; Portland, ME; Reykjavik, Iceland*

Alpengirl Camp offers 1-2 week multi-adventure summer camping trips throughout the Northern Rockies, Pacific Northwest, Maine, and Iceland for girls ages 11-17. Campers have the chance to backpack, horseback ride, llama pack, whitewater raft, sea kayak, rock climb, and more. Focused on nature, physical challenges, and fostering personal growth and leadership development, Alpengirl Camp provides an ideal setting for girls to explore the great outdoors, develop new skills, and form lasting friendships! [Learn More »](#)



One and two week sessions. Limited spaces available. College credit available in Advanced Sessions.

ACADIA INSTITUTE of OCEANOGRAPHY



Hands-on marine science camp where middle and high school students can explore the shores and mountains of Acadia National Park. Staffed by professional educators. *Educational summer programming since 1975!*

Visit us at www.acadiainstitute.com or call us at 800-375-0058

Summer Programs

www.teenlife.com/request-summer

BREAKWATER EXPEDITIONS

breakwaterexp.com/teen

Location(s): *Utah, Montana & Washington (US); Costa Rica*

Is your teen ready to embark on a thrilling expedition of self-discovery, resilience, and unforgettable memories? Breakwater Expeditions specializes in empowering our youth to conquer the outdoors (with help) and expand their horizons. Join us on an extraordinary quest where your teen will become a better traveler, develop invaluable life skills, and meet new friends while having a blast in a safe and secure environment under the guidance of our expert team of enthusiastic instructors. [Learn More »](#)

BROADREACH: GLOBAL SUMMER ADVENTURES

gobroadreach.com

Location(s): *Multiple locations worldwide*

Get ready for your best summer yet! Broadreach offers epic international adventures for middle and high school students. Our unforgettable summer programs focus on scuba diving, sailing, marine biology, veterinary medicine, and wildlife conservation. Actively learn, explore and build skills while earning certifications or college credits. Discover our land-based trips and live-aboard voyages through the Caribbean, Costa Rica, Ecuador, the Bahamas, Curacao, Mexico, Fiji, Bali, the Azores, Bonaire, and more! [Learn More »](#)

COTTONWOOD GULCH EXPEDITIONS

cottonwoodgulch.org/

2025-enrollment

Location(s): *Thoreau, NM*

Cottonwood Gulch Expeditions brings youth into the outdoors, live in the community, and explore the American Southwest. Trekkers will spend time at Basecamp, on our classic road loops, in the backcountry wilderness, and everywhere in between. At the Cottonwood Gulch, every step is a lesson, every challenge is an opportunity, and every adventure is a chance to grow. Join us on a journey that transcends boundaries, embraces diversity, and celebrates the beauty of the natural world.

[Learn More »](#)



HAWAII PREPARATORY ACADEMY: SUMMER AT HPA

hpa.edu/academics/summer-at-hpa

Location(s): *Waimea, HI*

Do you have a passion you want to pursue? Join us for our specialized four-week Academies from June 23 to July 18, 2025. These full-day Academies are designed for day and boarding middle/high school students, ages 11-17, to focus on an area of passion while working with experts in the field and enjoying all of the fun things that Hawai'i Island offers. Our academies include STEM, Arts, Sustainability, Marine Explorations, and English Language Learners. [Learn More »](#)

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testinnovators.com/sat/summer-prep

HIGH MOUNTAIN INSTITUTE: SUMMER TERM

hminet.org

Location(s): Leadville, CO

During the HMI Summer Term, rising 10th-12th graders engage in a unique summer experience in the Rocky Mountains. They discover their best selves over two backpacking trips, exploring the reaches of their potential and how to lead others. Through a series of reflective writing workshops, students find their voices, improve their prose, and gain experience with college-level writing. They leave the program with a polished essay they can submit to publications or use for college applications. [Learn More »](#)

WILDERNESS AWARENESS SCHOOL: OVERNIGHT SUMMER CAMPS

wildernessawareness.org/youth-programs

Location(s): Duvall, WA

From expeditions over the Cascades tracking wolves or seaside exploring to survival skills, Wilderness Awareness School has exciting summer overnight teen camps that bring challenge, excitement, accomplishment, friendship, and a deeper connection to nature. Our summer camps teach skills in wildlife tracking, foraging, archery, plant identification, friction-fire, shelter-building, knife skills, bushcraft, and more!

