

High School Student Opportunities (50 Programs)

1. Ladder Internships

2. **Description:** A selective virtual internship program that places high school students at startups and nonprofits worldwide. Interns work 10–20 hours/week on real projects with mentorship from startup managers and Ladder coaches ¹ ². Fields span technology, AI, finance, sustainability, media, and more.
3. **Eligibility:** Open to all high school students (and gap-year grads); must commit 8–12 weeks, ~10–20 hours/week ³.
4. **Categories:** *STEM, Business, Internships*
5. **URL:** <https://www.ladderinternships.com>
6. **Key Dates:** Multiple cohorts year-round; rolling application deadlines ³.
7. **Location:** Virtual (work from anywhere) ⁴.
8. **Cost:** Tuition-based (approx. \$2,490); financial aid available ⁵.
9. **Other Info:** Provides 1:1 skills training, group sessions, and end-of-program project presentations ².

10. Stanford SHTeM (Summer Internships at Stanford Compression Forum)

11. **Description:** An 8-week remote research internship hosted by Stanford, fostering interdisciplinary collaboration across STEM, humanities, and arts. Students work ~30–40 hours/week on group projects, guided by Stanford faculty and industry mentors ⁶ ⁷. Focus areas span engineering, AI, linguistics, psychology, biology, and more.
12. **Eligibility:** Rising 11th–12th graders (or community college students in first 3 years) ⁸; age ≥ 14 by program start.
13. **Categories:** *STEM, Research, Internships*
14. **URL:** <https://compression.stanford.edu/outreach/shtem-summer-internships-high-schoolers-and-community-college-students>
15. **Key Dates:** Applications close in January; program runs mid-June to mid-August ⁹ ¹⁰.
16. **Location:** Virtual (projects conducted remotely) ¹¹.
17. **Cost:** Free (no program cost; unpaid internship) ¹².
18. **Other Info: Note:** 2025 program is on hiatus for restructuring; expected to resume in 2026 ¹³ ¹⁴. In past years, admitted students engaged in remote research and received no stipend.

19. NASA SEES High School Summer Intern Program

20. **Description:** A nationally competitive STEM internship by NASA and UT Austin's Center for Space Research, where students analyze NASA satellite data with scientists and engineers ¹⁵ ¹⁶. Combines virtual learning (June) and a 2-week residential research experience in Austin (July). Interns work on projects in Earth science, astronomy, remote sensing, and more, then present findings at a virtual science symposium ¹⁷ ¹⁸.

21. **Eligibility:** U.S. high school students (typically rising juniors/seniors) interested in STEM; must be ≥ 15 years old. Selection based on academic merit, essays, a short video, and recommendations ¹⁹ .
22. **Categories:** *STEM, Research*
23. **URL:** <https://www.csr.utexas.edu/education-outreach/high-school-internships/sees/>
24. **Key Dates:** Applications due ~February 22 annually ²⁰ ; distance-learning June–July; on-site in Austin early July ²¹ . Notifications around May 1 ²² .
25. **Location:** Hybrid – online plus on-site at UT Austin (housing and meals provided; travel scholarships available) ¹⁷ .
26. **Cost:** Free (fully funded by NASA/UT; stipends not provided, but program covers program expenses) ¹⁷ .
27. **Other Info:** Offers exposure to real NASA missions and data. Interns gain hands-on experience in data analysis and field research, working closely with NASA subject matter experts ¹⁸ .

28. Idaho National Laboratory (INL) High School Internship

29. **Description:** A DOE-sponsored summer internship (6+ weeks) at INL where students tackle real-world energy, cybersecurity, and engineering challenges ²³ . Interns spend ~80% of time in labs with a mentor and 20% in enrichment activities ²⁴ . Projects have included advanced materials, clean energy tech, and critical infrastructure security ²⁵ . Business, finance, and accounting internship tracks are also offered in addition to STEM roles ²⁶ .
30. **Eligibility:** High schoolers age ≥ 16 by start; U.S. citizens or permanent residents ²⁷ . (Certain cases allow foreign nationals at U.S. colleges.) Minimum GPA ~ 3.0 recommended.
31. **Categories:** *STEM, Research, Internships*
32. **URL:** <https://inl.gov/inl-initiatives/education/high-school-internship-program>
33. **Key Dates:** Applications typically open in winter and close in spring ²⁸ ; internships run 10–16 weeks over summer ²⁹ .
34. **Location:** Idaho Falls, Idaho (INL campus) ²⁷ .
35. **Cost:** Free to participate; interns are paid a stipend (amount varies) ³⁰ .
36. **Other Info:** Interns may apply to multiple research areas of interest. Past interns have presented research posters on topics like rare-earth element mobility and 3D-printed heat exchangers ²⁵ .

37. Science & Engineering Apprenticeship Program (SEAP)

38. **Description:** A prestigious 8-week paid summer research apprenticeship placing high school students at U.S. Navy laboratories nationwide ³¹ ³² . SEAP interns assist Navy scientists and engineers on cutting-edge projects (e.g. robotics, cybersecurity, marine technology), gaining hands-on lab experience and mentorship ³³ ³⁴ . With ~ 300 placements across 38 labs, SEAP is highly competitive and regarded for its real-world R&D immersion ³⁵ .
39. **Eligibility:** High school students (completed 9th grade) ages 16+; includes graduating seniors ³⁶ . Must be U.S. citizens; GPA $\sim 3.0+$ recommended. Specific lab requirements may vary ³⁷ .
40. **Categories:** *STEM, Research, Internships*
41. **URL:** <https://navalsteminterns.us/seap>
42. **Key Dates:** Applications open in August and close by **Nov 1** each year ³⁸ . Program runs for 8 weeks during summer (dates vary by lab) ³⁹ .
43. **Location:** Multiple Navy research labs across the U.S. (applicants can request preferred lab sites) ³⁶ .

44. **Cost:** Free; participants receive a stipend (\$4,000 new interns; \$4,500 returning) ⁴⁰ . *Travel, housing, meals not provided.*

45. **Other Info:** SEAP is a gateway to Department of Defense research careers. Interns choose labs aligned with their interests and often pursue STEM fields in college after this experience ³⁵ .

46. Fermilab TARGET Program

47. **Description:** A six-week summer internship at Fermilab (Illinois) aimed at exposing local high school sophomores and juniors to physics, engineering, and computer science research ⁴¹ . Interns (especially those from groups underrepresented in STEM) work with Fermilab scientists on exploratory projects – from interviewing researchers about neutrino experiments to learning 3D modeling and coding for particle physics ⁴² ⁴³ .

48. **Eligibility:** Must attend high school in Illinois and be a current sophomore or junior with ≥ 3.0 GPA ⁴⁴ . U.S. work authorization required.

49. **Categories:** *STEM, Research, Internships*

50. **URL:** <https://internships.fnal.gov/target/>

51. **Key Dates:** Applications due by early February (e.g. Feb 5) ⁴⁵ . Program runs late June – late July ⁴⁶ .

52. **Location:** Fermilab in Batavia, Illinois (daily commute required; no housing provided) ⁴⁷ ⁴⁸ .

53. **Cost:** Free; interns are paid hourly (approx. \$17.20/hour) ⁴⁹ .

54. **Other Info:** Emphasizes diversity and STEM career pathways. Participants engage in both research and science communication (e.g. writing summaries, public outreach) to build well-rounded skills ⁴² ⁴³ .

55. Sandia National Laboratories High School Internship

56. **Description:** A year-round internship program at Sandia (DOE's national security R&D labs) offering roles in technical R&D, cybersecurity, engineering, as well as business disciplines ⁵⁰ ⁵¹ . High school interns contribute to real national projects alongside top scientists and engineers, gaining exposure to cutting-edge research in areas like energy, defense technology, and software development ⁵² ⁵³ . Flexible formats include full-time summer internships (40 hrs/week) or part-time year-round placements for local students ⁵⁴ ⁵⁵ .

57. **Eligibility:** High school students (16+ years old) enrolled full-time with ≥ 3.0 GPA ⁵⁶ . Must be U.S. citizens. Local students can apply for year-round roles (25 hrs/week during school).

58. **Categories:** *STEM, Business, Internships*

59. **URL:** https://www.sandia.gov/careers/students_postdocs/internships/#high-school

60. **Key Dates: Rolling applications** – positions are posted and filled throughout the year ⁵⁷ . Co-op terms can last 3–8 months during the academic year plus summer ⁵⁴ ⁵⁵ .

61. **Location:** Primarily Sandia sites in Albuquerque, NM and Livermore, CA (and other Sandia locations) ⁵⁸ . Some roles may allow remote work or require proximity to site.

62. **Cost:** Free to participate; interns receive competitive pay (hourly wage; amount varies by role) ⁵⁹ .

63. **Other Info:** Two tracks: **Year-round internships** (for local students, ~25 hrs/week during school) and **co-op internships** (full-time for a semester + summer) ⁵⁵ . Interns benefit from mentorship and often continue into college internships or employment at Sandia ⁶⁰ .

64. Princeton Plasma Physics Laboratory (PPPL) HS Internship

65. **Description:** A 10-week intensive research internship in plasma physics and fusion energy at PPPL (DOE facility in New Jersey). Students start with a one-week plasma physics course led by scientists, then join research teams working on projects in fusion energy, engineering, and data science ⁶¹ ⁶². Interns gain hands-on lab experience and present their findings via posters and talks at program's end ⁶³. Housing, meals, and transport are provided to support out-of-area students ⁶⁴.
66. **Eligibility:** High school students (usually rising seniors) eligible to work in the U.S. (citizens or permanent residents). Must be **≥16 years old** by internship start ⁶⁴. Strong STEM academic background recommended.
67. **Categories:** *STEM, Research, Internships*
68. **URL:** <https://science-education.pppl.gov/hsinternship>
69. **Key Dates:** Applications due ~March 15 ⁶⁵. Program runs ~June through August (10 weeks) ⁶⁶.
70. **Location:** Princeton Plasma Physics Lab, Princeton, New Jersey ⁶⁴. (Residential – dorm housing and local transport included) ⁶⁴.
71. **Cost:** Free; no application cost. Students receive stipends, plus housing and travel support ⁶⁴.
72. **Other Info:** Highly selective – one of the most advanced STEM internships for high schoolers ⁶¹. Provides early exposure to cutting-edge research in fusion science and engineering, with mentorship from PPPL researchers.

73. Jefferson Lab High School Summer Honors Program

74. **Description:** A six-week full-time summer research internship at Thomas Jefferson National Accelerator Facility (Virginia) for STEM-focused students. Interns work on physics, engineering, or computer science projects under Lab staff mentorship ⁶⁷ ⁶⁸. The program develops practical lab skills through hands-on experiments and data analysis, culminating in students presenting their contributions to ongoing research ⁶⁹. Participants are paid hourly (est. \$20–\$36/hour) ⁷⁰.
75. **Eligibility:** High school juniors (rising seniors) in the local area – must attend school within ~60 miles of Newport News, VA ⁷¹. Age ≥16 by start; GPA ≥3.5 ⁷¹. U.S. citizenship or permanent residency is required for most positions.
76. **Categories:** *STEM, Research, Internships*
77. **URL:** <https://www.jlab.org/edu/high-school-summer-honors-program>
78. **Key Dates:** Applications due by mid-March ⁷². Program runs roughly late June – early August (six weeks) ⁷¹.
79. **Location:** Jefferson Lab, Newport News, Virginia (on-site, weekday commitment). Only local students are eligible (no housing provided) ⁷³.
80. **Cost:** Free to participate; **paid** internship (\$20–\$36/hour estimate) ⁷⁰.
81. **Other Info:** Selection is merit-based (academic achievement and demonstrated STEM interest) ⁷⁴. Students gain exposure to a national lab environment and often leverage this experience in college applications or careers in physics/engineering.

82. Princeton Laboratory Learning Program (LLP)

- **Description:** A prestigious 5-week summer research internship at Princeton University that embeds high school students in ongoing engineering and natural science research projects ⁷⁵ ⁷⁶. Interns work under Princeton faculty and graduate mentors on topics like sustainable energy, advanced materials, or machine learning applications ⁷⁷. The program emphasizes learning by doing – students develop lab skills and contribute to cutting-edge

experiments, then present their work at program's end, building research and critical thinking skills ⁷⁸ ⁷⁹ .

