

Applicant & Academic Information

Thank you for your interest in the Minneapolis Heart Institute Foundation Clinical Research Internship. Please visit our [website](#) to review details about the program before completing this application.

NOTE: If you would like to save your responses and return to the application at a later time, please ensure that cookies are enabled and return using the same computer and web browser. (A cookie is stored in your browser that remembers your survey responses.)

Please follow directions. Consider this part of the selection process.

The application deadline is **11:59 pm on January 4, 2023**. To be considered, all questions must be answered (unless indicated as optional) and completed applications must be received by the deadline. The next application deadline will be in January 2024.

1. Eligibility

1. Undergraduate or recent graduate from a four-year college and not yet accepted to medical school. Preference will be given to those who have completed their junior year by the start of the research internship. Strong applicants who have completed their sophomore year or just graduated from college may also be considered.
2. Must be enrolled in or a very recent graduate from an accredited degree program and not yet accepted to medical school.
3. GPA of 3.60 or above.
4. Applicants must be US citizens or have Permanent Resident status (be able to provide proof of employability through completion of the I-9 Form). The program welcomes BIPOC (Black, Indigenous, People of Color) students who are historically underrepresented in health related sciences and medical fields, and students who face greater obstacles to educational achievements.
5. Must be able to complete 8-12 hours of independent, online CITI training (basic training required to participate in human subjects/clinical research) by April 30.
6. Available to participate full-time (at least 40 hours per week) in the internship May 24 through August 11, 2023.

Do you meet these criteria?

- Yes, I meet these criteria.
- No, I do not.
- If no, please describe below:

2. Your name and CURRENT address:

First name

Last name

Preferred name (if other)

Address

City

State abbreviation (e.g., MN, CA, NY)

Zip

Phone

Email

3. As of the summer of this internship program, I will be a:

- Junior or rising junior (minimum of 60 credits completed)
- Senior or rising senior (minimum of 90 credits completed)
- BA/BS graduate (new grad or just one semester past graduation)

Other (please specify)

4. Undergraduate School Information

School name (full/official name)

School city

School state abbreviation (e.g., MN)

Major(s)

Minor(s)

Cumulative undergrad GPA (on a 4.0 scale)

Graduation (actual or expected) - format
MM/YYYY (05/2024, 12/2024)

5. Have you applied to medical school?

- Yes
- No

If no, please indicate the year you plan to apply

6. Have you been accepted to medical school?

Yes

No

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7. Standardized test scores

If you took any of the following exams, please provide the information below (leave blank if not taken):

- ACT composite score English + Math + Reading + Science (out of 36)
- SAT total score, reading + math (out of 1600)

ACT composite

SAT total

8. How did you hear about this internship? (select all that apply)

- Handshake
- Internship posting at my college or university
- Email from an advisor or a group I belong to
- Information from an employee or someone affiliated with the Minneapolis Heart Institute Foundation, Minneapolis Heart Institute or Abbott Northwestern Hospital
- Former MHIF intern
- Web search results
- Social media - Facebook, LinkedIn, etc.
- Posting on another website (e.g., list of internship opportunities)
- Page Education Foundation
- Other

Please provide details:

9. Have you previously applied to this internship?

- Yes
- No

If yes, in what year(s) did you apply?

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Experience Section

Please describe two paid or unpaid experiences you have found valuable and how you changed as a result of the experience, took strong initiative or had other deep learnings. The experiences might include:

- Work or volunteer experience in a clinical, patient care or residential setting.
- Work or volunteer experience where you learned about accountability, communication/feedback and teamwork.
- Work or volunteer experience with individuals who might encounter barriers based on their race, disability, gender/sexual identity, socioeconomic status, religious expression, age, national origin, ethnicity or veteran status.
- Leadership experience.
- Teaching, tutoring or mentoring experience.
- Extensive involvement in other extracurricular activities (not already described above).

For these examples, provide the following:

1. Estimate of hours completed *as of the date of this application*. Format your examples as follows: Example 1 - 8 hrs/week x 52 weeks = 416 hours. Example 2 - 10 hrs/week x 1 semester = 150 hours. Do *not* include planned hours for the time period between this application and the internship period.
2. High-level detail on organization, role and responsibilities (full sentences not required). Example 1: ABC Hospital: Radiation oncology volunteer. Helped with filing records, arranging patient rooms, making deliveries and visiting with patients. Example 2: Women's Initiative for Self-Empowerment (Girls Getting Ahead in Leadership Program): mentor. Led small group activities with 30 Hmong and Somali immigrant and refugee girls (9-12th grade).
3. THEN describe why you chose this experience and/or what you learned about yourself / others / the world / your future profession.

Response limit: 600 characters (including spaces), or around 85 words. You'll likely want to draft your answers elsewhere and copy-paste them into this application.

Please note that this question will be reviewed independently and therefore should be self-standing.