[Learn More »](#)

WORLD OCEAN SCHOOL: SAILING AMBASSADOR PROGRAMS

worldoceanschool.org

Location(s): Boston, MA

Come sail aboard our 137' wooden tall ship, the Denis Sullivan, for a week of live-aboard programming! Students and crew sail by day and anchor at night, providing opportunities for sail training, team-building, and field trips to sites of interest on land. Learn the basics of tall ship sailing and experience a taste of marine science, engineering, and maritime history. This program allows students from around the world to step outside their comfort zones, make new friends, and see new places. [Learn More »](#)

STEM

ACADIA INSTITUTE: ADVANCED MARINE SCIENCE CAMP PROGRAM

acadiainstitute.com

Location(s): Seal Harbor, ME

AIO is a two-week program covering all aspects of marine science. Students engage in classroom learning, field work, and hands-on lab activities. Students should expect to complete independent and group work during their stay, attend seminars and lectures, contribute to a positive learning community, and enjoy recreational activities in and around Acadia National Park. Choose from introductory sessions (ages 10-12), intermediate sessions (ages 12-14), and advanced sessions (ages 15-18). Rising juniors and seniors can also earn college credit.

[Learn More »](#)



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sps.nyu.edu/hsacademy/summer

BOSTON LEADERSHIP INSTITUTE: STEM SUMMER PROGRAMS

bostonleadershipinstitute.com

Location(s): Wellesley, Waltham & Boston, MA; Online

BLI is a summer STEM program for teens with campuses in Wellesley, Waltham, and Boston. Three-week programs are competitive admissions research programs that provide excellent credentials for college applications. One-week programs are introductory and hands-on. Popular programs include Science, Medicine, Engineering, Business, Biomedical & Surgical Research, Astrophysics, Electronics & Robotics, Anatomy, Marine Biology, and many more! Residential and day options are available.

[Learn More »](#)

CAMP INTEGEM: AI ROBOT, HOLOGRAPHIC AR CODING, GAME DESIGN, ART, ANIMATION & 3D DESIGN

camp.integem.com

Location(s): Multiple in-person locations; Online

Enroll in the #1 AI & AR Program! Explore AI robotics, holographic AR coding, 3D game design, digital art, 2D/3D animation, AI space drones, stratosphere launches, and more. Experience your holographic AR creations, program AI robots and drones, and try DIY space launches. Beginner to advanced levels. Earn school credits with our ACS WASC-accredited K-12 & Pre-college programs. Receive an official NVIDIA AI Certificate. Level up your future school applications. Since 2018, we have empowered students from 20+ countries. Limited spots available. [Learn More »](#)

ENGINEERING SUMMER ACADEMY AT PENN

esap.seas.upenn.edu

Location(s): Philadelphia, PA

The Engineering Summer Academy at Penn offers a unique summer opportunity for a select group of motivated and talented high school students. Experience rigorous and challenging college-level studies at our high-tech, ivy-league program in the heart of Philadelphia! Whether students are local to the area or hail from halfway around the world, we welcome them to explore what the Engineering Summer Academy at Penn - University of Pennsylvania has to offer.

[Learn More »](#)

IMPERIAL GLOBAL SUMMER SCHOOL

imperial.ac.uk/be-inspired/global-summer-school

Location(s): London, UK

Imperial Global Summer School is a two-week programme held at a global top-two university. Students will get the opportunity to take their subject knowledge to the next level through a challenging academic programme that includes classroom-based lectures, laboratory sessions and practical workshops before sharing their expertise in an Innovation Challenge. [Learn More »](#)



ROSETTA INSTITUTE: BIOMEDICAL CAMPS

rosettainstitute.org/biomedical-summer-camps

Location(s): Bay Area, CA; San Diego, CA; New York, NY; London, UK; Online

We offer workshops on molecular medicine for high-achieving high school and middle school students interested in pursuing careers in medicine or related fields like pharmacy, nursing, bioengineering, and medical research. There are online and in-person options available, including residential camps held at some of the world's best universities. Workshops include Molecular Biology of Cancer, Molecular Neuroscience, Medicinal Chemistry, Medical Bioinformatics, Molecular Immunology, Molecular Biology of Aging, Biomedical Research, Neurologic Bioinformatics, AI-enhanced Bioinformatics, and Intro to Cellular and Molecular Medicine. [Learn More »](#)