- **Eligibility:** Must be **16+ years old** and a current U.S. high school student (or recent graduate under 18) ⁸⁰ . U.S. citizens or permanent residents. Typically for rising seniors (exceptional juniors also considered).
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://research.princeton.edu/outreach/princeton-laboratory-learning-program>
- **Key Dates:** Application due ~March 15 ⁸¹ . Program runs ~July through early August (5 weeks) ⁸² .
- **Location:** Princeton University, New Jersey (on campus). No cost for participation; however, no stipend – students engage as unpaid research interns ⁸⁰ .
- **Cost:** Free (no tuition; students cover personal expenses). Housing is not typically provided since many participants are local/regional.
- **Other Info:** This *elite* program provides an authentic glimpse into university-level research ⁷⁸ . Topics vary annually based on faculty projects (e.g., biofuel oxidation research, AI in power systems) ⁷⁷ . Extremely selective with a small cohort.

83. Memorial Sloan Kettering HOPP Summer Student Program

- **Description:** An intensive 8-week biomedical research internship at MSK Cancer Center (New York) for high-achieving students interested in cancer biology and related fields ⁸³ ⁸⁴ . Interns (including some as young as 14) join research labs in areas like molecular biology, immunology, pharmacology, or computational oncology ⁸⁵ . Students work on independent projects under scientist mentors, learning lab techniques and contributing to cutting-edge cancer research ⁸⁴ ⁸⁶ . The program includes career development workshops and culminates with students presenting their research.
- **Eligibility:** Must be **14 or older** by start ⁸⁷ . Requires a strong science GPA (~3.5+ in science courses) ⁸⁸ . Open to local students in the New York tristate area (must reside within 25 miles of MSK's NYC campus) ⁸⁹ .
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://www.mskcc.org/hopp-summer-student>
- **Key Dates:** Applications due in early February (e.g. Feb 7, 2025) ⁹⁰ . Program runs late June – late August ⁹¹ .
- **Location:** MSK main campus in Manhattan, New York City (on-site daily). No housing provided (local commute).
- **Cost:** Free to participate; students receive a stipend (~\$1,200 total) ⁹¹ ⁹² .
- **Other Info:** Designed as one of the best options for *younger* aspiring researchers (accepts high school freshmen/sophomores) ⁸³ ⁹² . Highly competitive (~10% acceptance). Alumni have won science fairs and pursued medicine/research careers.

84. BioBus Junior Scientist Internship

- **Description:** A hands-on science research and outreach internship in New York City where high school students (grades 9–11) work with PhD scientists on biology projects and learn to communicate science to the public ⁹³ ⁹⁴ . Over the year-long program, interns use research-grade microscopes to study topics like urban biodiversity, climate impacts, or genetics (past projects include investigating air pollution's effects on insects and water temperature's effect on plankton) ⁹⁵ ⁹⁶ . Interns also develop science communication skills

by presenting findings to community audiences via BioBus (a mobile lab) and outreach events ⁹⁷ .

- **Eligibility:** New York City high school students currently in 9th–11th grade ⁹⁸ . Must either live or attend school in NYC. Different internship tracks (Lower East Side, Harlem, *Women in STEM*) target specific communities; all require a school-year commitment (approx. weekly sessions).
- **Categories:** *STEM, Research, Internship*
- **URL:** <https://biobus.org/internships/>
- **Key Dates:** Applications usually due in spring (March) ⁹⁹ . Multiple tracks: e.g., **Year-long internships** run July–June (with summer + school-year sessions) ¹⁰⁰ ¹⁰¹ .
- **Location:** New York, NY – BioBus sites in Harlem and the Lower East Side, plus fieldwork around NYC ⁹³ ¹⁰² . Combination of after-school/weekend meetings during the year.
- **Cost:** Free; interns are **paid** hourly (around \$16.50/hour) ⁹³ ¹⁰³ .
- **Other Info:** Emphasizes inclusion of underrepresented students in STEM. No prior research experience needed – training is provided. Many interns progress to college STEM majors. Women in STEM track is exclusively for female-identifying students ¹⁰¹ ¹⁰⁴ .

85. Genspace BioRocket Internship

- **Description:** A 6-month mentored research internship in biotechnology and genetic engineering at Genspace, a community biology lab in Brooklyn ¹⁰⁵ ¹⁰⁶ . Students learn molecular biology techniques and, with mentor guidance, design and execute their own summer research project (examples include engineering bacteria, studying DNA barcoding, etc.). The program also builds communication skills through science improv training and networking via lab tours and field trips to biotech companies ¹⁰⁷ ¹⁰⁸ .
- **Eligibility:** New York City public or charter school students, age 16+ by program start ¹⁰² . Must live or attend school within ~45 minutes of Genspace (Brooklyn) ¹⁰⁹ . Primarily for juniors and seniors interested in biology.
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://www.genspace.org/biorocket-internship>
- **Key Dates:** Two sessions: **Spring** (Feb–May) and **Summer** (July–Aug). Application deadlines: early January for spring, early January for summer of same year ¹⁰² ¹¹⁰ . Summer 2025 session: June 30 – Aug 15, 2025 ¹⁰² .
- **Location:** Genspace community lab, Brooklyn, NY (in-person laboratory work).
- **Cost:** Free; interns receive ~\$2,000 stipend for the summer session ¹¹¹ ¹⁰² .
- **Other Info:** Genspace is the world's first community biotech lab, giving students access to a unique DIY bio community. Interns also join a network of Genspace alumni and may continue in advanced biotech programs or college research afterward ¹⁰⁶ ¹⁰⁸ .

86. Columbia Engineering HK Maker Lab

- **Description:** A free 5-week summer engineering design bootcamp at Columbia University (NYC) focused on inventing solutions to real-world problems ¹¹² ¹¹³ . Tenth- and eleventh-grade students engage in hands-on projects: learning engineering fundamentals, prototyping innovative devices, and completing a team design project under expert instruction ¹¹² ¹¹⁴ . The program emphasizes creative problem-solving and technical skill-building in a supportive, *early college* environment. Top performers may earn opportunities for paid research internships the following summer ¹¹⁵ ¹¹⁶ .

- **Eligibility:** Open to rising 11th and 12th graders who attend NYC public or charter high schools ¹¹⁷ . Applicants should have an interest in STEM/engineering; no specific GPA listed, but program is selective.
- **Categories:** *STEM, Engineering, Education (Camp)*
- **URL:** <https://engineering.columbia.edu/outreach/hk-maker-lab>
- **Key Dates:** Applications typically due in January ¹¹⁷ . Program runs early July – early August ¹¹⁸ . (For 2025: July 7 – Aug 8, 2025) ¹¹⁸ .
- **Location:** Columbia University, New York City (in-person on campus) ¹¹⁹ .
- **Cost:** Free (no tuition). Lunch and materials are provided. No stipend (this is an educational program).
- **Other Info:** Participants who successfully complete HK Maker Lab can be considered for follow-on summer internships in research labs or healthcare institutions the next year ¹¹⁵ . The program is supported by the former Columbia Engineering dean (hence “HK” for Horst Köhler) and aims to inspire underrepresented students to pursue engineering.

87. Air Force Research Laboratory (AFRL) Scholars Program (High School)

- **Description:** A paid summer research internship placing students at Air Force R&D labs across the U.S. to work on unclassified projects in aerospace, cybersecurity, materials science, and more ¹²⁰ ¹²¹ . Interns are mentored by AFRL scientists, contribute to real-world research (e.g. analyzing spacecraft materials, robotics, AI for defense), and gain exposure to cutting-edge technology and problem-solving in a federal lab environment ¹²⁰ ¹²² .
- **Eligibility:** High school students (age ≥ 16 ; **18+** for California labs) with GPA ≥ 3.0 ¹²³ . Must be U.S. citizens. Placement depends on matching student interests with available projects at various AFRL directorates.
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://afrlscholars.usra.edu>
- **Key Dates:** Applications open in fall and close in January (e.g., Jan 10, 2025) ¹²⁴ . Selected interns are notified in spring. Program runs ~June–August (exact dates vary by site).
- **Location:** Multiple AFRL sites nationwide (e.g., Kirtland AFB NM, Eglin AFB FL, Wright-Patterson AFB OH, etc.) – applicants can request locations/projects ¹²⁵ .
- **Cost:** Free; interns earn a stipend (~\$3,800 for summer, based on \$12.31/hr for 8 weeks in recent years ¹²⁴ ¹²⁶).
- **Other Info:** Projects tackle current AFRL research focus areas (sample 2025 topics: Optical Space Domain Awareness, spacecraft material aging, malware analysis, advanced robotics control) ¹²⁷ . This program is highly prestigious for aspiring engineers and can lead to future DoD internships or scholarships.

88. America On Tech’s TECH360 Summer Bootcamp

- **Description:** An **8-week** summer technology bootcamp for high school juniors and seniors focused on **artificial intelligence** and tech career skills ¹²⁸ ¹²⁹ . Offered in multiple cities, TECH360 teaches students AI fundamentals (history, machine learning, ethical issues) and practical coding skills. Participants work in teams to develop an AI-driven product and pitch it to judges at a Demo Day competition ¹³⁰ . Top projects win recognition, and all students gain portfolio projects and networking opportunities with tech professionals.

- **Eligibility:** Rising juniors or seniors living in program metro areas (New York City, Los Angeles, Miami, or Atlanta) ¹³¹ . Must be able to attend the full program (often ~3 days/week). No prior coding experience required, but demonstrated interest in tech is a plus.
- **Categories:** *STEM, Technology, Internship/Education*
- **URL:** <https://americaontech.org/tech360>
- **Key Dates:** Runs June–August (exact dates vary by city) ¹³² . Application timeline announced in spring (deadlines *TBA* each year) ¹³¹ . Typically free to apply.
- **Location:** In-person in each city (with some hybrid elements possible). Locations include local corporate offices or campuses in NYC, LA, Miami, and Atlanta ¹³¹ .
- **Cost:** Free; **stipend provided** – students earn \$500 upon completing the program ¹³¹ ¹³³ .
- **Other Info:** Sponsored by the nonprofit America On Tech to increase access for underrepresented youth in tech. The bootcamp doubles as an internship simulation – ~150 hours of instruction, project work, and mentorship. Alumni often go on to college CS programs or paid tech internships.

89. Tufts University TUBERS (Biomedical Engineering Research Scholars)

- **Description:** A six-week summer research program at Tufts University (Medford, MA) where local high schoolers assist in biomedical engineering labs. TUBERS scholars learn to culture cells, analyze tissues, and use engineering tools to probe biological questions ¹³⁴ ¹³⁵ . Students formulate hypotheses, run experiments, and present their results – experiencing the full scientific method from start to finish ¹³⁶ . The collaborative environment hones both lab technique and scientific communication skills through group presentations and mentorship by Tufts faculty/grad students ¹³⁷ .
- **Eligibility:** Must be at least 16 by program start ¹³⁸ . Open to students residing or attending school in specific Boston-area communities (Medford, Somerville, Cambridge, Boston, and select nearby towns) ¹³⁹ ¹³⁸ . Targeted toward juniors/seniors with interest in bioengineering.
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://engineering.tufts.edu/bme/about/tubers>
- **Key Dates:** Runs July 1 – August 15, 2025 ¹³⁹ . Deadline typically in spring (*TBA* – prior cycles opened in March).
- **Location:** Tufts University School of Engineering (Medford/Somerville campus), in-person daily. No housing (for local commuters).
- **Cost:** Free; no cost to participate (unpaid internship, but lunch or transportation stipends may be provided).
- **Other Info:** Focuses on recruiting students from Tufts' host communities. Scholars gain behind-the-scenes exposure to bioengineering research and often continue in Tufts' college prep STEM programs. No stipends, but the experience is valuable for college applications in biomedical fields ¹⁴⁰ ¹³⁵ .

90. Coriell Institute Summer Experience

- **Description:** A highly selective four-week summer research internship at the Coriell Institute for Medical Research (Camden, NJ), a leader in genomics and cell science ¹⁴¹ ¹⁴² . Students work in world-class labs on projects like stem cell biology, cytogenomics, or DNA biobanking. The program includes hands-on lab rotations (learning cell culture, DNA extraction, etc.), attending scientific lectures, and an independent capstone research presentation ¹⁴³ ¹⁴⁴ .

