
Resources for High School Students

This resource offers programs and resources for high school students for academic and college preparation, career development, the arts, math and science, essay contests, homework help, environmental studies, and more. To learn more about any of the resources listed below, click the title to follow a hyperlink for more information.

Academic and College Preparation

[A Better Chance \(ABC\)](#)

This program places top middle and high school students of color in highly ranked independent day schools, boarding schools and public schools. Students with at least a B+ average who are ranked in the top 10% of their class are eligible. Candidates must apply one year in advance.

[Apex for Youth](#)

This program pairs middle and high school students, primarily Asian-Americans and recent immigrant students with mentors who meet with them twice a month, help with homework and join them in sports and games,. There a SAT prep program and a general college prep program as well.

[The Center for Leadership and College Preparation](#)

This program is affiliated with [Bank Street College of Education](#), offers educational opportunities both to high-achieving students and to struggling students. The program serves kids in 5th-12th grades, giving them access to a wide range of academic resources, college prep classes, counseling, mentoring and activities, as well as individual attention and support. Students are admitted in the 5th, 7th and 9th grades.

[College Now](#)

This resource is designed to prepare New York City's public high school students for college. In most cases, a public high school teams up with one or more of the 17 [City University of New York \(CUNY\)](#) colleges. The program offers eligible students a number of ways to improve their high school performance and get a head start on college. College Now offers academic courses, campus-based tours and cultural events, and scholarships.

[The Double Discovery Center at Columbia University](#)

This program houses two educational programs serving low-income and first-generation college-bound students: [Talent Search](#) is a career and college counseling program for students in 7th to 12th grades, and [Upward Bound](#) is an intensive, year-round college preparatory program for high school students who have been underperforming. New applicants to Upward Bound must be in 9th or 10th grade.

[Harlem Education Activities Fund \(HEAF\)](#)

This resource offers intensive academic enrichment courses, test preparation, and social and personal development activities for students after school, on Saturdays and during the summer. The goal is to assist college-bound students from educationally and/or economically disadvantaged communities in developing intellectual and life skills. Programs are specific to middle and high school students.

[Monroe College Jumpstart](#)

This program allows high school juniors and seniors to earn three college credits for free. In a 15-week course, the students study with professors in a college setting and earn credits. Courses are offered in accounting, business, criminal justice, culinary arts, allied health professions, hotel and restaurant management, marketing, web design and information technology. Students who complete the program are eligible for freshman scholarships if they choose to matriculate to Monroe for college, and the credits are transferable for students who go elsewhere.

[The Posse Foundation](#)

This resource identifies, recruits and trains student leaders from public high schools to form multicultural teams called “posses.” These teams are then prepared, through an eight-month pre-collegiate training program, for enrollment at top-tier universities and colleges nationwide. The Posse Foundation has placed 1,850 students into colleges and universities during the past two decades.

[Summer on the Hill](#)

This program at Horace Mann is an enrichment program for academically talented public school students from lower socioeconomic backgrounds. Students start in the 2nd grade and continue until placed in high school, participating in Saturday-morning classes during the school year and a six-week summer session. They study language arts, math and science, and learn study skills. Summer programs include fine arts, recreation and an overnight trip to the [John Dorr Nature Laboratory](#) in Connecticut. Summer on the Hill continues to offer support through 12th grade.

[The TEAK Fellowship](#)

This resource supports students seeking to gain admissions to top high schools and colleges. Students who are citizens or permanent residents, have proof of financial need and have scored above 90 percent on tests and in class may apply by October of their 6th-grade year. The program runs from the summer after 6th grade until college placement. Only 30 students are accepted each year.

[The EHTP University Program \(EHTP-UP\)](#)

This is a dynamic college readiness program for middle school and high school students. EHTP-UP addresses a wide range of college preparation and admissions, including: early college awareness in grades 6-8, intensive support with the high school admissions process, high school credit accumulation tracking, attractive enrichment courses, Regents and SAT test preparation, college application assistance, financial aid coordination, mentoring and counseling.

[Harlem RBI](#)

Harlem RBI provides inner-city youth with opportunities to Play, Learn and Grow. They use the power of teams to coach, teach and inspire youth to recognize their potential and realize their dreams.

