

SUMMER 2026

General Medicine at Outset



Outset



Overview

Explore medicine hands-on and see if the path to an **MD career is the right fit.**

Outset's General Medicine Program gives students a first look at a broad, patient-focused field of primary care as well as other medical specialties. Participants explore what draws physicians to medicine and primary care: diagnosing conditions, providing preventive care, and supporting patients across all stages of health.

Students will gain hands-on experience interacting with patient actors, using ultrasound machines, reading X-rays, administering vaccines, and practicing on high-fidelity manikins. They also develop critical thinking, attention to detail, and compassionate care needed to succeed in this path.

Students take part in these hands-on simulation labs led by medical professionals that introduce the technical skills required across Medicinal specialties. Alongside this generalized training, 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 Medicine 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 Medicine

Hands-On General Medicine Simulations

Students get a firsthand look at a variety of specialties and particular exposure to what primary care physicians 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 diagnostic skills.

Ultrasound & X-Ray Practice:

Learn to use ultrasound machines and interpret X-rays to identify common conditions.

Vaccine Administration:

Practice safe and accurate vaccine delivery on high-fidelity manikins.

Manikin Simulations:

Work with advanced manikins to simulate real-world scenarios, from routine exams to urgent care situations.

Lectures and Q&A with Physicians

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

- What a general medicine physician 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

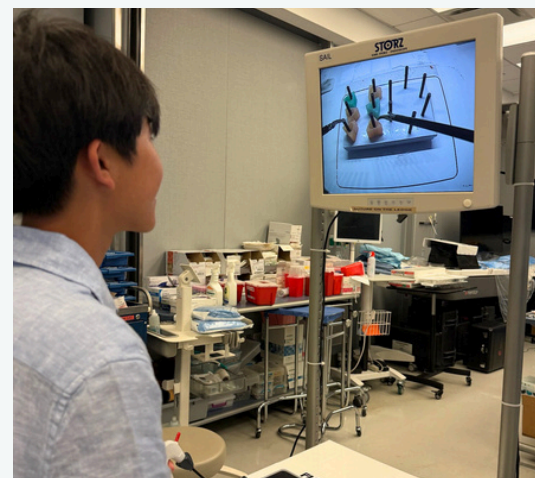
These sessions help students better understand whether General Medicine could be a good long-term fit.

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 Medicine?

Students who are curious, compassionate, and attentive to detail, with a strong interest in patient care across a variety of medical settings. We look for applicants who demonstrate critical thinking, problem-solving skills, and enthusiasm for hands-on learning in dynamic clinical environments.

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 Medicine?

No, there are no specific grade limitations for General Medicine. 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 Medicine 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

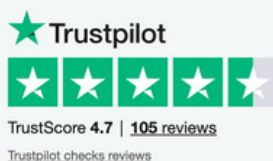
All Programs

Not sure if **General Medicine** 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

Outset
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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





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