Interns may choose tracks in Production Labs (biobanking techniques), R&D (supporting global research services), or Project Management (sample logistics) ¹⁴⁵ ¹⁴⁶ .

- **Eligibility:** Must be **17+ years old** by program start ¹⁴⁷ . U.S. citizens; strong science background preferred. Aimed at rising seniors. Only **6–8 students** selected from across the country.
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://www.coriell.org/education/students/summer-experience>
- **Key Dates:** Deadline ~May 15 ¹⁴⁸ . Program dates mid-July to mid-August (e.g. July 17 – Aug 17, 2025) ¹⁴⁹ ¹⁵⁰ .
- **Location:** Coriell Institute, Camden, New Jersey (on-site). No housing provided (students often commute from NJ/Philly area or arrange local stay).
- **Cost:** Free; interns receive a \$1,000 stipend ¹⁵¹ .
- **Other Info:** One of the nation's premier genome research internships for high schoolers – many alumni have won STEM accolades. Expect rigorous full-time lab work (M–F). The small cohort and generous stipend reflect its competitive nature ¹⁵² ¹⁴³ .

91. City of Hope Eugene & Ruth Roberts Summer Student Academy

- **Description:** A prestigious 10-week biomedical research internship at City of Hope National Medical Center (Duarte, CA) known for its cancer and diabetes research ¹⁵³ ¹⁵⁴ . Out of ~2,000 applicants, ~100 students are chosen to join labs and conduct independent research projects under renowned researchers' mentorship ¹⁵⁵ . Interns attend scientific seminars, learn advanced lab techniques, and write a research paper by summer's end – culminating in a symposium where they present their findings ¹⁵⁶ ¹⁵⁷ .
- **Eligibility:** Must be **16+ years old** by start ¹⁵⁸ . Completion of high school **biology and chemistry** courses required ¹⁵⁸ . Open to all U.S. high school students (primarily juniors/seniors). Extremely competitive (strong academic record and genuine interest in biomedical research needed).
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://www.cityofhope.org/education/roberts-summer-student-academy>
- **Key Dates:** Applications typically open in fall and close by mid-March ¹⁵⁹ . Program runs early June – mid-August (10 weeks).
- **Location:** City of Hope campus, Duarte (near Los Angeles), California. In-person full-time (housing not provided).
- **Cost:** Free; **paid** internship – participants receive a \$4,000 stipend ¹⁶⁰ .
- **Other Info:** Alumni often credit this program as “life-changing” – many continue into MD or PhD programs. The Roberts Academy prioritizes student diversity and passion for research. Expect a rigorous schedule (~40 hrs/week plus study time) akin to a graduate-level lab experience ¹⁵⁵ .

92. EnergyMag High School Research Internship

- **Description:** A virtual research internship program for high school students interested in clean energy and sustainability innovation. Over 8 weeks, interns work remotely in teams under EnergyMag mentors to investigate topics like renewable energy technology, climate policy, or sustainable design. They produce a research report or innovative solution which may be published or presented via EnergyMag's platform. (As a virtual opportunity, details are customized to each cohort's projects.)

- **Eligibility:** High school sophomores, juniors, and seniors with at least one honors/AP science class completed ¹⁶¹ . Open internationally since work is remote (English proficiency required). Students should demonstrate passion for environmental science or engineering.
- **Categories:** *STEM, Research, Internships*
- **URL:** <https://energymag.org/internships>
- **Key Dates:** Applications open in spring. Program typically runs June–August (exact timeline varies).
- **Location:** Virtual (online collaboration). Interns may coordinate via Zoom/Slack across time zones.
- **Cost:** Free. No stipend (unpaid), but students gain mentorship and potential publication.
- **Other Info:** This internship is part of EnergyMag’s mission to empower youth in climate action. Interns often continue as contributors to EnergyMag or in sustainability clubs. *Note:* EnergyMag is a newer program (always verify current details on their site). (*Source: Program info as referenced by LadderInternships.com* ¹⁶¹ .)

93. MIT Beaver Works Summer Institute (BWSI)

- **Description:** A rigorous 4-week summer STEM program hosted by MIT Lincoln Laboratory and MIT School of Engineering, where students tackle hands-on projects in areas like autonomous drones, self-driving cars, AI, and cybersecurity. Participants complete online preparatory coursework in spring, then come to MIT in July to build and test their projects (for example, programming autonomous model race cars or designing assistive AI software). The program culminates in final competitions or presentations demonstrating the students’ engineered systems.
- **Eligibility:** Rising high school seniors (exceptional juniors considered) with strong academic performance in math and science. U.S. citizenship **not** required (international students can apply, but some courses have citizenship restrictions). Students must complete required online prerequisite courses in the spring to qualify for summer. Teacher nomination or verification of aptitude is part of the process.
- **Categories:** *STEM, Engineering, Education (Camp)*
- **URL:** <http://beaverworks.ll.mit.edu/CMS/bw/bwsi>
- **Key Dates:** Online course enrollment begins in January; spring online curricula run Feb–May. The on-site program at MIT runs in late July – early August. Applications (including prerequisite completion) due by early May.
- **Location:** MIT campus in Cambridge, Massachusetts (in-person for summer portion; online for spring prep).
- **Cost:** Free tuition. *For 2025, no program fee.* Students must cover travel and lodging, but need-based travel/housing assistance is available in many cases.
- **Other Info:** BWSI is highly prestigious; students often call it “mini MIT.” Courses in 2024 included Autonomous RACECAR, UAV (drone) Racing, Medlytics (medical AI), Quantum Software, and more. Admission is competitive, but the only cost is your time and effort in the spring. It provides a taste of MIT’s hands-on, collaborative approach to solving real-world problems.

94. Bank of America Student Leaders Program

- **Description:** An eight-week paid summer experience that combines a local community internship with a national leadership summit in Washington, D.C. ¹⁶² ¹⁶³ . Selected Student

- Leaders (about 300 nationwide) are placed at a local nonprofit in their community, working 35 hours/week to gain work and service experience ¹⁶² ¹⁶⁴ . They also develop leadership and civic engagement skills, culminating in an all-expenses-paid week in D.C. with Student Leaders from across the country to meet policymakers and participate in workshops ¹⁶⁵ ¹⁶⁶ .
- **Eligibility:** Current juniors or seniors (high school) in the U.S. ¹⁶⁷ . Must be legally authorized to work (for stipend purposes) and able to participate in both the internship and the summit. Strong community service and leadership background is expected.
 - **Categories:** *Civic Engagement, Leadership, Internship*
 - **URL:** <https://about.bankofamerica.com/studentleaders>
 - **Key Dates:** Applications open in October and typically close in early January ¹⁶⁷ . Internship runs roughly late June – early August (exact dates vary by city); D.C. Summit usually in late July.
 - **Location:** Internship component is in your local community (Bank of America matches you with a nonprofit near where you live) ¹⁶² . Summit is in Washington, D.C. (travel and hotel covered) ¹⁶⁵ .
 - **Cost:** Free; participants are **paid interns** (hourly wage set by the nonprofit; exact stipend varies). The week-long D.C. trip is fully funded by the Bank ¹⁶⁸ .
 - **Other Info:** The program's aim is to foster civic-minded young leaders ¹⁶⁹ . Alumni often cite it as transformative for networking and college apps. Note that this is highly competitive (thousands apply). Student Leaders also become part of an alumni network for ongoing opportunities.

95. KPMG Future Leaders (U.S. Empower High School Experience)

- **Description:** A three-week summer immersion in accounting and professional services at KPMG's New York office ¹⁷⁰ ¹⁷¹ . Rising seniors selected for this program learn core accounting principles, auditing practices, and tax concepts through interactive workshops and real case studies ¹⁷² . Participants work in teams, receive mentorship from KPMG professionals, and develop communication and problem-solving skills through hands-on activities. Networking sessions and guest lectures by industry experts provide insight into careers in finance and accounting ¹⁷³ .
- **Eligibility:** Rising high school juniors or seniors residing near a KPMG office (for in-person attendance; currently focused on NYC area) ¹⁷⁰ . Must have an interest in business/accounting. Program seeks to support students from underrepresented or low-income backgrounds.
- **Categories:** *Business, Internship, STEM (Finance)*
- **URL:** <https://info.kpmg.us/careers/students/high-school-programs.html>
- **Key Dates:** Runs 3 weeks in July ¹⁷⁴ . Application deadlines vary (often spring). For 2025, expect due date around April.
- **Location:** New York City (KPMG office in Manhattan) ¹⁷⁰ . Possibly expanding to other KPMG offices in future years – check site for updates.
- **Cost:** Free; participants are **paid \$25/hour** during the program ¹⁷⁵ ¹⁷⁶ . All materials provided.
- **Other Info:** This “U.S. Empower” program is part of KPMG's efforts to build a diverse talent pipeline. Students not only gain resume-worthy experience but also mentorship that often continues beyond the summer. Successful participants may be fast-tracked for KPMG's college internship programs.

96. Meta Summer Academy (Externship Program)

- **Description:** A six-week summer externship at Meta (Facebook) headquarters in Menlo Park, CA, offering high school students a rare inside look at the tech industry ¹⁷⁷ ¹⁷⁸ . Externs (about 150 selected locally) spend ~30 hours/week job-shadowing Meta professionals (“Meta Mentors”) in departments like engineering, product design, or marketing ¹⁷⁹ . They participate in workshops, learn about Meta’s products, and contribute to projects or case studies. The program includes mentorship, professional skills training, and networking with executives. Transportation is provided for participants, making it accessible to students across the Bay Area ¹⁷⁸ ¹⁷⁹ .
- **Eligibility:** High school sophomores from specific communities near Meta: applicants must be full-year residents of East Palo Alto, Belle Haven, or North Fair Oaks/Redwood City, CA ¹⁷⁷ . Minimum GPA not explicitly stated, but a demonstrated interest in tech or business is helpful.
- **Categories:** *STEM, Business, Internship*
- **URL:** <https://metasummeracademy.com>
- **Key Dates:** Applications due March 1 ¹⁸⁰ . Program runs mid-June through July (6 weeks) ¹⁸¹ .
- **Location:** Meta (Facebook) Headquarters, Menlo Park, California ¹⁷⁷ . (In-person; transportation provided to externs from their home area to Menlo Park campus daily) ¹⁸² .
- **Cost:** Free; externs receive a stipend (amount not publicly disclosed, but Meta covers transportation and meals).
- **Other Info:** Extremely competitive but uniquely immersive (Meta Summer Academy alumni often continue into tech careers). Note: limited to certain Bay Area communities as part of Meta’s local outreach. The program is considered prestigious; acceptance conveys strong initiative and community leadership.

97. CliftonLarsonAllen (CLA) High School Internship Program

- **Description:** A paid summer accounting internship at CLA, a national audit/tax advisory firm, with placements in various offices across the U.S. High school interns work 8 weeks (mid-June to August) alongside CLA teams, assisting with real client projects such as preparing tax documents, analyzing financial statements, and learning audit procedures ¹⁸³ ¹⁸⁴ . The program emphasizes practical training: interns attend onboarding training, then rotate through different departments (tax, audit, consulting) to gain a broad overview of public accounting. Mentorship and professional development sessions are provided, helping interns improve problem-solving and business communication skills ¹⁸⁵ ¹⁸⁶ .
- **Eligibility:** High school juniors or seniors (ages 16–18) able to work in the U.S. ¹⁸⁷ . Must live near one of CLA’s participating offices (numerous across states – see CLA site for list ¹⁸⁸). An interest in accounting or business is expected; some knowledge of Excel or bookkeeping is a plus.
- **Categories:** *Business, Internships*
- **URL:** <https://www.claconnect.com/careers/cla-high-school-internship>
- **Key Dates:** Applications typically open in fall and close by January. Program dates ~mid-June to early August ¹⁸⁹ .
- **Location:** Many CLA offices nationwide (intern chooses from available city locations). Examples: Chicago, NY, Minneapolis, etc. ¹⁸⁸ ¹⁹⁰ .
- **Cost:** Free; **paid** internship (hourly wage, exact amount not published) ¹⁸⁹ ¹⁹¹ .
- **Other Info:** CLA’s program is known for early talent development – standout high school interns can potentially return for college internships. The firm values diversity and often

recruits from this pipeline. It's a great head-start for a future CPA or finance career, giving a realistic preview of the accounting profession ¹⁸⁴ .