Career Development

[Cooper Union Research Internship](#)

This opportunity allows high school sophomores and juniors to work in teams on applied research projects guided by Cooper Union undergraduate teaching assistants and mentored by faculty. The program covers civil, chemical, electrical, mechanical, biomedical and environmental engineering and mathematics, chemistry, physics and astronomy. There are lectures, discussions and a series of workshops on oral presentations, technical writing, career choices and college admissions. Each group presents its work to an invited audience. Sophomores may also elect to participate in a second internship at the end of their junior year.

[The Development School for Youth](#)

This resource introduces students to the worlds of finance, culture, communications and other leading industries through a series of 16 weekly workshops led by senior executives from some of New York City's leading corporations and law firms. Students, who must be at least 16, also learn public speaking and how to dress for success and write a résumé. All students who graduate from the program are placed in paid summer internships provided by sponsoring companies.

[Health Professions Recruitment and Exposure Program \(HPREP\) at Weill Cornell Medical College](#)

This program exposes high school sophomores and juniors to science-related activities. HPREP also teaches students about specific career fields and the steps needed to become a physician or other health-care provider. The 10-week program for 10th- and 11th-grade high school students features lectures by physicians, health-care professionals and medical students from minority groups and small group workshops. Participants are also required to submit a short research paper on a preapproved subject at the conclusion of the program.

[Math and Science for Minority Students](#)

(MS) 2 is a summer program in Andover, Mass., at the Phillips Academy preparatory school. Open to black, Latino and Native American students from economically disadvantaged backgrounds, the (MS) 2 program spans three consecutive summers. Students apply in 9th grade and begin the program the following summer. The program helps put students on track for possible careers in engineering, science, medicine, computer technology and other technical fields.

[Museum of Jewish Heritage High School Apprenticeship Program](#)

This program offers New York City public high school students a program of study and work designed to give them a behind-the-scenes look at work in the Museum and explore Jewish heritage and their own. After extensive spring training, Apprentices work full-time during the summer in different Museum departments; lead tours, are introduced to the curatorial, educational, administrative, and operational sides of the Museum. Apprentices are paid for their participation. Students of all backgrounds are encouraged to apply. [Download an application](#) and return it via mail by November 25th.

[Opportunities for a Better Tomorrow](#)

Is a nonprofit group based in Brooklyn, offers an employment training and GED preparation program as well as a paid internship program for young people ages 17 to 21. The Youth Employment Training Program provides courses in English, math, computer training and GED preparation. The Opportunity Knocks program provides five weeks of business skills training before matching participants with an 11-week paid internship. Students must be 18 before June of the year they take part.

[NASA PREP](#)

This is a six-week program held at Capitol College in Maryland, is designed to strengthen the academic, study and interpersonal skills of minority students interested in careers in computer science, astronautical, computer, electrical, or software engineering. The program includes field trips to the [NASA Goddard Space Flight Center](#) and cultural trips to Baltimore and Washington, D.C. Admission is limited to eight high school juniors and seniors, with preference to graduating seniors. Applicants must be U.S. citizens, have completed two years of algebra, one year of trigonometry and three years of a laboratory science, have a cumulative GPA of 2.8, and at least a 500 in the math section of the SAT. Students who complete the program may qualify for a scholarship to Capitol College.

[Science and Technology Entry Program \(STEP\)](#)

This is a Saturday Discovery program that helps 9th- to 12th-graders in math, science and technology. Students explore math, science and technology careers; visit college campuses; and prepare and present reports of scientific explorations. Many colleges and universities throughout the city and state host a STEP program, often with their own particular area of focus, and students apply separately to each program. STEP is funded by the New York State Department of Education, and parents are expected to attend at least four meetings during the year and are welcome to attend trips. The program begins in October and ends in May.

[Sponsors for Educational Opportunity \(SEO\)](#)

This program works with motivated youth to help them develop throughout high school, college and their careers. The organization provides services through three major programs: the Career Program, the Scholars Program, and Alumni and Philanthropy Programs.

[Ecumenical Community Development Organization \(ECDO\)](#)

This organization runs the ECDO Young Adult Internship Program for NYC residents between the ages of 16 and 24 who are not in school and are not employed. It is open to residents of the 10023, 10024, 10025, 10026, 10027, 10030, and 10031 zip codes. The program includes three weeks of job readiness orientation and nine months of placement assistance in jobs or in an educational program. Participants earn up to \$2,500 over the course of 14 weeks. For more information, call the ECDO Community Partnership Center at 212-531-3211 or stop by the office at 413 West 125th Street in Manhattan.