SCIENCE CAMPS OF AMERICA - HAWAII ISLAND SUMMER CAMP FOR TEENS

sciencecampsamerica.com

Location(s): Hawai'i Island, HI

The classrooms at Science Camp for Teens are the forests, mountains, ocean, shorelines, and volcanoes of Hawai'i Island. This summer camp gives teens the opportunity to get outside and do science, meet scientists, and learn about geology, botany, ecology, marine science, astronomy, space exploration, engineering, and other topics. Join us for an amazing summer experience at what has been named one of the best sleepaway camps in America.

[Learn More »](#)

To connect with these programs, scan this QR code or go to teenlife.com/request-summer.



SEA EDUCATION ASSOCIATION: HIGH SCHOOL/PRE-COLLEGE SUMMER PROGRAMS

sea.edu/programs/high-school-pre-college-programs

Location(s): Woods Hole, MA

SEA offers unique summer high school programs for current high school students and graduating seniors. Choose from a shore-based program at our campus in Woods Hole, MA, gain hands-on at-sea experience aboard one of SEA's sailing research vessels, or connect in our virtual program with students around the world who share a passion for our oceans. Each program provides hands-on experience designed to further academic, personal, and professional goals in marine science and ocean conservation. [Learn More »](#)

SUMMIT STEM FELLOWSHIP (SSF) summitstemfellowship.org

Location(s): Online

SSF is a virtual STEM fellowship connecting ambitious students with 50+ mentors from Harvard, Stanford, and MIT. Join a global network of alumni from over 30 countries while exploring opportunities in STEM, engaging in a series of inspiring Fireside Chats, and meeting 1:1 with top STEM undergraduates and alumni. The fellowship is a flexible 10-15 hours/week commitment, allowing students to participate alongside other summer activities. Admissions are rolling, and students are encouraged to apply as early as possible. [Learn More »](#)

UC SAN DIEGO: RESEARCH SCHOLARS

researchscholars.ucsd.edu

Location(s): San Diego, CA

UC San Diego's Research Scholars program offers high school students immersive, hands-on courses in bio-engineering, life sciences, marine science, business innovation, and sports medicine. These courses, available in online, in-person, or hybrid formats, provide opportunities to explore advanced topics and real-world applications. Life sciences students gain lab and bioinformatics experience; marine science participants engage in environmental advocacy, including a Hawaii-based program. Each course fosters critical thinking, collaboration, and innovation, equipping students with valuable skills for college and career readiness. [Learn More »](#)



**FREE
SPEECH
FORUM**

HIGH SCHOOLERS —

Empower Your Voice in Washington D.C. Join the next generation of young leaders for the FIRE Free Speech Forum in June 2025 *The summit is a free, week-long summer program for college-bound rising 10th through 12th graders* who are interested in free speech.



Learn more at:
camp.thefire.org

Summer Programs

www.teenlife.com/request-summer

US NAVAL ACADEMY: SUMMER STEM PROGRAM

[usna.edu/Admissions/
Programs/STEM](http://usna.edu/Admissions/Programs/STEM)

Location(s): Annapolis, MD

The United States Naval Academy Summer program is designed to encourage rising 9th-11th graders to pursue a course of study in science, technology, engineering, and mathematics. For one week, campers will create, build, and explore in world-class lab facilities and experience real-life application and learning at one of the Top 5 "Best Undergraduate Engineering Programs" in the country, as ranked by U.S. News and World Report. [Learn More »](#)



WPI PRE-COLLEGIATE SUMMER PROGRAMS

wpi.edu/academics/pre-collegiate

Location(s): Worcester, MA

The Pre-Collegiate Summer Programs at Worcester Polytechnic Institute (WPI) provide top-tier STEM programming to high schoolers and their families. Our programs focus on collaborative enrichment experiences that inspire exploration and discovery, highlighting areas of study such as robotics, engineering, video game design, music production, computer science, the humanities and arts, and much more. Most important of all — they're fun! Make the most of your summer this year with WPI's re-Collegiate Summer Programs. [Learn More »](#)

