Youth Initiatives

At Tufts Medical Center, we are committed to providing opportunities for youth to learn about the healthcare field and gain valuable experience. Our High School Summer Internship Program has been a successful initiative in providing almost 500 students with opportunities to learn about diverse career options in the healthcare field over the past years. At the Josiah Quincy Elementary School, we have been able to provide interactive nutrition lessons that have improved students’ knowledge of healthy eating habits and hygiene. These initiatives have had a significant impact on the students we serve, and we will continue to prioritize providing opportunities and outreach to improve health outcomes and reduce disparities in our communities.

High School Summer Internship Program

Since its inception in 2006, our High School Summer Internship Program has provided almost 500 students with the opportunity to learn about the diverse career options in the healthcare field each summer. This past summer, 2022, 23 students, 21 with bilingual capacity interned in 13 different Tufts MC departments. The majority of the student interns entered college this past fall with plans for a career in healthcare.

One of our summer interns shared, “Although I walked into this internship not quite knowing what to expect, I now walk out of this summer having learned so many new things, such as what Dermatologists do every day, how to schedule patients using Epic, and even how to use a landline phone, which I did for the first time this summer. I think that the value in this summer didn’t reside in each individual task that I did, but in how the being put into different roles was able to stretch me and help me contribute to the department in ways beyond what I initially expected.”

Supervisors had a good experience with their student intern(s), with several departments offering their student opportunities to return during school breaks, next summer, or for future hiring once they complete school.
School-based Education at the Josiah Quincy Elementary School (JQES)

We are excited to share the success of our annual Nutrition Lessons program for 2nd graders at the Josiah Quincy Elementary School (JQES), which had over 110 students participating. In partnership with the Stern Nutrition Center, our dietetic interns led 30 classes over 5 weeks in early 2022. All 2nd grade classes were highly interactive, and students were disappointed when the program came to an end.

The program had a significant impact on students’ knowledge of healthy eating habits and hygiene, with 2nd graders showing a more than 10% improvement in their post-test scores compared to their post-test scores. This was not only a great experience for JQES 2nd graders, but a memorable one for our Dietetic Interns.

One intern shared, “I personally loved this rotation! I learned a lot from interacting with the 2nd graders for one week, and I feel like I am more competent at communicating with children especially. I was able to practice my leadership skills as a teacher and am more comfortable with taking initiative to lead a lesson.”