[Digital Learning Transition: Massive Open Online Course for Educators](#)

This is a free eight-week online course for teachers of grades K-12. The course seeks to help participants understand the potential of digital learning in K–12 schools; assess progress and set future goals for their schools or districts; and develop a plan to achieve those goals. The course will run between September 30 and November 24, 2013. More information can be found at the Digital Learning Transition website.

Arts

[Project Art](#)

This is an after-school, weekend and summer visual arts education program that invites art students to explore art in a bold and unique way. The program unites young artists with practicing professional and resident artists from around the world. At the end of the summer term and the school year, project-based student works are displayed in New York City and around the world.

[Alliance for Young Artists & Writers](#)

This program and its regional affiliates reach out to schools across the nation to identify accomplished artists and writers in grades 7-12. About 1,000 students earn national awards, including more than \$1.5 million in scholarships. Student work is exhibited, published and presented to a national audience.

[Cooper-Hewitt's Lehman Scholars](#)

This is a program for 11th- and 12th-graders introduces students to the fundamentals of design through hands-on workshops and internships with design professionals. The program includes portfolio reviews plus studio and college visits to local and out-of-state schools. Juniors receive a stipend of \$750 and seniors \$1,500.

[CUNY Creative Arts Team \(CAT\) Youth Theatre](#)

This resource creates original productions from the ideas of its members. They aim to amplify the collective voice of the group while creating social and culturally relevant theater of the highest possible standard.

[High 5](#)

High 5 is dedicated to making the arts affordable for teens by offering \$5 tickets to hundreds of dance, music, theater, film, museum and spoken-word events. Its [Teen Reviewers and Critics Program \(TRaC\)](#) includes weekly seminars and attendance at performances where kids learn how to evaluate and write about what they see.

[InterSchool Orchestras of New York \(ISO\)](#)

This is a youth orchestra program based in New York City offering seven graded orchestras, symphonic band, flute choir, and chamber music to beginning through advanced students, age 6-19. Orchestras are comprised of more than 300 students representing a multitude of ethnic, cultural and economic backgrounds. All students in the ISO Symphony are on full scholarship to guarantee there are no financial barriers to a student's ability to participate.

[The Metropolitan Museum of Art](#)

This museum offers a program of free classes held after school and on weekends. High school students study original works of art with museum instructors. Seniors attending New York City high schools may apply for a paid Saturday internship. Interns work behind the scenes, meet members of the museum staff and participate in gallery, studio and museum learning projects.

[MoMA \(the Museum of Modern Art\)](#)

This museum offers several programs for high schools students: [MoMA After School](#) encourages high school students' active engagement with works of modern and contemporary art. Students participate in studio projects, conversations and debates with peers and museum staff, while learning about careers and practices within the visual arts. All programs are free, and MoMA provides the supplies and materials. [In the Making: Summer at MoMA](#) is a six-week summer art-making program for high school students. Students participate in studio activities as well as conversations with artists and MoMA staff, field trips, special tours of the museum's collection, writing exercises and art instruction by MoMA educators. Student artwork is shown in a small culminating exhibit. Tenth- to 12th-graders may apply, and there is no need for previous art experience. [The MoMA high school summer internship](#) is a six-week paid program that exposes high school students to museum work and practical job skills. In addition to their work in a museum department, students attend lectures by museum staff and visit other arts organizations. There is limited space, with preference to students who have prior museum or administrative experience. Open to students of New York City public high schools who will be entering 11th or 12th grade in fall or who have recently graduated.

[The Museum for African Art](#)

Youth Ambassadors Internship Program is open to current high school sophomores and juniors interested in exploring the roles of citizen journalist (through blogs and social media), digital artist and educator. The paid internship runs for six months, beginning with a full-time training program in the summer, a week of assisting in teaching a summer arts program and working one weekend day a month from July to December. The 25 selected interns must commit to the full six-month program and are required to attend all meetings and work the minimum of one weekend-day per month. Interns will receive a stipend of \$1,250 plus transportation. Contact Dan'etta Jimenez, Youth Programs Coordinator, at 718-784-7700 x 126 or email djimenez@africanart.org

[NYCKidsARTS](#)

This program is sponsored by the [Alliance for the Arts](#), lists arts and cultural activities available to kids and families, including many neighborhood institutions, after-school activities and more.