TRAVEL & CULTURAL IMMERSION

AFS-USA: SUMMER STUDY ABROAD

afsusa.org/study-abroad

Location(s): Argentina; China; Colombia; Costa Rica; Denmark; Egypt; France; Ghana; Japan; Kenya; Spain

Ready to make this summer unforgettable? Apply now to study abroad with AFS-USA and experience the world like never before. Whether you're exploring new cultures, making lifelong friends, or stepping out of your comfort zone, AFS-USA supports you every step of the way. When you apply, we'll work closely with your family to understand your unique needs. Plus, 100% of accepted applicants with demonstrated financial need will receive scholarship funds. Don't wait — visit afsusa.org/study-abroad to start your adventure. [Learn More »](#)



USY on Wheels East offers Jewish 7th-8th graders an unforgettable 3.5-week journey exploring the Eastern United States, while USY on Wheels Classic takes 9th-11th graders coast-to-coast on an epic 6.5-week adventure. Make lifelong friends, discover new places, and deepen your Jewish connections along the way!

**FOR MORE INFORMATION AND TO SAVE
YOUR SPOT VISIT USY.ORG/SUMMER**



ARCC SUMMER PROGRAMS | MEANINGFUL IMMERSIVE TRAVEL

arccprograms.com

Location(s): Domestic & Global

Join us for a unique summer filled with educational projects, cultural immersion, and adventure. For over 40 years, ARCC has offered teens extraordinary travel experiences in the most amazing places around the world. Our mission is to cultivate the next generation of informed, empathetic, and action-oriented global citizens. Our summer travel programs for 6-12th graders take place between June and August and last 2-4 weeks. Choose among 18 summer programs across six continents. New friends and lifelong memories await!

[Learn More »](#)

ARCOS JOURNEYS: SPANISH, SERVICE & CULTURAL DISCOVERY

arcosjourneys.com

Location(s): Argentina; Costa Rica; Mexico; Peru; Spain

Arcos Journeys Abroad specializes in international enrichment opportunities for teens in Spain, Argentina, Peru, Mexico and Costa Rica. Each session is carefully planned to deliver the very best of what these destinations have to offer. Program types include Active Discovery, Cultural Discovery, and Spanish Immersion. All program components support, enhance, and prepare students for the main focus of the chosen program. Transformation awaits.

[Learn More »](#)

CIEE GLOBAL NAVIGATORS

ciee.org/hssa

Location(s): Worldwide locations in more than 35 destinations

Our Global Navigator high school summer abroad programs take you outside your comfort zone for three to eight weeks. Have fun exploring a different culture in more than 35 amazing destinations worldwide. Cultivate new friendships, new skills, a broader worldview, and maybe even earn college credits while still in high school. [Learn More »](#)



To connect with these programs, scan this QR code or go to teenlife.com/request-summer.

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EXPLORNATURA: COSTA RICA SPANISH SUMMER CAMP

crspanishcamp.com

Location(s): Tamarindo,
Costa Rica

Our Teen Spanish Camp combines language learning, adventure, and cultural exchange. Teens participate in 20 hours of Spanish classes weekly, focusing on grammar and conversation. Afternoon activities include surf lessons, volunteer projects like beach clean-ups or turtle conservation, and adventure tours like zip-lining or estuary boat tours. Residential campers stay at Roca Mística with 24/7 supervision, while day campers attend from 8 am to 5 pm. Weekends feature exciting excursions, creating lifelong memories and fostering personal growth. [Learn More »](#)

GLOBAL LEADERSHIP ADVENTURES

experiencegla.com

Location(s): Costa Rica;
Ghana; Peru; Thailand; other
destinations

Global Leadership Adventures empowers teens to travel and volunteer overseas, combining hands-on learning and adventure with meaningful service. Explore destinations across Africa, Asia, Europe and the Americas while addressing pressing local issues like education, conservation, or public health. Guided by experienced mentors, students connect with diverse cultures, develop leadership skills, and make a lasting impact. GLA's immersive programs inspire teens to become changemakers in their communities and beyond. This summer, discover the world and your true leadership potential with GLA.