98. Diamond Challenge (Global High School Entrepreneurship Competition)

- **Description:** A worldwide entrepreneurship competition where high school students pitch innovative business or social venture ideas for a chance to win part of a \$100,000 prize pool ¹⁹² ¹⁹³ . Teams of 2–4 students develop a concept, write a business plan, and create a pitch video. The contest has multiple rounds: a written concept round (judged online), regional or virtual pitch semifinals, and a **final round at the University of Delaware's "Limitless Summit"** for top teams ¹⁹⁴ ¹⁹⁵ . Finalists attend the summit (an entrepreneurship conference) to compete and network with peers and mentors from around the world ¹⁹⁶ ¹⁹⁷ . Categories include Business Innovation and Social Innovation, and entries are judged on innovation, feasibility, and social impact.
- **Eligibility:** Students ages 13–18 from any country, enrolled in high school (or homeschool equivalent). Teams must have an adult advisor (21+). Each student can only join one team/ concept per year ¹⁹⁸ ¹⁹⁹ . All work must be original and student-created.
- **Categories:** *Business, Competition (Entrepreneurship)*
- **URL:** <https://diamondchallenge.org>
- **Key Dates:** Season spans the school year. **Timeline example:** Registration opens in September; Submission deadline ~Jan 15 ²⁰⁰ ; Pitching round qualifiers in Feb–Mar; Finals at the **Limitless Summit** in late April/early May ²⁰¹ ²⁰² . (2025 Summit: May 1–2, 2025 ²⁰³ .)
- **Location:** Global – initial rounds are online or at partner sites in 47 U.S. states and 125+ countries ²⁰⁴ . Final round held in Delaware, USA (with virtual option if needed).
- **Cost:** Free to enter. (No registration fee; teams cover their travel if attending the summit, but need-based travel scholarships are available for finalists.) Winners receive cash prizes (1st place \$15k per team, etc.) and resources for their ventures ¹⁹² ¹⁹³ .
- **Other Info:** The Diamond Challenge, run by University of Delaware's Horn Entrepreneurship, is one of the top-rated teen entrepreneur contests ²⁰⁵ . Besides prizes, it provides feedback from judges and opportunities to join a global youth entrepreneur community. Past winners have launched real startups or pursued seed funding after the challenge.

99. LaunchX Entrepreneurship Summer Program

- **Description:** A renowned 4–5 week entrepreneurship camp for high school entrepreneurs, originally founded at MIT. LaunchX brings together talented students from around the world to form teams, ideate a startup, and build a real venture from scratch ²⁰⁶ ²⁰⁷ . Under guidance from industry mentors and business school instructors, teams conduct market research, create a product or service prototype, develop a business plan, and pitch to investors at program's end ²⁰⁸ ²⁰⁹ . Programs are offered in-person (recent sites: **University of Michigan – Ann Arbor** and **UC Berkeley**) as well as online ²¹⁰ ²¹¹ . The experience is intensive (often 6+ hours daily) and collaborative, simulating the startup process in a short timeframe.
- **Eligibility:** Current high school students (usually rising juniors and seniors). No formal prerequisites, but applicants should demonstrate prior interest in entrepreneurship (e.g. business clubs, projects) and strong problem-solving skills ²¹² ²¹³ . Admission is highly selective (~10–15% accept rate).
- **Categories:** *Business, STEM (Tech Entrepreneurship), Summer Program*

- **URL:** <https://launchx.com>
- **Key Dates:** Programs run 4 weeks in July (on-campus) or 5 weeks online. Applications open fall and close in winter (Early application deadline ~Dec; final deadline ~Feb). 2025 program dates likely July 7 – Aug 2 (Ann Arbor) and July 7 – Aug 2 (Berkeley) for in-person; online program spans a similar window.
- **Location: In-Person:** University campuses (2024 sites: Michigan and Berkeley) ²⁰⁹ ²¹¹ – includes residential living. **Online:** virtual platform connecting global teams ²¹⁴.
- **Cost:** Tuition required. In 2024, in-person tuition was ~\$6,900 (plus travel); online ~\$4,800. Substantial **financial aid** available based on need – LaunchX strives to admit qualified students regardless of ability to pay ²¹⁵ ²¹⁶.
- **Other Info:** LaunchX alumni have gone on to launch real companies and attend top business/engineering colleges. The program, once known as “MIT Launch,” has an excellent reputation ²¹⁷. It’s fast-paced: by the end, each team has a minimally viable product and often real customers. Outside of class, fun team-bonding activities and guest speakers (CEOs, venture capitalists) round out the experience.

100. United States Senate Youth Program (USSYP)

- **Description:** A prestigious, week-long government and leadership education program in Washington, D.C., funded by the U.S. Senate and Hearst Foundation ²¹⁸. Each year, 104 student delegates (two per state, DC, and DoD schools) are selected via a competitive merit-based process to attend **Washington Week**, where they meet Senators, Congressional staff, the President or Vice President, and other national leaders ²¹⁹. Delegates tour national monuments and government agencies, engage in policy discussions, and participate in mock Senate sessions. The program also awards a **\$10,000 college scholarship** to each delegate ²²⁰.
- **Eligibility:** High school juniors or seniors holding student government or elected/selected leadership positions (e.g., student body president, class officer, Model UN leader, etc.) in the current academic year ²²⁰. Must be U.S. citizens or permanent residents and attend school in the state they represent. Selection involves a state-run application, exam, or interview (varies by state Department of Education).
- **Categories:** *Civic Engagement, Leadership, Fellowship*
- **URL:** <https://ussenateyouth.org> (application through each state’s selection office)
- **Key Dates:** State applications are typically due in early fall (Sept–Oct). The 63rd annual Washington Week is March 1–8, 2025 ²²¹. (Program occurs each year in late Feb or early March.) Winners announced by winter.
- **Location:** Washington, D.C. – all delegates travel to DC for the program (activities at Capitol, Supreme Court, Pentagon, etc.).
- **Cost: Free** – all travel, hotel, and meal expenses in DC are covered by The Hearst Foundations. Additionally, each delegate receives a \$10,000 undergraduate scholarship ²²⁰.
- **Other Info:** USSYP has an incredible alumni network (Senator Susan Collins is an alum). It’s extremely selective – often only one senior and one junior per state. Even the application is an honor. Delegates often call it a “life-changing” glimpse into public service at the highest level.

101. American Legion Boys State / Girls State

- **Description:** Long-running summer leadership and citizenship programs in each state where rising high school seniors simulate state and local government ²²² ²²³. For one week,

delegates (often 100–1,000 per state) gather at a host college to form a mock “51st state.” They are split into fictional cities and counties, create political parties, run elections, and serve in roles from mayor to state legislator ²²⁴ ²²⁵ . Participants draft and debate bills, govern their mock state, and may engage in additional activities like mock trials, journalism (producing a newspaper), band/choir, or law enforcement simulations ²²⁶ ²²⁷ . The aim is to teach civic responsibility, the democratic process, and leadership through *learning by doing*. Each program typically sends two outstanding delegates to Boys Nation or Girls Nation in D.C. for federal-level simulations.

- **Eligibility:** High school juniors (rising seniors) nominated by their school in the spring of junior year ²²⁸ . Academic achievement, leadership, and interest in government are key criteria. Must be a resident of the state and U.S. citizen (or permanent resident in some states). Boys State is run by the American Legion; Girls State by the Legion Auxiliary. Each participating high school can usually nominate one boy and one girl for consideration ²²⁹ .
- **Categories:** *Civic Engagement, Leadership, Summer Program*
- **URL:** Information via your state’s American Legion or Auxiliary website (e.g., “<yourstate> Boys State”). National info: <https://legion.org/boysnation> and <https://legion-aux.org/GirlsState>.
- **Key Dates:** Programs occur in early summer (usually **June**) after junior year. Application/nomination season is winter of junior year (deadlines vary by state, often Jan–Mar). Selection announced by April/May.
- **Location:** One program in each state (held at a college campus or state capitol). Examples: *Texas Boys State* at UT Austin, *New York Girls State* at SUNY Brockport, etc. Delegates reside on campus for the week.
- **Cost: Free or low-cost** – sponsorship is often covered by local Legion posts or schools. Delegates might pay a small fee (usually <\$50) or nothing at all. Meals and housing are included. (Travel to venue sometimes at family’s expense.)
- **Other Info:** Boys/Girls State (est. 1937) are highly respected – alumni include numerous politicians, military leaders, and professionals. Many states award college scholarships to delegates or allow program participation to count for college credit. It’s an intense week: expect long days of campaigning, debates, and camaraderie. *Note:* Hawaii has only Girls State; a few states have combined programs ²³⁰ .

102. Ashoka Young Changemakers (Global Fellowship)

- **Description:** A global youth fellowship that identifies and amplifies teens who are leading impactful social initiatives. Selected Ashoka Young Changemakers join a network of peers and receive mentorship, media exposure, and skill-building opportunities to scale their ideas ²³¹ . Rather than a fixed-duration program, it’s an ongoing engagement: Young Changemakers collaborate with Ashoka to promote the “Everyone a Changemaker” movement, attend global summits, and co-lead campaigns encouraging youth social entrepreneurship ²³¹ ²³² . Benefits include access to workshops, fundraising support, and connections to Ashoka’s vast network of social entrepreneurs. (This is more of a fellowship/award than a summer program, but fellows often have gatherings or exchanges.)
- **Eligibility:** Typically ages 12–20 (varies by country’s program; in the U.S., focus is on teens ~14–20). Applicants must have founded or co-founded an ongoing social initiative that has demonstrated impact, and be driving positive change in their community ²³³ ²³¹ . They should also show leadership in engaging peers (i.e., helping others become changemakers). The process usually involves nomination or application, then interviews.

- **Categories:** *Civic Engagement, Fellowship (Social Entrepreneurship)*
- **URL:** <https://www.ashoka.org/en-us/program/ashoka-young-changemakers>
- **Key Dates:** Varies – Ashoka opens calls for nominations periodically (often annually). For example, the U.S. Young Changemakers nominations might open in summer with fellows announced by end of year. The fellowship is not time-bound – it’s a lifetime community, though initial onboarding happens over a few months.
- **Location:** Global – Ashoka Young Changemakers are in dozens of countries (India, USA, Brazil, etc.). Activities are a mix of virtual and in-person. Fellows may travel to Ashoka regional summits or retreats (travel funded by Ashoka). For instance, U.S. fellows have convened in Washington, D.C. for induction.
- **Cost:** Free. This is an honor/fellowship – no fees, and many costs for events are covered. It is **not a monetary award**, however (no guaranteed stipend/scholarship). Fellows do get promotion and sometimes small grants for their project.
- **Other Info:** Being an Ashoka Young Changemaker is a distinguished honor in the social innovation sphere. Ashoka is the world’s largest network of social entrepreneurs, founded by Bill Drayton. Young Changemakers often go on to win other accolades or secure funding for their ventures. If you or someone you know is a teen running a social initiative, consider applying or **nominating** – Ashoka actively seeks diverse young leaders who “have found their power to create change for the good of all” ²³¹ .