[The Sing for Hope Youth Chorus](#)

Open to current NYC high school students from all five boroughs, the chorus "strives to ignite a love of singing, fosters a safe community for self-expression, and encourages chorus members to reach their full potential for artistic and personal excellence." Membership is free, no prior music experience is necessary, Prospective members audition and if chosen receive vocal training, performance and sight-singing skills. Rehearsals are held in Midtown Manhattan twice a week, after school.

[The Summer Arts Institute](#)

This is a tuition-free, intensive, four-week arts program for New York City public school students entering 8th-12th grade, held at [Frank Sinatra School of the Arts High School](#) in Queens. Students major in dance, theater, vocal music, instrumental music, visual art, film or photography. Admission is by application and audition.

[Urban Word](#)

This resource provides free and uncensored writing and performance opportunities to youth in all five boroughs of New York City. The workshops are designed to develop critical thinking and leadership skills and to ignite a personal commitment to growth and learning, which leads to heightened in-school performance and a greater interest in pursuing higher education.

[Wingspan Arts](#)

This program offers a tuition-free Summer Theater Conservatory for incoming 7th- to 12th-graders. Current 6th- to 11th-graders should log on to the website for information and application. Auditions are held in January and February. High school students put on a play and a musical.

[Whitney Museum of American Art](#)

Youth Insights (YI) is a free, after-school program for New York City high school students in tenth through twelfth grade. Each semester, Youth Insights brings teens together with contemporary artists and Museum staff, providing opportunities to work collaboratively, discuss art critically, think creatively, and create art and writing inspired by this exchange. Teens meet once a week for fourteen weeks at the Whitney to work closely with artists on studio art or writing projects, view exhibitions, or take field trips to other museums throughout the semester. Students receive a one-trip metro card each week to travel home from the Whitney Museum and all art supplies are provided. Each term ends with an exhibition of student work at the Whitney Museum. Go to the [teen section](#) of the Whitney's website for more information on application deadlines and events. See the [student-run blog](#) for the teens' perspective on YI. Questions about the program can be directed to youthinsights@whitney.org.

Math and Science

[The American Museum for Natural History](#)

This museum offers more than 40 free after-school courses for high school students. Topics range from space exploration to the microscopic world of DNA and include classes in biodiversity, earth science, anthropology, genetics and astronomy. Each course lasts for a five-week session, and classes, which are held once or twice a week, usually include a field trip. The museum also offers scholarships and other programs for New York City students.

[The Columbia University Science Honors Program \(SHP\)](#)

This is a highly selective program for high school students with exceptional talent in math and science. Acceptance is based upon recommendations, grades and a three-hour examination. Students attend Saturday-morning classes at Columbia throughout the academic year. Instructors are math and science researchers at the university.

[ExploraVision](#)

This a resource that encourages kids to create and explore a vision of future technology. Students work in small groups, along with a team coach and an optional mentor, simulating research and development teams. Students compete in regional competitions, and the top 24 teams go to a national competition. Prizes include up to \$10,000 in savings bonds.

[Camp G.O.A.L.S. \(Greater Opportunities Advancing Leadership and Science\) for Girls](#)

An application-based free six-week summer camp for current 8th- and 9th-grade girls from NYC public schools. About 85 accepted students will build proficiency in math and science. Through a partnership with the Rutgers School of Engineering and Science Buddies, girls will experience hands-on activities and field studies focused on aeronautics, engineering, marine science, medical science and space/astronomy. Classes take place at Intrepid Sea, Air & Space Museum. Contact Shay Saleem at 646-381-5168 or CampGOALS@intrepidmuseum.org.

[Goddard Summer Institute of Robotics \(SIR\)](#)

This institute is for 9th- to 12th-grade high school students, is a two-week residential program at Morgan State University in Baltimore and is hosted in conjunction with NASA. SIR explores the science and technology of robot design and operation and is for urban high school students with an interest in careers in science, technology, engineering and mathematics.

