

Externship Selection Strategies

The FRESH Program goal: Match as many applicants with appropriate externships as possible. Filling externships is a more important criterion than your choice order of preference. If you are the only applicant for a listing, regardless if it is your first, second, or fifth choice, you will automatically be matched with that externship.

There are no guarantees to be placed, but we regularly match 97-98% of FRESH applicants through the two application Rounds.

Recommendations As You Make Your Choices

- The online listing will note how many externs a sponsor has requested and how many completed applications have been submitted for that sponsor.
- Chances for a match decrease as the number of applications increase for a listing with only one or two placements.
- If your goal is to participate in AN externship, and not one particular externship, then continually check the listings as the deadline approaches, and consider changing your choice(s) to other listings with fewer applicants.
- Make sure you meet all sponsor requirements, including other requirements and other preferences; otherwise, the computer will not match you with that externship.
- Don't forget to check your introduction essays to ensure they are relevant to your new choices!

Round 1

After single-applicant externships are filled, the computer system suggests matches by considering: sponsor preferences, student choice, and corresponding college and/or major of sponsor to student.

Open Round

Even though all undergraduate students (freshmen-senior) are eligible for this round on a first-come-first-served basis, freshmen applicants who were not matched with any externship in Round 1 will have priority.

In Case of a Tie

The student who applied first based on the date stamp of their application will be matched with the externship.

Primary Reasons Students Go Unmatched

- Late or incomplete applications.
- Missed deadlines or not following Checklist directions.
- Applying only to externships with many applicants (e.g. NYC hospitals or banks).