103. Smithsonian National Museum of the American Latino – Young Ambassadors Program (YAP)

- **Description:** A national leadership and arts internship for graduating high school seniors aimed at fostering the next generation of Latinx leaders in arts, sciences, and humanities ²³⁴ ²³⁵ . The program begins with an intensive **week-long seminar in Washington, D.C.** at the Smithsonian, focused on Latino culture, identity, and leadership (including workshops and networking with Latino leaders) ²³⁶ ²³⁷ . After the DC week, participants return home for a four-week paid internship at a museum or cultural institution in their community (18 partner cities across the U.S. and Puerto Rico) ²³⁵ . Students gain professional experience and mentorship in fields like museum curation, public history, community arts, etc., while exploring Latino contributions in those fields.
- **Eligibility:** High school seniors (must have just graduated, i.e., class of 2025 for summer 2025) of Latino/Hispanic heritage ²³⁴ . U.S. citizens or legal permanent residents. Should demonstrate interest in the arts, sciences, or humanities and the Latino community. Competitive selection based on academic achievement, leadership, and community involvement.
- **Categories:** *Arts, Civic Engagement, Internship, Fellowship*
- **URL:** <https://latino.si.edu/education/yap>
- **Key Dates:** Applications typically due in April. Program runs in June–August: the DC training week in late June, followed by local internship in July. (In 2023, DC week was late June and internships ran July.)
- **Location:** Washington, D.C. (Smithsonian) for seminar; then a partner museum in one of 18 cities (e.g., LA, Miami, New York, Chicago, Albuquerque, etc.) for the internship ²³⁵ . Interns are placed as close to home as possible.
- **Cost:** Free; the DC week (travel, lodging, meals) is fully paid by the Smithsonian ²³⁷ . The four-week local internship comes with a \$2,000 stipend ²³⁸ ²³⁹ .
- **Other Info:** YAP was previously run by the Smithsonian Latino Center (now the National Museum of the American Latino) and has alumni in diverse careers. It was on hiatus in 2020–

2021 but has resumed. The combination of national recognition and local impact makes it a unique bridge program from high school to college/career. Fluency in Spanish is not required, but many YAP participants are bilingual.

104. Warner Bros. Discovery REACH Honorship Program

- **Description:** A selective **scholarship + internship** program for high school seniors in the Los Angeles area aspiring to careers in the entertainment industry ²⁴⁰ ²⁴¹. REACH Honorship recipients receive a \$5,000 college scholarship and a four-week paid summer internship at Warner Bros. in Burbank after high school graduation ²⁴² ²⁴³. During the internship, honorees “reach” into various departments (production, marketing, finance, etc.) to learn the business of film/TV. They gain hands-on experience, from being on set to working in corporate offices, with mentorship from Warner Bros. professionals ²⁴⁴ ²⁴⁵. The Honorship continues during college – WB often provides additional internships each summer and mentoring throughout college, potentially leading to a job at WarnerMedia.
- **Eligibility:** High school seniors in Burbank or greater Los Angeles County, CA ²⁴⁶. Must have minimum 3.0 GPA and plan to attend a four-year college/university ²⁴⁷. Strong interest in media/entertainment careers (e.g., film production, animation, business of media) required. Open to all genders (there are separate named Honorships: example past ones include the “Bendis Scholarship” for business roles, “Honorship for Production,” etc.). Students from underrepresented backgrounds in entertainment are encouraged to apply.
- **Categories:** *Arts, Business (Entertainment), Internship, Scholarship*
- **URL:** <https://www.warnerbroscareers.com/reach-honorship>
- **Key Dates:** Applications are usually due in February ²⁴⁸. Winners announced in April/May. Initial internship occurs summer after senior year (June–July). Scholarship is distributed during college.
- **Location:** Burbank, California (Warner Bros. Studios) for internship ²⁴⁰. Interns work ~30–40 hours/week on the studio lot or offices. College must be an accredited U.S. institution (scholars often stay local to SoCal but not required).
- **Cost:** Free to apply. Winners receive \$5,000 scholarship + paid internships (the high school summer internship stipend is separate from the \$5k) ²⁴⁹.
- **Other Info:** Only a few honorees selected each year (generally 4 students). It’s a golden ticket into Hollywood for young talent – alumni have gone on to work at Warner Bros., CNN, DC Comics, etc. This program started in 2005 and has several tracks (production, business, animation, film editing, etc. depending on year). Great for students who have demonstrated passion like film club, drama, coding/animation, or similar.

105. Foreign Policy Research Institute (FPRI) High School Internships

- **Description:** A competitive internship program for students interested in international relations, diplomacy, and policy research. High school interns at FPRI (a non-partisan think tank) take on roles such as research assistant (supporting scholars by gathering and analyzing data on global issues), special events intern (helping organize forums and webinars), or operations intern (assisting with social media, publications, or administrative tasks) ²⁵⁰ ²⁵¹. Interns also attend weekly foreign policy seminars with guest speakers, write for FPRI’s “Intern Corner” blog, and have the opportunity to publish a research paper ²⁵¹. The program is rigorous and designed to develop analytical writing, critical thinking, and professional skills in the context of foreign policy.

- **Eligibility:** High school students (16+ years old) eligible to work in the U.S. ²⁵² . Strong academic record and writing skills needed. An interest in history, political science, or economics is expected. Open to students nationwide, but those in Philadelphia region can intern on-site; others work remote.
- **Categories:** *Civic Engagement, Research, Internship*
- **URL:** <https://www.fpri.org/about/internships/>
- **Key Dates:** Offers fall, spring, and summer internships. Application deadlines: July for fall, November for spring, March for summer ²⁵³ . Fall term: Sep–Dec; Spring: Feb–May; Summer: Jun–Aug ²⁵³ .
- **Location:** Remote or in-person at FPRI in Philadelphia, PA ²⁵² . Interns can often choose depending on proximity. Weekly virtual seminars for all interns.
- **Cost:** Free; internships are unpaid (no stipend) ²⁵⁴ . The experience and any publications serve as the reward, though some schools give academic credit for it.
- **Other Info:** FPRI high school interns often publish impressive research (past topics: cybersecurity in Asia, NATO policy, etc.). This experience is a standout on college apps for political science or global studies. Intern cohorts are small (the program is *very* selective). Time commitment ~10 hours/week. The skills and network gained can open doors to college-level research or internships at places like the State Department later ²⁵¹ .

106. U.S. Department of the Treasury Student Internship (Headquarters)

- **Description:** An unpaid internship program at the Treasury Department in Washington, D.C., offering high school and college students exposure to federal policymaking and operations ²⁵⁵ ²⁵⁶ . High school interns (typically recent grads before college) support Treasury offices by collecting and analyzing economic or financial data, conducting research for policy briefs, assisting with communications, and attending departmental meetings ²⁵⁶ ²⁵⁷ . Interns rotate through divisions like Domestic Finance, International Affairs, or Public Affairs to learn about fiscal policy, financial regulation, and government operations. It's a substantive, resume-building experience for future careers in economics, finance, or government.
- **Eligibility:** Students must be U.S. citizens, at least 16 years old, and **enrolled or accepted in an accredited institution** ²⁵⁸ . (This essentially means high school seniors headed to college or early college students can apply; exceptional rising seniors in high school might if they meet age and enrollment criteria.) GPA >2.5 typically required. Background checks needed for clearance.
- **Categories:** *Civic Engagement, Internships*
- **URL:** <https://home.treasury.gov/careers/student-internships>
- **Key Dates:** Three sessions: Fall (apply by June, intern Sep–Dec), Spring (apply by Oct, intern Jan–May), Summer (apply by Dec, intern May–Aug) ²⁵⁹ . High schoolers mostly use the summer session after graduation. Exact deadlines posted on USAJobs.
- **Location:** U.S. Treasury Headquarters, Washington, D.C. – in-person strongly preferred (some remote flexibility, but interns often need to be on-site to maximize experience).
- **Cost:** Free (unpaid internship). No stipend or travel reimbursement; students are responsible for housing/transport. However, many consider the prestige and experience worth the cost.
- **Other Info:** In practice, high school candidates are rare; most interns are college-level. But motivated high school seniors have participated, especially those in DC area. If selected, you gain an inside look at federal financial agencies and often get to meet top officials. The *Pathways* program of federal paid internships is separate – this Treasury HQ internship is volunteer (though Pathways or similar could be a next step) ²⁶⁰ .

107. Rise Global Winners (Schmidt Futures & Rhodes Trust)

- **Description:** Rise is a global talent program that finds 100 extraordinary teens each year and provides them lifelong benefits to help them serve others ²⁶¹ ²⁶² . Winners (called “Rise Global Winners”) are chosen based on their dedication to solving society’s pressing problems and their talents, which can be academic or beyond. The application involves sharing a service project and demonstrating perseverance and empathy (often via videos, projects, and peer reviews). **Benefits:** Rise winners receive need-based college scholarships, mentorship, career services, leadership development programming, funding to implement a social impact project, and access to a network of global leaders ²⁶¹ . The support lasts a lifetime – e.g., free technology, possible graduate scholarships, and funding to start a social enterprise are offered as they progress ²⁶³ ²⁶⁴ .
- **Eligibility:** Ages 15–17 as of July 1 of application year (must apply before turning 18) ²⁶⁵ . Open to **all countries**. Looking for “brilliance” (talent) + “service” (commitment to others). No GPA or test score requirements – non-traditional achievers are welcome (e.g., inventors, activists, caregivers, etc.). English proficiency is needed to navigate application, but submissions can include non-text components.
- **Categories:** *Global Fellowship, Civic Engagement, Scholarship*
- **URL:** <https://www.risefortheworld.org>
- **Key Dates:** Annual cycle. Application (via Rise app) opens October and closes January (for 2024–25 cycle) ²⁰⁰ . It’s a multi-stage process: initial forms, videos and projects, peer review, then finalist interviews around June. The 100 Global Winners are announced around September each year.
- **Location:** Global – application is online. Winners attend a fully funded summit (location varies; 2022 summit was in South Africa). Otherwise, programming is mostly virtual, with local meetups in some regions.
- **Cost:** Free to apply. Winners get scholarships (up to full rides for university), technology (e.g., laptops or maybe even funding for devices), and more ²⁶³ ²⁶⁴ . Non-winners can still join Rise’s global network for opportunities.
- **Other Info:** Rise is backed by Eric Schmidt (former Google CEO) and the Rhodes Trust (of Rhodes Scholarship fame) ²⁶⁶ . It’s explicitly **not** a one-time prize but a platform to support youth throughout their lives of service ²⁶⁷ ²⁶¹ . The first cohorts (2021–2023) already include teen scientists, entrepreneurs, artists, and activists from 60+ countries. If you are a passionate problem-solver, this is one of the most comprehensive opportunities out there.

108. National Security Language Initiative for Youth (NSLI-Y)

- **Description:** A State Department scholarship program that sends U.S. high school students abroad to learn critical languages deeply and promote cultural exchange ²⁶⁸ . NSLI-Y provides full funding for summer (6–8 weeks) or academic-year (9–10 months) language immersion programs in countries where languages like Arabic, Chinese (Mandarin), Hindi, Indonesian, Korean, Persian (Tajik), Russian, or Turkish are spoken ²⁶⁹ . Participants live with host families, attend intensive language classes, and join cultural activities and excursions. By the program’s end, students often achieve significant language proficiency gains (many start with no prior knowledge). NSLI-Y aims to foster linguistic skills deemed critical to U.S. national security and global engagement.
- **Eligibility:** U.S. citizens enrolled in high school (ages 15–18 at program start) ²⁷⁰ . Minimum GPA is not specified, but application is competitive (requires essays, teacher recs). No prior

- language study required (in fact, beginners encouraged, except for programs like Chinese which accept some with background too). Must be mature and adaptable to live abroad.
- **Categories:** *Global, Language Learning, Scholarship (Exchange)*
- **URL:** <https://www.nsliforyouth.org> (managed by American Councils and other orgs for State Dept.)
- **Key Dates:** Applications due in **early November** each year for the following summer or school year ²⁶⁹. (E.g., Nov 2024 deadline for Summer 2025 and AY 2025–26 programs.) Notifications in the spring. Summer programs depart in June/July; academic year programs start in late summer.
- **Location:** Various host countries: e.g., Turkey for Turkish, Morocco or Jordan for Arabic, Taiwan or China for Mandarin, South Korea for Korean, India for Hindi, etc. ²⁶⁹. Placement depends on language and program type.
- **Cost: Full scholarship** – NSLI-Y covers program tuition, international airfare, housing, meals, activities, and often provides a modest stipend. Families might pay for passports, some personal expenses, and travel to the U.S. departure city.
- **Other Info:** Highly prestigious – ~10% acceptance. Alumni often continue language study or apply for other State Dept programs like YES Abroad or Fulbright. There's also a virtual NSLI-Y option introduced recently. The immersive nature means students should be ready for challenges (culture shock, intensive classes), but the reward is substantial language skill and an unforgettable cross-cultural experience.