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RUSTIC PATHWAYS – TRAVEL AND LEARN

rusticpathways.com

Location(s): Over 20 countries

Since 1983, Rustic Pathways has been empowering teens to create positive energy, great friendships, and meaningful impact through inspired student travel programs. Our range of travel adventures is designed for animal lovers, environmental activists, and explorers between ages 12 and 22. Rustic Pathways students are a community of globally-minded, self-aware young people able to identify their passions, grow in confidence, and create a positive impact at a local and global level. [Learn More »](#)

UNITED SYNAGOGUE YOUTH SUMMER EXPERIENCES

usy.org/summer

Location(s): Varies

United Synagogue Youth Summer Experience provides life-changing summer travel opportunities for Jewish teens. Our trip destinations include North America, Israel, Europe, and beyond, opening participants' eyes to new places, experiences, and different cultures all over the globe. USY summer programs provide an exciting way to explore your Jewish identity through experiencing the beauty of Shabbat, learning about the power of Tzedakah, and gaining inspiration through creative prayer and engaging inter-active Jewish learning programs.

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VISIONS SERVICE ADVENTURES HIGH SCHOOL SERVICE SUMMER PROGRAMS

visionserviceadventures.com

Location(s): Peru; Dominican Republic;
Montana Blackfeet

VISIONS is built on the belief that living with a community and working alongside locals on needed construction projects can build character and transform lives. VISIONS teen volunteers and local partners have built over 1,500 structures and provided countless hours of environmental and social service. These long-standing relationships mean that kids are welcomed like old friends. If you are ready to work toward powerful goals, you are ready for a program with VISIONS. [Learn More »](#)

WESTCOAST CONNECTION

westcoastconnection.com

Location(s): Multiple locations

Westcoast Connection has 42 years of experience operating outstanding summer programs for teens completing grades 7-12. With three distinct program styles in over 20 countries, choose the perfect summer program to fit your individual needs, whether you want to travel, learn, or volunteer. Share unforgettable experiences with a group of your peers as you step out of your comfort zone, make new friends, discover your passions, and grow. One of our 70+ programs will be your summer of a lifetime.

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6 STRATEGIES FOR NAVIGATING CULTURE SHOCK

BY JODI IRELAND

Ever feel lost in a whole new world? That's kind of what culture shock is — that weird feeling you get when suddenly surrounded by unfamiliar faces, strange customs, and a language you barely understand.

It's normal to feel a bit overwhelmed, anxious, and even homesick when you first travel to a new country. Think of it as your brain adjusting as it tries to process a whole new set of rules — it can take a while to adjust.

But don't worry! Many of us experience culture shock. Thousands of students travel abroad for adventures and study lasting a few weeks, a semester, or even a year, and most settle in after some adjustment. Culture shock, with its ups and downs, is a natural response to this transition.

CULTURE SHOCK PHASES

Perhaps not surprisingly, culture shock often follows a predictable pattern with different phases. You might experience all — or just some — of these phases, and that's ok. Once you've recognized your challenge, moving past the shock and fully embracing your adventure becomes easier.

- **Honeymoon phase:** Everything's new and exciting! You're meeting new people and eager to explore and learn.
- **Frustration phase:** Things get challenging. Maybe you're struggling with a language barrier or cultural differences. Homesickness can hit hard at this stage. You may also feel irritable because you're still working around different communication styles. Adjusting to a new culture can drain your energy and strain your emotions, making you feel more tired than usual. You might find yourself opting out of social activities and interactions, especially before you really begin to adjust.
- **Adjustment phase:** You start adapting to your temporary home. Your tastebuds decide the new cuisine



is actually quite tasty, and your brain is beginning to assimilate and process the unfamiliar language. You feel more comfortable and confident as you learn to navigate your new environment.

- **Acceptance phase:** Worries and frustrations have faded. Your anxiety becomes a thing of the past as you adapt, feel at ease, and can't wait to see what's next.

FOREWARNED IS FOREARMED!

