

SUMMER 2026

Psychiatry at Outset



Outset



Overview

Explore the medical career path hands-on and see if a specialty in **Psychiatry is the right fit.**

Outset's Psychiatry Program gives students an introduction to the fascinating, patient-centered field of mental health care. Participants explore what draws physicians to psychiatry: understanding the mind, diagnosing and treating mental health conditions, providing supportive care, and helping patients navigate challenges across all stages of life.

Students gain hands-on experience through interactive simulations, including working with patient actors, exploring brain anatomy, practicing medication management, and conducting diagnostic exams. They also develop critical thinking, careful observation, and the compassionate communication skills essential for a career in psychiatry.

Guided by experienced healthcare professionals, simulation labs immerse students in core psychiatry skills, from diagnostic assessments to therapeutic communication. Students also attend talks led by physicians and mental health specialists, gaining a behind-the-scenes look at diverse medical fields, career pathways, and the real-world impact of psychiatry.

Combined with Outset's Path to Pre-Med curriculum, the program helps students clarify the academic journey ahead and determine whether psychiatry aligns with their interests and strengths. Participants leave with greater confidence, deeper insight into mental health careers, and a clearer sense of where they might want to focus their future studies.

What to expect in a week of Psychiatry

Hands-On Psychiatry Simulations

Students get a firsthand look at a variety of specialties and particular exposure to what psychiatrists do, using medical-school-level tools and models under guided supervision. Examples of activities may include:

Patient Actor Interactions:

Engage with simulated patients to practice communication, empathy, and psychiatric diagnostic skills.

Brain Anatomy Exploration:

Students explore brain structure and how neuroanatomy informs behavior, cognition, and mental health.

Medication Management:

Learn about common psychiatric medications, practice safe administration, and discuss considerations for treatment.

Diagnostic Exams:

Conduct mental status and diagnostic assessments on simulated patients to develop evaluation skills.

Lectures and Q&A with Physicians

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

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

These sessions help students better understand whether Psychiatry 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 to demystify 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.



A photograph of several students sitting at desks in a classroom or study hall, working on laptops and papers. The scene is brightly lit and shows a typical academic environment.

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**](#)



What kind of student is a good fit for Psychiatry?

Students who are curious about the mind, compassionate, and attentive to both emotional and clinical details. We look for applicants who demonstrate critical thinking, empathy, strong communication skills, and enthusiasm for hands-on learning in dynamic mental health and clinical settings.

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 Psychiatry?

No, there are no specific grade limitations for Psychiatry. 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

A Day at Outset



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

All Programs

Not sure if **Psychiatry** 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.
Nursing	Focus on patient care, monitoring, and daily clinical support.
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?

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

[**Schedule Call**](#)