

SUMMER 2026

General Surgery at Outset



Outset



Explore medicine hands-on and see if a path to a career in **General Surgery is a good fit for you.**

Outset's General Surgery Program gives students an exciting first look at the fast-paced world of surgery. Throughout the week, participants explore what draws physicians to this field: performing precise procedures, solving complex problems in real time, and providing critical patient care.

Students gain hands-on experience with suturing, intubation, and laparoscopic techniques, and practice proper or protocol through scrub-in demonstrations. Beyond learning what surgeons do, students discover why this path requires skill, focus, and deep commitment to patient well-being.

These hands-on experiences are led by trained medical professionals and introduce the technical skills and training milestones involved in General Surgery. Alongside this, students will attend lectures with cross-disciplinary physicians to gain exposure to the medical field more broadly.

Combined with Outset's Path to Pre-Med curriculum, the program helps students gain clarity about the academic journey ahead and whether General Surgery aligns with their interests and strengths. Participants leave with new confidence, deeper insight into medical careers, and a clearer sense of where they might want to go next.

What to expect in a week of General Surgery

Hands-On General Surgery Simulations

Students get a firsthand look at what surgeons do, using medical-school-level tools and models under guided supervision. Examples of activities may include:

Suturing & Microsuturing Practice:
Learn fundamental surgical stitching on simulation materials used in medical training.

Intubation Practice:
Practice airway management techniques on manikins, focusing on proper procedure and patient safety.

Laparoscopy Simulation:
Use laparoscopic tools on training models to understand minimally invasive surgical techniques.

Scrub-In Demonstrations:
Participate in proper OR protocol and team procedures to see how surgical teams operate together.

Lectures and Q&A with Physicians

Students attend sessions led by physicians - including surgeons and specialists from other fields who share firsthand perspectives on medical careers. Example topics:

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

These sessions help students better understand whether General Surgery could be a good long-term fit.

Path to Pre-Med Course

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

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

Note: Specific activities vary by campus and availability. Students receive final schedule closer to their program date.



Your Foundation for the Pre-Med Journey

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

Map Your Medical Journey

See the full timeline and financial picture.

Pick the Perfect College

Find the school that sets you up for pre-med success.

Tackle Pre-Med Challenges

Learn how to handle the toughest college hurdles.

Plan Your Courses

Know what classes to take and in what order.

Ace Hard Classes

Master strategies for challenging pre-med courses.

Gap Year Options

Weigh pros and cons of a gap year before med school.

Conquer the MCAT

What it is, why it matters, and prep tips.

Master Med School Applications Learn the process and how to stand out.

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

[Learn More](#)



Program FAQs

What kind of student is a good fit for General Surgery?

Students who are focused, curious, and excited by hands-on medical challenges. We look for applicants who show attention to detail, problem-solving skills, and enthusiasm for learning surgical techniques in a dynamic, high-energy environment.

Will there be a waitlist for students who want to attend a specific campus or program?

When campuses and / or programs are full, students can request to be placed on the waiting list and are encouraged to enroll for a different program that is relevant to their interests or an alternative campus offering the same program.

Are there grade limitations for General Surgery?

No, there are no specific grade limitations for General Surgery. The program is open to all high school students from 9th to 12th grade.

Can I switch program specialty later?

You can switch programs up to 2 months before your start date if there are still spots available in other programs on your campus. We cannot guarantee this, so please [contact our Admissions team](#) for more info.

Can I do back to back programs in different specialties?

Yes. Back to back programs are a great way to meet more peers, explore other specialties, and reinforce core learning. Note that if you stay on the same campus, activities may repeat and you will be participating in the “Path to Pre-Med” course again along with your new week’s student cohort.

What if I’m not sure this is the right program for me?

See our overview of other program specialties on the next page. You can also visit our [website](#) to explore other programs.

Contact Us

Hear from our alumni

General Surgery Program: Video



Educational & Fun

“Perfect balance of fun and education. My daughter made some great friends here, and it really solidified her passion for and decision to go into medicine.”

Priyanka Bansal, Outset Parent, 2025

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The trusted leader for teen career exploration.

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



Read Reviews



All Programs

Not sure if **General Surgery** is the right program for you?
Check out some of our other MD path specialties:

Orthopedic Surgery Study musculoskeletal system care, bones, joints, and injuries.

General Medicine Explore the fundamentals of care, diagnosis, and treatment.

Cardiology Explore surgical care for the brain, spine, and nervous system.

Psychiatry Focus on mental health assessment and treatment.

Anesthesiology Learn how anesthesia supports surgeries and patient safety.

Pediatrics Focus on healthcare of children from infancy to adolescence.

Dentistry Study oral health, dental procedures, and patient care.

General Surgery Explore surgical principles and patient care for procedures.

Emergency Medicine Understand fast-paced care for urgent and acute conditions.

Dermatology Study skin health, conditions, and treatments.

Neurosurgery Explore surgical care for the brain, spine, and nervous system.

[See All Programs](#)

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Ready for your week
at Outset?

Apply Now

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

Schedule Call