109. Congress-Bundestag Youth Exchange (CBYX) High School Program

- **Description:** A full scholarship exchange program between the U.S. and Germany, jointly funded by the U.S. Congress and German Bundestag. Each year, 250 American high school students spend an academic year in Germany living with a host family, attending a German high school, and experiencing German culture firsthand ²⁷¹ ²⁷². In exchange, German students do the same in the U.S. The program promotes mutual understanding and strong ties between the two countries. American CBYX scholars receive pre-departure orientation, language training (a few weeks of intensive German on arrival), and meet periodically during the year for enrichment trips. A separate CBYX track exists for young professionals, but the high school program is for students generally aged 15–18.
- **Eligibility:** U.S. citizens or permanent residents, ages 15–18½ at departure (must be between sophomore and senior year, or just graduated but not yet 19) ²⁷³. GPA ~3.0+ recommended. No German language required (beginners are welcome, though some language study helps). Selection criteria include cultural curiosity, flexibility, academic merit, and leadership. The U.S. is divided into regions managed by different organizations (YFU, AFS, etc.) to handle applications.
- **Categories:** *Global, Exchange, Scholarship*
- **URL:** <http://www.usagermanyscholarship.org> (redirects by region to partner orgs like YFU, CIEE, etc.)
- **Key Dates:** Applications due in December or early January (varies by implementing organization). Interviews in Feb/Mar. Departure in July for a fully immersive July–June stay (including a language camp + orientation in Germany). Return the following June.
- **Location:** Various across Germany – host families are in all Laender (states) of Germany, from big cities to rural towns. U.S. orientation usually in Washington, D.C., German orientation in Frankfurt or another hub.

- **Cost: Full scholarship** – covers airfare, program fees, school costs, a modest monthly stipend, and usually even language camp. Families may only pay for passport, some personal spending, and domestic travel to orientation. This is one of the most generous exchange scholarships ²⁷⁴.
- **Other Info:** CBYX has been running since 1983. Alumni achieve strong German skills and join an active transatlantic alumni network. The experience of adapting to a new school system and language makes participants more resilient and globally minded. There are also separate CBYX programs for vocational students (graduating seniors into apprenticeships) and young professionals up to age 24, but the high school program is most common.

110. Technovation Girls (Technovation Challenge)

- **Description:** A global competition that empowers girls (ages 10–18) to become tech entrepreneurs by building a mobile or web app to address a real-world problem ²⁷⁵. Teams of young women (1–5 per team) work over 12 weeks (often guided by a volunteer mentor) through the Technovation curriculum to identify a community issue (e.g. climate change, healthcare, education), then develop an app prototype and a business plan for it ²⁷⁶ ²⁷⁷. They submit a pitch video, business summary, and demo. Regional winners advance to semifinals, and top teams globally are invited to the World Summit to pitch live for scholarships and funding (often held in Silicon Valley). The program not only teaches coding (App Inventor or similar) but also entrepreneurship, teamwork, and presentation skills. In 2025, Technovation is introducing new content for web app development as well ²⁷⁵.
- **Eligibility:** Girls 10–18 worldwide (students identify as female or non-binary; there is also a Technovation Kids for younger ages). Two divisions: **Junior** (10–14) and **Senior** (15–18). No prior coding experience required. Teams need an adult mentor (teacher, parent, etc., or Technovation can help find a volunteer mentor). One team per girl (a girl cannot be on multiple teams).
- **Categories:** *STEM, Competition (Technology Entrepreneurship)*
- **URL:** <https://technovationchallenge.org>
- **Key Dates:** Season runs roughly October through May. Registration opens in October ²⁷⁸. Submission deadline usually late April or early May (e.g. May 5, 2025) ²⁷⁷ ²⁷⁹. Regional pitch events happen May–June. Global finalists announced in June; World Summit in August.
- **Location:** Global – work is done locally (many teams form via school clubs or community orgs in 100+ countries). Finalists travel to the World Summit (location varies; often USA or virtual). In 2024–25, much of the contest is virtual due to broad participation, but local chapters may host events (like regional pitch nights).
- **Cost:** Free to register and participate. Teams just need internet and a computer. Winners at World Summit receive cash prizes (\$\$ for education or startup funding) – historically, \$10k for senior division winner, \$5k for junior, plus smaller prizes for category winners.
- **Other Info:** Since 2010, over 30,000 girls have participated. It's one of the largest global tech programs for girls. Aside from prizes, all participants benefit by building a functional app and getting feedback from judges. It looks great on college apps, especially for girls in CS. The community aspect is strong – many countries have Technovation chapters providing extra workshops or hackathons during the season.

111. Conrad Challenge

- **Description:** An annual multi-phase innovation competition founded in honor of astronaut Pete Conrad, challenging students to design creative solutions to global problems using science and technology ²⁸⁰ ²⁸¹. Teams of 2–5 students (ages 13–18) choose one of several categories (Aerospace & Aviation, Cyber-Technology, Energy & Environment, Health & Nutrition, etc.) and develop an invention or business idea. Phase 1: write an Executive Summary of their concept. Phase 2: create a detailed Business Plan and product graphic. Finalists are invited to the **Innovation Summit** at Kennedy Space Center to present to judges and industry experts ²⁸². The Challenge is “purpose-driven”: judges evaluate not just innovation and feasibility, but also how the idea addresses a real need. Top teams win awards like grant money, pro-bono legal/IP services, and possibly scholarships. All finalists get to network with scientists, entrepreneurs, and even NASA officials at the Summit.
- **Eligibility:** Students 13–18 worldwide, in high school (or homeschool). Must compete in teams of 2–5; each team needs an adult coach (often a teacher or parent). Multiple teams from one school are allowed. Projects must be original student work. It helps for teams to have a mix of skills (technical, business, presentation).
- **Categories:** *STEM, Competition (Innovation/Entrepreneurship)*
- **URL:** <https://www.conradchallenge.org>
- **Key Dates:** **Phase 1** entries (Executive Summary) due around late October. **Phase 2** Business Plans due January. Finalists announced in February. **Innovation Summit** (Final Round) takes place in April at Kennedy Space Center (Florida) ²⁸³. (Exact 2025 dates: likely Oct 2024, Jan 2025, and April 2025).
- **Location:** Virtual for rounds 1 & 2 (online submission). Finals at Kennedy Space Center, Florida – in-person (with some years offering virtual participation). Teams must fund their travel (some sponsorship often provided for international finalists).
- **Cost:** Registration fee ~\$499 per team (covers judging, Summit event, etc.) – fee can be waived for teams with financial need ²⁸¹. Finalists have travel costs to Florida. Prize money varies by year and sponsors; winners often receive \$3k–\$5k grants and other in-kind prizes.
- **Other Info:** Conrad Challenge is known for launching real startups – some past winners have patented their ideas (like bio-plastics, new medical devices). The experience teaches writing business plans, which is great for budding entrepreneurs. Schools sometimes use it as a capstone project in STEM classes. Even if a team doesn’t win, making it to finals (top 5 in a category) is a big accomplishment. Judges often provide feedback to help teams iterate on their ideas ²⁸⁰.

112. Breakthrough Junior Challenge

- **Description:** A global science video contest where students ages 13–18 explain a complex scientific concept or theory in an engaging, creative short video (max 3 minutes) ²⁸⁴ ²⁸⁵. The competition, funded by the Breakthrough Prize Foundation (the “Oscars of Science”), encourages youth to communicate science topics (in Physics, Math, or Life Sciences) in accessible ways. Thousands enter; one **winner** each year receives a \$250,000 college scholarship, their teacher gets \$50,000, and their school receives a \$100,000 state-of-the-art science lab ²⁸⁴. Additional prizes often for top category videos or Popular Vote. Judges include famous scientists and educators (and sometimes celebrities like Khan Academy’s Sal Khan or astronaut Scott Kelly). The winning videos are widely publicized, and winners are celebrated at the Breakthrough Prize ceremony alongside renowned researchers.

- **Eligibility:** Ages 13 through 18 (by April 1 of contest year). Open to students worldwide, but submissions must be in English (or have English subtitles). Can be individual or 2-person team (scholarship split if team). Content must be original and accurate. Students should pick a topic beyond typical school curriculum to showcase deeper understanding.
- **Categories:** *STEM, Competition (Science Communication)*
- **URL:** <https://breakthroughjuniorchallenge.org>
- **Key Dates:** Contest launches each spring (usually **April**). Submission deadline around June 25. A public **Popular Vote** on Facebook/YouTube happens in late summer (the video with most likes gets fast-tracked to finals). Final judging in fall, winner announced in November. (For 2024 cycle: opened April 2024, due June 25, 2024.)
- **Location:** Online submission (video upload via YouTube). The winner (and sometimes finalists) are flown to the Silicon Valley televised Breakthrough Awards Gala (usually held at NASA Ames or similar in November) to receive their prize in person.
- **Cost:** Free to enter. Enormous prizes for winner: \$250K scholarship + \$50K teacher prize + \$100K school lab ²⁸⁴. Finalists also get smaller awards or a trip to the ceremony.
- **Other Info:** This challenge values **creativity** – past winners have used animation, claymation, skits, and innovative analogies to explain topics like quantum tunneling or genetic regulation. It's as much about storytelling as science. Even if you don't win, making a video improves your communication skills and can be a strong piece for college applications or science fairs. Judges are looking for clarity, creativity, and difficulty of topic explained.

113. Bow Seat Ocean Awareness Contest

- **Description:** An international art and writing competition that invites students to explore environmental issues – particularly ocean and climate health – through creative expression ²⁸⁶ ²⁸⁷. Each year has a theme (e.g., “Climate Hope” or “Our Oceans in a Changing Climate”). Students ages 11–18 can submit in various categories: Visual Art, Poetry, Prose, Film, Music, or Interactive & Multimedia. Entries are judged on how well they interpret the theme, originality, and skill. Winners in each category and age division (Middle School, High School) receive cash awards (ranging \$100 to \$1,500) and recognition. Bow Seat often partners with other organizations for special awards (e.g., for advocacy or well-researched pieces) ²⁸⁸. Beyond prizes, selected works are showcased online, in exhibitions, and sometimes at environmental conferences – amplifying youth voices for the planet.
- **Eligibility:** Worldwide, students 11–18 (Middle: 11–14; High School: 15–18). Can submit as an individual (most categories) or group (allowed in film & multimedia). No entry fee. Each student can submit up to one entry per category. Work must be original and not previously published.
- **Categories:** *Arts, Writing, Competition (Environmental)*
- **URL:** <https://bowseat.org/programs/ocean-awareness-contest>
- **Key Dates:** Contest opens September. Submission deadline usually in June (e.g. June 10, 2025) ²⁸⁹ ²⁹⁰. Results announced in the fall (October). It's an annual cycle aligned with the school year.
- **Location:** Online submission. Occasionally, winning artworks are displayed physically (Bow Seat is based in Boston, MA, and partners with aquariums or galleries).
- **Cost:** Free. Prizes: Over \$5,000 distributed annually. Top Gold Award in HS division is \$1,500 ²⁸⁷. There are also Sponsor Recognition Awards, Educator Awards (for supporting teachers), and sometimes all-expenses-paid trips for certain winners (e.g., to attend global youth summits) – these vary each year.

- **Other Info:** This contest is unique in blending art and activism. Judges include artists, ocean scientists, and educators. Even if you're not an "artsy" person, there are categories for you – like creative writing or short films (some winners have even done spoken word poetry videos). Bow Seat also provides resources on the theme to inspire entrants. It's a great way to turn your concern for the environment into something powerful and shareable. Many winners have used their pieces to raise awareness locally or start careers in environmental communication.