10. Experience 1

Time commitment

Organization, role, responsibilities

Learning

11. Experience 2

Time commitment

Organization, role, responsibilities

Learning

RESEARCH EXPERIENCE

Please describe any previous research experience you have, including studying research methods, participating in research (including social science research, bench research, data collection, data analysis, etc) or publishing/presenting research. Please describe the type of research and research methods.

Response limit: 600 characters (including spaces), or around 85 words. Please note that this question will be reviewed independently and therefore should be self-standing.

12. Research experience

Time commitment

Research topic and organization

Responsibilities

Short Essay Section

SHORT ESSAY QUESTIONS - GENERAL

Answer the following questions based on your own personal experiences and with concrete examples of real-world choices.

Response limit: 500 characters (including spaces), or around 70 words. You'll likely want to draft your answers elsewhere and copy-paste them into this application. Please note that each question will be reviewed independently and therefore should be self-standing.

13. Describe a situation where you had to learn quickly. How did you accelerate your learning? What did you observe about your learning style?

14. Over the years, what have you learned about yourself that needed improvement? What changes have you made based on that insight?

TECHNICAL QUESTIONS

During your internship you will be working with Excel to track, organize and analyze data. While you will develop these skills over the summer, please indicate your current level of experience with the following research tools.

15. Excel: You will use Excel to enter and organize data, perform calculations, analyze data sets, and create charts and tables. **FIRST**, rate your level of experience with Excel. **SECOND**, provide specific details on your experience and features you have used.

- 1 = Very little, but I can learn.
- 2 = I have some experience but would need some support and training.
- 3 = I have a solid working knowledge.
- 4 = I'm very proficient.

16. By the end of the program, interns will have demonstrated the skills listed below. Prior experience is beneficial, but we'll work with you to develop these skills! Describe any related experience you have in these areas:

- Data dictionaries: Ensure that the criteria for entered data will be clear and replicable to others.
- Data organization and version control: Maintaining directory and file structure per guidelines.
- Reporting and communication: Participating in weekly stand-ups to convey revisions, progress and challenges pertinent to data management and analyses.
- Data verification: Check that data is entered correctly and that there are no transcription errors.
- Data presentation: Create charts and graphs that present data clearly.

Writing Sample & Motivation Statement

WRITING SAMPLE

Read the article: "Incorporating Cultural Competence and Cultural Humility in Cardiovascular Clinical Trials to Increase Diversity Among Participants" by Jie Wei Zhu, et al. published in the Journal of the American College of Cardiology in 2022.

The full-text article is available for download at [this link](#).

In your own words, please describe the main argument of the paper. Use the questions below to guide your discussion. Be sure to include a strong thesis statement.

- What are the social and ethical implications of meaningful diversity in research?
- In your opinion, what is the greatest hurdle to increasing diversity in research?

Response limit: 1,400 characters (including spaces), or around 200 words. You'll likely want to draft your answer elsewhere and copy-paste it into this application.

17. Enter your summary and reflection below.

MOTIVATION STATEMENT

Write a personal statement of not more than 3,500 characters (with spaces), which is around 500 words. You'll likely want to draft your answer elsewhere and copy-paste it into this application. Please note that this question will be reviewed independently and therefore should be self-standing.

Topic areas you might address:

- Why are you interested in the MHIF research internship specifically?
- What sets you apart from other candidates (strengths, skills or background) and what unique characteristics would you bring to the program?
- How do you see this internship experience supporting your academic/career goals?
- Why are you pursuing a career in medicine?
- What do you feel our selection committee should know about you that is not included elsewhere in your application?

18. Enter your motivation statement below.

Legal Statement

19. Legal Statement

I certify that I have given true, accurate and complete information in this application to the best of my knowledge. I understand that any false information or omissions may be grounds for rejection of my application or dismissal if I am accepted for this internship program.

I understand that if I am offered an internship, I will be required to produce original documents verifying my identity and authorization to work in the United States, in compliance with federal law. Upon acceptance of an internship offer, I will also submit documentation to verify that I have met the immunization requirements established by Abbott Northwestern Hospital.

I also understand that candidates who are hired will need to authorize MHIF to conduct a background study and receive clearance from the Minnesota Department of Human Services.

Yes

No

Voluntary Self-Identification Information

Minneapolis Heart Institute Foundation affirms our social, moral and legal commitment to non-discrimination through equal employment opportunity. We comply with the letter and spirit of applicable laws prohibiting employment discrimination on the basis of race, color, religion, sex, age, national origin, sexual orientation, disability or other such protected classes as may be defined by law. MHIF is an EEO/Affirmative Action employer.

We regard diversity in the internship program as an important factor in providing a rich learning environment for participants.

We are committed to providing research opportunities for individuals from backgrounds underrepresented in biomedical science, including individuals from disadvantaged backgrounds, individuals from underrepresented racial and ethnic groups, and individuals with disabilities. We believe providing such research opportunities will significantly contribute to a diverse research workforce in the future.

Providing the information below is optional. Accuracy of information provided is important, however, so providing inaccurate information will disqualify candidates from further consideration in the selection process. All information will be considered confidential.