[Goddard Space Flight Center High School Internships](#)

The internships offer a variety of opportunities for high school students, including recent graduates, at NASA Goddard Space Flight Center in Maryland or at their other locations, including the [New York City Research Initiative](#).

[MITES \(Minority Introduction to Engineering, Entrepreneurship and Science\)](#)

This is a rigorous six-week residential, academic enrichment summer program at [Massachusetts Institute of Technology \(MIT\)](#) for promising high school juniors. This program stresses the value of pursuing advanced technical degrees and careers. Members of all races and ethnicities are considered, but priority is given to students who must overcome significant odds to pursue their dream of becoming an engineer or scientist.

[New York Hall of Science in Queens](#)

The Hall of Science offers free admission September through June on Fridays from 2 to 5 p.m. and Sundays from 10 to 11 a.m.

[The New York City Science and Engineering Fair \(NYCSEF\)](#)

This is the city's largest high school research competition. Each year, more than 1,000 high school students from New York City present their research projects to a panel of judges and compete for a variety of prizes. The NYCSEF is an [Intel International Science and Engineering Fair](#)-affiliated regional fair.

Essay Contests

[Alliance for Young Artists and Writers](#)

This program and its regional affiliates reach out to schools across the nation to identify accomplished artists and writers in grades 7-12. About 1,000 students earn national awards, including more than \$1.5 million dollars in scholarships. Student work is exhibited, published and presented to a national audience.

[Creative Communication](#)

This resource sponsors essay- and poetry-writing contests for students in grades 4-12. Students compete against their peers in both age and location, and winners share more than \$70,000 in prizes. Selected entries are published in a hard-bound anthology.

[The John F. Kennedy Profile in Courage Essay Contest](#)

This contest looks for original essays written by high school students about an elected official who has demonstrated political courage by choosing to do what is right rather than what is expedient. Winning essayists receive awards totaling up to \$8,500. The first-place winner is invited to accept the award at the John F. Kennedy Presidential Library and Museum in Boston. To encourage student leadership and civic engagement, the nominating teacher of the first-place winner receives a John F. Kennedy Public Service Grant for \$500.

[The National Peace Essay Contest](#)

This contest promotes serious discussion among high school students, teachers and national leaders about international peace and conflict resolution. Contest topics include national and international conflicts. College scholarship awards of \$1,000 are granted to a winner in each state, and the writers of the top three essays nationally will receive scholarships of \$10,000, \$5,000 and \$2,500, respectively. All state winners are invited to an all-expenses paid trip to Washington, D.C., for the awards ceremony.

History, Politics, and Journalism

[Children's PressLine](#)

This resource produces journalistic stories created by students ages 8 to 18. Students act as reporters and editors and learn to conduct research, interview and edit.

[The Educational Video Center](#)

This center offers several documentary [film programs](#) for New York City public high school students. These projects are academically rigorous and socially relevant, geared to impact not just the students but also their communities.

[HarlemLive](#)

This is an award-winning, critically acclaimed web magazine produced by teens from throughout New York City. It is a journalism, technology and leadership program that teaches students ages 13-21 how to run an online newspaper. The publication includes news articles, investigative stories, opinion pieces, personal essays, poetry, photography and video documentaries. The students organize events, conduct workshops and sit on panels, improving their networking and public-speaking skills.

[Model New York City Council](#)

This resource gives high school students the opportunity to step into the shoes of a New York City councilperson and experience city government from the inside. During four intensive Saturday sessions, CUNY faculty mentors will guide students through the ins and outs of political representation, the legislative process and what it means to be an active member of city government. The students then put their knowledge and experience to use as they debate and vote on a piece of legislation during a “stated meeting” in the Council’s actual chambers in City Hall. This is a [College Now](#) program, so students must [first apply to College Now](#).

[The New York City Urban Debate League](#)

This is the city's largest scholastic debate organization providing free tournaments, resources for debaters, debate teachers and coaches, and comprehensive debate education to all New York City schools and students.

[The North American Computational Linguistics Olympiad \(NACLO\)](#)

This is modeled after similar Linguistics Olympiads held in Eastern Europe. In these events middle and high school students learn to solve linguistic problems from dozens of the world’s languages. In the process, they learn about the richness and diversity of language and exercise natural logic and reasoning abilities. No prior knowledge of particular languages or linguistics is necessary.