So now that you know more about culture shock and how it could affect you, here are some recommendations on recognizing and mitigating its impact on your foreign adventure.

PREPARE AHEAD OF TIME.

If you don't speak the language of the country you're visiting, make time to learn a few basic phrases. You won't become fluent overnight, but language learning apps like Duolingo and Rosetta Stone and travel phrasebooks are super helpful.

Do a little research on local customs and traditions. This knowledge can help you avoid potentially awkward social situations and show respect for the local culture. Hit up the library or your fave online search engine for information, or watch a few documentaries. You can even chat with people — like program alumni — who've been to your destination before for some insider tips.

Don't fear unfamiliar foods. Check out the typical fare where you're traveling and see if you can find it at a local restaurant. Try it before you travel — or make a few recipes at home. Once you arrive, check out local markets and restaurants to discover delicious dishes. And remember — it's okay if you don't like everything you try.

Familiarize yourself with the methods of transportation in your temporary new home. Whether it's public transit, horseback riding, or water taxi, know what to expect when you arrive. Download maps and apps to help you navigate with ease.

These steps can help you minimize culture shock and maximize your experience abroad. You might feel a bit overwhelmed at first, but with time and patience, you'll adapt to your new surroundings.

PREP FOR AN ACADEMIC SUMMER PROGRAM.

If you're participating in an academic summer program abroad, know that expectations can vary from country to country. Your program may have a different approach to assignments, deadlines, and even teaching styles than you're used to. To avoid surprises, talk to the program staff or academic advisors ahead of time to get a clear understanding of expectations.

Many universities offer orientation programs specifically for international students. These programs are a great way to learn about the campus resources, academic expectations, and culture. Being prepared and proactive helps you handle any challenges of studying abroad.

EMBRACE THE UNFAMILIAR.

You're about to embark on a fantastic journey! As you step into a new culture, embrace the unknown. Be curious and open-minded. Try not to let misgivings stop you from stepping out of your comfort zone. Every challenge you face makes you stronger and more resilient. Trust yourself, and enjoy the ride.

EMBRACE THE LOCAL CULTURE AND COMMUNITY.

One of the best ways to overcome culture shock? Connecting with the locals. Strike up conversations with your classmates, program staff, and the people you meet on the street. Ask questions about their culture, traditions, and daily life. You'll gain valuable insights, make new friends, and gradually feel more connected and at home.

People are generally friendly and welcoming, especially when you approach them with respect and curiosity. Accepting cultural differences will deepen your understanding of the world and give you a remarkable experience.

PRIORITIZE CHECKING IN WITH YOURSELF.

As you immerse yourself and explore your new surroundings, take time for yourself. Amidst all the excitement and adventures, check in with your emotions. Journaling is great for processing your feelings and thoughts. It's a safe space to reflect on your experiences — good and bad. Taking a moment each day to self-reflect empowers you to identify signs of stress or homesickness and take steps to address them. Plus, you'll know if you need a little extra support from your peers or the program staff. Self-care is crucial for a positive, fulfilling experience abroad.

KEEP CONNECTED WITH FRIENDS AND FAMILY.

While you're off exploring the world, remember to stay connected with your loved ones at home. Use messaging apps to chat with friends and family and send postcards sharing your adventures. Staying in touch helps keep you grounded and supported, especially if you get homesick. It's also a wonderful way to document your experiences so you can relive them later.

A NEW YOU

Buckle up, because studying abroad is about to transform you. You'll learn new things, see the world through fresh eyes, and become a total rockstar (a "well-rounded individual" sounds a bit stuffy, doesn't it?). Welcome the change!

Don't worry — you won't lose who you are. You'll simply gain a whole new layer of awesome. You'll meet fascinating people, discover hidden talents (like mastering chopsticks or kayaking class 3 rapids), and appreciate things you never knew existed. It might feel scary initially, but trust us, being open to change is key to soaking up everything a summer program abroad throws your way. Take a deep breath, get ready to evolve, and get psyched for the amazing person you're about to become.