20. Gender:

- Female
- Male
- Non-binary
- Prefer to self-identify

21. Your preferred pronouns:

- She/Her
- He/Him
- They/Them
- Other (please specify)

22. **Race/ethnic origin** (you may choose more than one):

- American Indian or Alaska Native:** A person having origins in any of the original peoples of North and South America (including Central America), and who maintains tribal affiliation or community attachment.
- Asian:** A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, The Philippine Islands, Thailand and Vietnam.
- Black or African American:** A person having origins in any of the Black racial groups of Africa.
- Hispanic or Latino:** A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture of origin, regardless of race.
- Native Hawaiian or other Pacific Islander:** A person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.
- White:** A person having origins in any of the original peoples of Europe, the Middle East or North Africa.

23. **Disability status:** The Americans with Disabilities Act of 1990 protects individuals with disabilities, defined as those with a physical or mental impairment that substantially limits one or more major life activities. If you do not have a disability, leave this question blank.

- Yes, I have a disability.

24. Disadvantaged Background - rural residence:

If you did NOT live in a rural area during high school, please leave this question blank and go to the next question.

The National Institutes of Health (NIH) promotes diversity in biomedical research, in part, by supporting research opportunities for individuals who come from a social, cultural or educational environment such as that found in certain rural or inner-city environments that have demonstrably and recently directly inhibited the individual from obtaining the knowledge, skills and abilities necessary to develop and participate in a research career.

For the purpose of this application, please consider the place you lived during the majority of your high school education (grades 9-12).

If you lived during high school in an area you believe meets the RURAL criteria, please visit <https://www.ruralhealthinfo.org/am-i-rural>. Enter your address and click on the Locate button. Click on the Run Report button. Review the answers on that page.

To meet this criteria, you must provide the information below and provide your rural address in the comment box below. Providing inaccurate information will disqualify candidates from further consideration in the selection process.

	Yes	No / Not Applicable
CMS rural	<input type="radio"/>	<input type="radio"/>
FORHP rural	<input type="radio"/>	<input type="radio"/>
Primary care shortage	<input type="radio"/>	<input type="radio"/>
Mental health shortage	<input type="radio"/>	<input type="radio"/>
Medically underserved area	<input type="radio"/>	<input type="radio"/>
Medically underserved population	<input type="radio"/>	<input type="radio"/>

IF RURAL, provide your home address during high school here (street address, city, state, zip). If not, leave this field blank.

25. Disadvantaged background - inner-city residence:

If you did NOT live in an inner-city area during high school, leave this question blank and go to the next question.

For the purpose of this application, please consider the place you lived during the majority of your high school education (grades 9-12).

If you lived during high school in an area you believe meets the INNER-CITY criteria (which may generally be considered a poverty rate of 30% or more), provide the zip code of your address during high school and any additional information you would like to include (limited to 100 characters). If you were not an urban resident, leave this question blank.

26. Disadvantaged background - low income:

If you did NOT come from a low income family, leave this question blank and go to the next question.

The NIH also promotes research opportunities for individuals who come from a family with an annual income below established low-income thresholds. These thresholds are based on family size, published by the U.S. Bureau of the Census; adjusted annually for changes in the Consumer Price Index; and adjusted by the Secretary for use in all health professions programs. The Secretary periodically publishes these income levels at HHS - Poverty Guidelines, Research, and Measurement (<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>).

To meet this criteria, you must be able to demonstrate that you have (a) qualified for Federal assistance programs for the disadvantaged, (b) have received any of the following student loans: Health Professions Student Loans (HPSL), Loans for Disadvantaged Student Program, or (c) who have received scholarships from the U.S. Department of Health and Human Services under the Scholarship for Individuals with Exceptional Financial Need.

Yes, I can document that I qualified for the assistance, loans or scholarships listed.

27. Military affiliation: Some supporters of the internship program are also interested in supporting U.S. military members and their families. Are you or a member of your family a current or former member of the U.S. military? If you or a close family member do NOT have a military affiliation, leave this question blank and go to the next question.

I am/was.

An immediate family member is/was (parent, sibling).

Provide service branch and years

28. First-generation status: For the purposes of this application, we define a first-generation college student as "neither parent having received a four-year college degree." If you are NOT a first-generation college student, leave this question blank and go to the next question.

Yes, I am a first-generation college student.

29. Cultural or language diversity comments: We value diversity in the internship program. If your background (identity, family background, language skills, knowledge or experiences) would position you to provide culturally responsive care, please comment on that here.

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Referral Information

30. Optional: If someone affiliated with Minneapolis Heart Institute Foundation (including Allina Health, Abbott Northwestern Hospital, Allina Health Minneapolis Heart Institute or a former MHIF intern) has referred you to this program, provide his/her contact information below. The information will be used to facilitate communication.

Name

Organization

Email

Relationship

CRITICAL FINAL STEP!

31. Upload your resume

- Your resume is a required part of the application
- Please upload a one-page resume
- The file may be PDF or Word
- Save your file as First Name_Last Name

Choose File

Choose File

No file chosen