114. National YoungArts Foundation Awards

- **Description:** A premier competition and development program for teen artists (15–18 or grades 10–12) across nine disciplines: Classical Music, Dance, Design Arts, Film, Jazz, Photography, Theater, Visual Arts, and Writing. Each year ~700 winners are selected at **Merit**, **Honorable Mention**, or **Finalist** levels. All winners gain lifelong membership in the YoungArts network plus access to workshops, mentorship, and performance/exhibition opportunities ²⁹¹. Finalists (the top ~150) are invited to National YoungArts Week in Miami – an intensive week of classes, showcases, and networking with master artists (previous master teachers include Viola Davis, Quincy Jones, etc.). Finalists also become eligible for nomination as U.S. Presidential Scholars in the Arts. Cash prizes range from \$100 to \$10,000 based on award level.
- **Eligibility:** Ages 15–18 as of December 1 of application year, or in grades 10–12 (U.S. citizens or permanent residents, or legally able to receive funds in U.S.). Applicants submit an audition or portfolio per their discipline (e.g., 10 pages of writing; 10 images for photography; recorded monologues for theater; videos for dance/music). You can apply in multiple disciplines (fees apply per category). Talent, skill, and originality are key selection factors.
- **Categories:** *Arts (Visual, Performing, Literary), Competition*
- **URL:** <https://youngarts.org>
- **Key Dates:** Applications open June and close in October (Oct 2024 for the 2025 awards). Results notified by late November. YoungArts Week for Finalists occurs in January in Miami. Regional programs for Honorable Mentions often in spring.
- **Location:** Nationwide (you apply online). Finalists must attend YoungArts Week in Miami (travel provided). There are also regional YoungArts events in LA, NYC, and Miami where winners might be invited to participate.
- **Cost:** \$45 application fee (per discipline; fee waivers available). Winners receive cash awards: Finalists \$1,000–\$10,000; Honorable Mentions \$250; Merit \$100. YoungArts covers travel/hotel for finalists attending National Week.
- **Other Info:** YoungArts is often a stepping stone to illustrious careers – alumni include Timothée Chalamet, Viola Davis, Andrew Rannells, and Terrance Blanchard. Even at Honorable Mention level, it's a mark of national distinction in arts. If you're serious about an arts field, this is **the** competition to try. It's also essentially the only path to becoming a Presidential Scholar in Arts (each year 20 of the Finalists are selected for that honor). Prepare early – portfolios and audition tapes should be polished and authentic to your voice/style.

115. Scholastic Art & Writing Awards

- **Description:** The nation's largest and longest-running creative arts recognition program for teens (est. 1923). Scholastic Awards invite students in grades 7–12 to submit work in **29 categories** of art and writing – from painting, sculpture, and fashion to poetry, journalism,

and graphic novels. Entries first compete at the **regional level** (by state or locality); top winners earn Gold Key, Silver Key, or Honorable Mention. Gold Key works advance to national judging, where **National Medals** are awarded (Gold, Silver, and special awards) ²⁹¹. National Gold Medalists are honored at a ceremony in Carnegie Hall, NYC, and become eligible for scholarships (the Alliance/Scholastic gives \$300,000+ in scholarships; many art schools also offer scholarships to winners). The Awards have an impressive legacy – alumni include Andy Warhol, Sylvia Plath, Ken Burns, Lena Dunham, etc.

- **Eligibility:** Students in grades 7–12 age 13+ in the U.S., Canada, or attending American/International schools abroad. Submissions must be original and completed in the last year. You can submit multiple pieces in multiple categories (small fee per submission). Some categories allow collaboration (e.g., film, multigenre portfolios).
- **Categories:** *Arts, Writing, Competition*
- **URL:** <https://artandwriting.org>
- **Key Dates:** Deadlines vary by region, typically December or early January. (For example, Northeast states due early January, some Southern states early December – check your regional guidelines on the Scholastic site.) Regional awards announced in Feb. National awards announced in March. National Ceremony in early June in NYC.
- **Location:** Regional adjudication happens locally (mostly online now). National Ceremony in New York City (Carnegie Hall) for Gold Medalists; select student works are exhibited in NYC over the summer.
- **Cost:** \$7 per individual entry, \$25 per portfolio (up to 8 works). **Fee waivers** are easily available for any student with financial need (no one is turned away) – teachers or students can request waivers. Many regions have cash prizes for top regional works; National Medals don't come with direct cash (except certain sponsored awards), but Gold Medal seniors can win scholarships (the top Portfolio Gold winners get \$10,000 scholarships).
- **Other Info:** With 100,000+ entries annually, Scholastic is highly competitive – but also inclusive with many award tiers. It's often the first recognition for young creators. If you win any Scholastic Award, it's a notable honor for college resumes. Seniors can submit a portfolio (8 works) for special portfolio awards. Also, a tip: many regions offer summer workshops or exhibitions for winners. This competition is as prestigious as it gets for teen arts and writing!

116. Princeton Summer Journalism Program (PSJP)

- **Description:** An intensive 10-day summer journalism institute held at Princeton University for high-achieving high school juniors from low-income backgrounds ²³¹. PSJP introduces students to the craft of journalism through workshops on news writing, interviewing, and multimedia, all taught by professional journalists and Princeton faculty. Participants produce an actual newspaper by program's end. They also visit major news outlets like The New York Times, attend press conferences, and hear from renowned guest speakers (past speakers include reporters from CNN, Washington Post, etc.). After the summer, PSJP mentors guide students through college applications, and many alumni go on to careers in media. Importantly, it's a **no-cost** program that also covers students' travel and provides free college admissions counseling.
- **Eligibility:** Current juniors (11th graders) in U.S. high schools. Must have a strong academic record (typically GPA > 3.5) and an interest in journalism. **Income requirement:** Applicants should come from low-income households (generally earning <\$60,000/year for a family of four, though they consider individual circumstances) and have few/no family members who

graduated college. Often first-generation college-bound students. Writing ability and curiosity about the world are key selection factors.

- **Categories:** *Arts (Writing), Civic Engagement, Summer Program*
- **URL:** <https://psjp.princeton.edu>
- **Key Dates:** Application opens in late fall and closes in February (multi-part application including essays, transcript, tax forms). About 40 students are selected by April. Program runs in early August for 10 days. (For 2025, likely August 2025 on Princeton's campus, contingent on public health.)
- **Location:** Princeton University campus (Princeton, NJ). In-person residency in dorms during the program. Visits to NYC and Washington, D.C. are usually included.
- **Cost: Completely free.** All expenses (tuition, housing, meals, transportation to/from Princeton, and trip costs) are paid by Princeton and program donors. Students even receive free supplies and sometimes a stipend.
- **Other Info:** This is one of the most acclaimed programs for aspiring journalists—alumni have gone to top schools and become reporters. The selection is very competitive (thousands apply for 40 spots) but if you fit the criteria, don't hesitate to apply. No prior journalism experience is required. The college counseling component is a huge bonus: PSJP helps with SAT prep, essay reviews, and connects you with internships. It's a life-changing opportunity if you love writing and storytelling.

117. The Adroit Journal Summer Mentorship (Creative Writing)

- **Description:** A free, online summer writing mentorship that pairs high school writers with experienced writers (MFA students or professional authors) for one-on-one feedback and development of their craft. Over 4–6 weeks (usually July), mentees work with their mentor on either **poetry** or **fiction**, submitting drafts and receiving extensive critique on style, voice, and technique. The program is run by *The Adroit Journal*, a respected literary magazine known for showcasing young writers. There are also optional group craft discussions and guest artist Q&As. The goal is to elevate students' writing – many past mentees have gone on to win Scholastic Awards, YoungArts, or be published in journals.
- **Eligibility:** High school students (including rising freshmen to just-graduated seniors). International students are welcome (program is virtual). Applicants submit a writing sample (poetry or fiction) – typically 4–6 poems or a short story/excerpt up to ~1,000 words. Passion and potential matter more than accolades; they encourage all teen writers to apply. Admission is selective (~50 mentees out of hundreds of applicants).
- **Categories:** *Arts (Writing), Mentorship*
- **URL:** <https://www.theadroitjournal.org/mentorship-program>
- **Key Dates:** Applications open in early spring (March) and close around May 1. Notifications by early June. Program runs mid-June through July (specific length varies by year, around 5 weeks).
- **Location:** Online. Mentor pairs communicate via email, Google Docs, and possibly video chat. Time commitment is flexible; typically, mentors provide weekly feedback and the pair might schedule a few live discussions.
- **Cost:** Free. No tuition or fees. (This is a community service by Adroit and its mentors.) There's no stipend, but the value is in the personalized instruction.
- **Other Info:** The Adroit mentorship is highly regarded in the literary community. It's less formal than a class – more like having a personal coach for your writing. Mentees often say their writing improved dramatically. Even if you don't get accepted, applying is good practice

(and they sometimes provide brief feedback to applicants). If accepted, take full advantage by being open to critique and writing a lot. Also, emerging writers from underrepresented backgrounds are especially encouraged to apply.

118. Smithsonian Asian Pacific American Center Internship

- **Description:** A museum internship program focused on Asian Pacific American history, art, and culture, offered by the Smithsonian APAC in Washington, D.C. Interns help with curatorial research, digital content, public programs, and community outreach that highlight the experiences of Asian Pacific Americans ²⁹² ²⁹³ . Projects might include assisting with online exhibitions, conducting oral histories, or developing educational materials about APA heritage. Interns gain professional experience in museum work and cultural programming, fostering civic dialogue and social justice through the lens of APA stories ²⁹⁴ ²⁹⁵ . This is typically a part of the Smithsonian's broader intern cohort, which means access to enrichment activities (tours of other museums, intern events across Smithsonian).
- **Eligibility:** High school (and college) students at least 16 years old. A strong interest in Asian American or Pacific Islander history/culture is expected. Academic background in history, art, ethnic studies, or related fields is a plus. Open to all, but APAC encourages applicants from AAPI backgrounds. Requires application with essay, transcript, and references.
- **Categories:** *Arts, Culture, Internship*
- **URL:** <https://smithsonianapa.org/internships/>
- **Key Dates:** Smithsonian internship cycles: spring (apply by Nov), summer (apply by Feb), fall (apply by July). High schoolers mostly do summer (June–Aug, ~10 weeks) with application due early February.
- **Location:** Washington, D.C. (Smithsonian APAC offices – note APAC does not have a standalone museum building; work is in Smithsonian headquarters or telework). Some internships can be virtual or hybrid, especially since APAC does many digital projects.
- **Cost:** Unpaid (Smithsonian internships are generally unpaid volunteer positions). However, academic credit can often be arranged, and outside funding may be available through programs or schools. The experience at a prestigious institution is the primary benefit.
- **Other Info:** The Smithsonian APAC is at the forefront of bringing minority narratives to mainstream museums (e.g., their signature exhibit “Beyond Bollywood” on Indian Americans). Interns may work on upcoming projects like a future Asian Pacific American Museum. It's a chance to be part of something pioneering. Keep in mind D.C. is expensive – if you get this and it's unpaid, seek stipends from community orgs, etc. Often, just a few high schoolers are chosen, making it quite selective.

119. The Metropolitan Museum of Art High School Internship

- **Description:** A sought-after internship at NYC's famous Met Museum, providing teens with behind-the-scenes exposure to museum careers and the Met's vast collections. The Met offers several high school internship sessions (spring, summer, and fall). In the **summer**, interns rotate through departments (curatorial, education, conservation, digital, etc.), assist staff with projects, and participate in weekly professional development workshops. They might handle artifacts, help plan gallery events, or create social media content for teen audiences ²⁹⁶ . During the school-year (fall/spring), internships are typically after-school weekly sessions focusing on either specific themes or departments. All interns gain mentorship from Met

staff, a stipend, and the opportunity to collaborate on a teen-led project (like a gallery guide or teen event).

- **Eligibility:** Ages 15–18, current high school freshmen through seniors in the NYC tri-state area. The Met seeks a diverse group – no specific GPA, but enthusiasm for art/culture and reliability are important. Must have valid working papers (for stipend). For summer, full-time commitment (Mon–Fri) for about 6 weeks is required.
- **Categories:** *Arts, Internship*
- **URL:** <https://www.metmuseum.org/about-the-met/internships/high-school>
- **Key Dates:** **Spring** program (apply by Nov), **Summer** program (apply by March, program runs July–Aug), **Fall** program (apply by July). Summer 2025 apps likely due early March. Each session's details on the Met's site.
- **Location:** The Metropolitan Museum of Art, Fifth Avenue, New York City. (In-person; note in 2020–21 some internships were virtual, but in-person has resumed.)
- **Cost:** Free; **paid** internship – summer interns earn ~\$17/hour (NYC minimum wage; recent summers were approx. \$2,275 total) ²⁹⁷ ²⁹⁸ . School-year interns get a stipend (around \$750 for spring/fall). The Met also covers transport for special trips.
- **Other Info:** Extremely competitive – about 50 chosen out of hundreds. But they value personal perspectives; don't worry if you're not an art expert yet. The Met often has themed cohorts (e.g., a group focusing on tech and art). Alumni often continue in Met teen programs or study art history. This internship not only enriches your resume but is a chance to wander the Met's galleries when it's closed to public – magical for art lovers.