US NAVAL ACADEMY SUMMER STEM

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[USNA.EDU/ADMISSIONS/PROGRAMS/STEM](https://usna.edu/admissions/programs/stem)



HOW I SPENT MY SUMMER

By CADENCE WASHINGTON US Naval Academy Summer STEM

I choose to participate in the Naval Academy's Summer STEM program because attending the Naval Academy has always been a dream of mine. Ever since I was young, I've always wanted to serve the military in some type of way, and I've always known that I wanted to have a career involving the ocean. Eventually with a little research I found out about the Naval Academy and being a Midshipmen. Once I learned about the program I decided to participate because I wanted a taste of what the Naval Academy was all about. Going to the Summer STEM program has only solidified that I want to attend.

I decided the Summer STEM Program with USNA was right for me when I read what it was all about. With a little help from my mom, I decided to apply. With my interest in Science I knew my future career would benefit from the Summer STEM program.

A typical day in USNA's Summer STEM program was interesting. I felt like the schedule was perfectly crafted for each day. There weren't too many classes so I didn't feel swamped, but there wasn't a lot of sitting around either. I felt like it was a perfect balance of work and socialization that made me enjoy the program, and with each day I found myself making newfound friends.

There were lots of moments I found memorable during the Summer STEM program. One of my favorites includes our visit to Washington, D.C. The visit to the museum was a favorite of mine. Marching back to the dorms singing cadences was also a favorite moment. Even with the little time that my



**“ I LOVED EACH WAKING
MOMENT, AND I FEEL LIKE THIS
WOULD BE A GREAT EXPERIENCE
FOR ANYONE ELSE LOOKING
AT THE PROGRAMS. ”**

fellow camp friends had before bed, we kids would talk with each other and meet new people, from all over the world. When we were participating in the classes I was also learning so much about subjects I loved.

My advice for teens looking at the programs would be to just do it! I not only enjoyed my time at USNA's Summer STEM program but I thrived. I feel like it was not what I expected, and I enjoyed myself thoroughly. I loved each waking moment, and I feel like this would be a great experience for anyone else looking at the programs.

I highly recommend the Summer STEM program at the United States Naval Academy and am thankful for my memorable experience.



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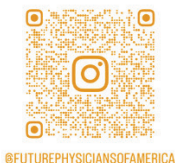
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HOW I SPENT MY SUMMER

By **MEGAN VU**

Future Physicians America

In my quest to pursue a future as a physician, I actively sought opportunities to strengthen my foundations in clinical research while recognizing the significance of collaboration. I specifically chose FPA because 1) it was the only high school program I found that guaranteed my being able to perform and actually publish my clinical research and 2) its focus on interactive learning.

While teaching me important skills such as advanced cardiac life support, reading an EKG, and managing traumatic wounds, FPA also helped me apply those skills. In fact, my fondest memory was the medical simulation in which we had to resuscitate a mannequin that was actively trying to die on us! This experience accurately represented the urgency of the situation, with the stressful beeping and ominous EKG tracings demanding us to make life-saving decisions on the spot.

But FPA wasn't limited to performing CPR. I also learned suturing, splinting, point of care ultrasonography, endotracheal intubation, intraosseous access, using an AED, performing a neurologic exam and draining an abscess.

Another huge highlight of FPA was the opportunity to learn how to write a medical paper. The faculty taught me how to perform my own clinical research, including data collection and statistical analysis. I was able to publish 3 papers in PubMed indexed journals by the time I sent in my Early Decision application to Brown PLME.



A typical day at FPA usually starts off with a lecture, introducing the new knowledge and techniques. Then, the second half of the session is devoted to putting into practice what we learned. And, it's okay to mess up! The faculty provided a comforting, stress-free environment that actively promotes learning. (Thank goodness because I can't sew sutures for my life).

Finding good pre-med summer programs can be hard, but a good starting point is to consider your preferred learning methods. For me, I learn best by lectures and hands-on methods. I loved the interactiveness of the faculty, and their ability to break down the complex material. There was a ton of learning, but the small class size made for a lot of engaging discussion, so I also had a lot of fun. And, I also tend to mess up a lot, so the welcoming environment of FPA was a great fit for me.

I cannot overstate how great FPA was for me. Because FPA provided me with a solid foundation, I can confidently pursue my academic goals at Brown University as a 1st year PLME student.

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