[Schomburg Center’s Junior Scholars Program](#)

This program is for ages 11-17 offers a Saturday school geared toward students of African descent. Its primary goal is to ground young people in the histories and cultures of the African Diaspora. The program is an intensive, 26-week series of Saturday sessions, from 10 a.m. to 3 p.m. Junior Scholars have access to resources at the Schomburg Center for Research in Black Culture. For applications or more information, contact Deirdre Hollman at 212-491-2234.

[Teens Take the City](#)

This is a program of the YMCA of Greater New York through which 500 teens from all backgrounds get involved in local government, civics and politics. The program is partly supported by the [New York City Council](#), and each council member can nominate five students to participate.

[The Collectors Club of New York](#)

This club sponsors a free Youth Stamp Club with monthly meetings for kids in grades 4 and up. The program welcomes experienced stamp collectors and introduces beginners to a hobby that also teaches about history, geography, famous people and events. Sessions are held beginning in September on Saturdays from 10-11:30 a.m.

[The Urban Journalism Workshop](#)

This is a workshop at New York University is designed to encourage teens to consider a career in journalism. Twenty high school juniors and seniors from the New York City metropolitan area (the five boroughs of NYC in addition to New Jersey, Connecticut and Westchester) are selected to spend 10 days attending an intensive, rigorous journalism course at the NYU Arthur L. Carter Journalism Institute's new state of the art facilities in Cooper Square.

[FIRST TAKE High School Journalism Workshop](#)

This is a free program for high school students to jumpstart careers in journalism. Participants will learn about reporting, video editing, photojournalism, interviewing, audio production and more. The 8-week program, which is run by the New York Association of Black Journalists, takes place on Saturdays during the fall at LIU Brooklyn. Space is limited, so [apply early](#).

Homework Help

[The Boys' Club of New York](#)

This organization welcomes 6- to 20-year-old boys and charges less than a dollar a year to participate in computer classes, attend summer camp, get homework help and receive dental services. The club has a location in Flushing (Queens) and two in Manhattan.

[HomeworkNYC.org](#)

This is a website run by the public libraries. The site is designed specifically to help students in grades K-12 in every area of the New York City schools curriculum and offers live, online assistance. Students and parents can also search for information on a variety of topics. The library site is also affiliated with the teacher's union [Dial-A-Teacher](#), a helpline that allows students and parents to talk directly with a city teacher Monday through Thursday from 4 to 7 p.m.: 212-777-3380.

[The Liberty Leads program](#)

This program at Bank Street College provides support to 5th- to 12th-graders six days a week for 11 months. Students have access to a wide range of academic resources, college prep classes, counseling, and enrichment activities.

Environmental Studies

[The Garden Apprentice Program at Brooklyn Botanic Garden](#)

This program provides students in grades 8-12 with training and volunteer placements focused on gardening, environmental issues, science, leadership and career skills. Apprentices become an important part of the garden's education department.

[The New York Botanical Garden's Explainer Program](#)

This program accepts middle and high school students between the ages of 13 and 17 who enjoy the outdoors and want to learn about plants, nature and science. The program offers the opportunity to learn about plants, develop new skills and receive personal mentoring. Explainers also help younger children who visit the Everett Children's Adventure Garden.

[MillionTreesNYC](#)

Students and families can participate in citywide volunteer tree-planting and tree-care workshops. The program is a public-private initiative launched by the City of New York Parks Department and New York Restoration Project with the goal of planting a million new trees across all five boroughs over the next decade.

Online Resources for High School Students

[Khan Academy](#)

This is a free website that features FREE resources for students on math, science, history, and computer science.

Regents Preparation

[Barron's Regent Prep](#)

[Earth Science Regents Review Games](#)

[Flashcards about Global Regents](#)

[Regents Exam Prep Center](#)

SAT/ACT Prep

[The ACT](#)

[College Board](#)

[Princeton Review Free Online Practice Test](#)

[ACT Study Guide](#)

GED (TAST – Test Assessing Secondary Completion)

[Understanding the TAST and free resources](#)

College Information

[College Board](#)

[Peterson's](#)

[Fastweb](#)

[FAFSA: FREE Application for Student Aid](#) (Do not pay to complete form)