120. Gloria Barron Prize for Young Heroes

- **Description:** An annual award celebrating 25 outstanding young leaders (ages 8–18) who have made a significant positive impact on people, their communities, or the environment ²⁹⁹ ³⁰⁰ . Unlike a program you attend, the Barron Prize is an *award/recognition*: winners are those already doing great service or environmental work. Each honoree receives \$10,000 to support their higher education or their service project. Examples of winners include teens who started nonprofits, invented lifesaving devices, protected wildlife, or fought social injustices. Winners also get a trophy, publicity (they are featured in media and on the Barron Prize website), and networking with other young heroes. All applicants receive acknowledgement.
- **Eligibility:** Ages 8–18 (not yet 19), permanent residents of U.S. or Canada. Must be the founder or leader of an existing impactful service project or initiative (done outside of school required tasks). The project should be current and have been underway for at least 12 months. Nominees must be ethical and good role models (no glory hounds – interestingly the application asks if you're the type to seek credit or not). You can nominate yourself (with an adult as reference) or be nominated by an adult.
- **Categories:** *Civic Engagement, Award/Fellowship*
- **URL:** <https://barronprize.org>
- **Key Dates:** Applications open January and close around April 15 each year ³⁰¹ . Winners notified by late summer and announced publicly in September.
- **Location:** No attendance necessary – it's an award. However, winners might be invited to speak at conferences or events, and they participate in publicity (via Zoom or sometimes in-person if opportunities arise).
- **Cost:** Free to apply. Winners receive **\$10,000** each ²⁹⁹ . The money can be applied to college or to the winner's project.

- **Other Info:** Named for author T.A. Barron's mother Gloria, who believed in kids making a difference. The prize isn't need-based or academic – it's all about your impact. Only 25 winners, but if you've done significant work, it's worth trying. Even if you don't win, the process of articulating your impact is valuable. Winners join a "Young Heroes" community and often continue inspiring others. This award stands out in college apps because it highlights character and leadership on a national scale.

121. Telluride Association Summer Seminars (TASS)

- **Description:** A prestigious, **fully-funded** summer educational experience in the humanities and social justice. TASS offers rising juniors a deep dive into critical Black and ethnic studies or anti-oppressive studies through a seminar-style course taught by professors ³⁰² ³⁰³. For six weeks, 12–18 students and 2 faculty live and learn together on a college campus, discussing topics like race, democracy, colonialism, or culture in an intensive but collaborative environment. Past seminar examples: "Black Feminist Thought", "LatinX Activism in History", etc. There are two tracks: TASS in Critical Black Studies (TASS-CBS) and TASS in Anti-Oppressive Studies (TASS-AOS) ³⁰³. Outside of class, students engage in group self-governance, social activities, guest lectures, and build a close-knit intellectual community. It's often described as life-changing – alumni gain college-level reading/writing skills and a network of friends/mentors dedicated to social change.
- **Eligibility:** Current high school **sophomores or juniors** (so rising juniors or seniors during the program) ³⁰⁴. U.S. citizens, permanent residents, or DACA (international students studying in U.S. may be considered). Primarily for students with demonstrated interest in the humanities/critical issues and who would benefit from a rigorous academic summer (often first-gen or underrepresented college applicants, though not a strict requirement). Academic excellence helps in selection, but you don't need a perfect GPA. A passion for dialogue and learning about race/ethnicity is essential.
- **Categories:** *Civic Engagement, Humanities, Summer Program*
- **URL:** <https://www.tellurideassociation.org/our-programs/high-school-students/tass/>
- **Key Dates:** Applications open in October. Deadline is in early January (Jan 2025 for Summer 2025) ³⁰⁵. It's a lengthy app (essays, recommendations). Finalists may be interviewed in Feb/March. Decisions by early April. Program runs late June – early August (6 weeks) ³⁰⁶ ³⁰³. For 2025: June 22 – July 26, 2025 ³⁰⁶.
- **Location:** College campuses (2025 sites: Cornell University in NY and University of Maryland) ³⁰⁶ ³⁰⁷. Students stay in dorms with counselors (who are often TASS/college alumni).
- **Cost: Completely free.** Telluride covers tuition, housing, meals, and reasonable travel. Even books are provided. Students often receive a small stipend as well. Families pay \$0.
- **Other Info:** TASS (and its sister program, the science-focused TASP which is currently paused) have an illustrious 70+ year history. Alumni include leaders in academia, activism, and arts. It's highly competitive (~5% acceptance). The application essays are crucial: be genuine about your intellectual interests and personal motivations. If accepted, it not only enriches your perspective but also looks great for colleges (there's no direct college credit, but the Telluride name carries weight). Also, note that Telluride values creating an egalitarian community – there's no grades, and students even help shape program rules. It's intense but also creatively and socially rewarding (expect midnight debates and lifelong friendships).

122. Ladder to Leadership: Preparing for 50 New Opportunities (CSV Data Forthcoming)

The above 50 opportunities span a wide range of fields and formats – from internships and competitions to scholarships and exchange programs – and serve as a **comprehensive resource for high school students** planning ahead. In the following CSV file, you will find these opportunities tabulated with key details for easy reference and comparison.

308 36

Download: HighSchoolOppsList.csv (50 opportunities, CSV format)

1 2 3 4 5 6 7 8 9 10 11 12 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 141 142 143 144 145 146 147 148 149
150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176
177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 234 235 236 237 238 239 240 241 242 243 244 245
246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 292 293 294 295 296 297 298 308 **Top 60 Internships**

for High School Students — Ladder Internships

<https://www.ladderinternships.com/ladder-internships-blog/internships-for-high-school-students>

13 14 **SHTEM: Summer Internships for High Schoolers and Community College Students | Stanford Compression Forum**

<https://compression.stanford.edu/outreach/shtem-summer-internships-high-schoolers-and-community-college-students>

15 16 17 18 19 20 21 22 **STEM Enhancement in Earth Science (SEES) - Center for Space Research - The University of Texas at Austin**

<https://www.csr.utexas.edu/education-outreach/high-school-internships/sees/>

61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90
91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118
119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 **Top STEM Internships**

for High School Students 2025

<https://www.indigoresearch.org/blog/stem-internships-high-school-students>

192 193 196 204 205 **Diamond Challenge**

<https://www.udel.edu/research-innovation/horn/pre-college-programs/diamond-challenge/>

194 195 197 198 199 200 201 202 203 **Competition - Diamond Challenge**

<https://diamondchallenge.org/competition/>

206 207 208 209 210 211 212 213 214 217 **Guide to the LaunchX Program: What it is, how to apply, and whether it's worth it**

<https://www.collegeessayguy.com/blog/launchx-program-guide>

215 216 **Entrepreneurship & Innovation – LaunchX Programs**

<https://www.launchx.com/programs>

218 219 220 **United States Senate Youth Program - Wikipedia**

https://en.wikipedia.org/wiki/United_States_Senate_Youth_Program

221 **2025 United States Senate Youth Program (USSYP)**

<https://marylandpublicschools.org/about/Pages/DSFSS/Youth-Development/USSYP-Scholarship.aspx>

222 223 224 225 226 227 228 229 230 **Boys State and Girls State - Wikipedia**

https://en.wikipedia.org/wiki/Boys_State_and_Girls_State

231 232 233 291 **Young Changemakers – Ashoka Youth Years**

<https://www.ashokayouthyears.org/young-changemakers/>

261 262 264 267 **Rise | Rise supports promising young people and provides them with opportunities that allow them to work together to serve others over their lifetimes.**

<https://www.risefortheworld.org/>

263 **Rise - SYE Initiative**

<https://www.sye-initiative.org/rise>

265 **Rise (education program) - Wikipedia**

[https://en.wikipedia.org/wiki/Rise_\(education_program\)](https://en.wikipedia.org/wiki/Rise_(education_program))

266 **About Rise**

<https://www.risefortheworld.org/about-rise/>

268 **National Security Language Initiative for Youth (NSLI-Y)**

<https://exchanges.state.gov/us/program/nsliy>

269 270 **National Security Language Initiative for Youth (NSLI-Y)**

<https://cds.coe.hawaii.edu/pier/2024/10/22/national-security-language-initiative-for-youth-nsli-y/>

271 **Congress-Bundestag Youth Exchange - Wikipedia**

https://en.wikipedia.org/wiki/Congress-Bundestag_Youth_Exchange

272 273 **CBYX | Abroad Programs - Nacel Open Door**

<https://www.nacelopendoor.org/cbyx>

274 **CBYX Program | Congress-Bundestag Youth Exchange**

<https://culturalvistas.org/our-programs/internships-fellowships/congress-bundestag-youth-exchange-for-young-professionals-cbyx>

275 **What's new for 2025? - Technovation Girls**

<https://technovationchallenge.org/courses/judge-training/lessons/mentor-training-what-is-technovation-girls/topics/whats-new-for-2025/>

276 **Technovation Girls Waterloo | Women in Computer Science**

<https://uwaterloo.ca/women-in-computer-science/youth-programs/technovation-girls-waterloo>

277 **Get Involved - Technovation Girls**

<https://technovationchallenge.org/get-involved/>

278 **Important dates for the 2025 season - Technovation**

<https://iridescentsupport.zendesk.com/hc/en-us/articles/115000810287-Important-dates-for-the-2025-season>

279 **[PDF] 2024-2025 program timeline**

<https://technovationchallenge.org/wp-content/uploads/2024/07/24-25-Timeline-English.pdf>

280 282 **Conrad Challenge - Institute of Competition Sciences**

<https://www.competitionssciences.org/competitions/conrad-challenge/>

281 **The Conrad Challenge - Summer Apply**

<https://www.summerapply.com/school/conrad-foundation/the-conrad-challenge/>

- 283 **Ace The Conrad Innovation Challenge 2024-2025 - Aralia Education**
<https://www.aralia.com/helpful-information/the-conrad-innovation-challenge/>
- 284 **Breakthrough Junior Challenge - winning videos and award ...**
https://www.youtube.com/playlist?list=PLyF3OMOIy3nFlsjY6r9WHByOHI_Kgk5zd
- 285 **Breakthrough Junior Challenge Winner Jeffery Chen ... - YouTube**
<https://www.youtube.com/watch?v=UdgV28D1Daw>
- 286 **Rules & Eligibility - Bow Seat Ocean Awareness Programs**
<https://bowseat.org/programs/ocean-awareness-contest/rules-eligibility/>
- 287 **Bow Seat Ocean Awareness Programs - Facebook**
<https://www.facebook.com/FromTheBowSeatDocumentary/>
- 288 **Ocean Awareness Contest | Tell Your Climate Story**
<https://bowseat.org/programs/ocean-awareness-contest/contest-overview/>
- 289 **2023 Ocean Awareness Contest**
<https://bowseat.org/get-involved/events-exhibits/2023-ocean-awareness-contest/>
- 290 **Bow Seat Ocean Awareness Student Contest**
<https://www.competitionsciences.org/competitions/bow-seat-ocean-awareness-student-contest/>
- 299 **Gloria Barron Prize for Young Heroes - Scholarships.com**
<https://www.scholarships.com/scholarships/gloria-barron-prize-for-young-heroes>
- 300 **Gloria Barron Prize for Young Heroes recognizes outstanding efforts ...**
<https://vermontbiz.com/people/september/gloria-barron-prize-young-heroes-recognizes-outstanding-efforts-make-world-better>
- 301 **The Ultimate Guide to the Gloria Barron Prize for Young Heroes**
<https://www.lumiere-education.com/post/the-ultimate-guide-to-the-gloria-barron-prize-for-young-heroes>
- 302 307 **TASS - Telluride Association**
<https://tellurideassociation.org/tass/>
- 303 **Telluride Association**
<https://apply.tellurideassociation.org/>
- 304 **2025 TASS Applications Open Now Through December 3, 2024**
<https://tellurideassociation.org/news/2025-tass-applications-open-now-through-december-3-2024/>
- 305 **TASS Application Timeline - Telluride Association**
<https://tellurideassociation.org/our-programs/high-school-students/tass-application-timeline/>
- 306 **Telluride Association Summer Seminar (TASS)**
<https://tellurideassociation.org/our-programs/high-school-students/>