

HESI 2026

- June 9, June 15 – July 1 or
- July 9, July 13 – 28

STUDENT APPLICATION CHECKLIST

PLEASE ENSURE THAT YOU HAVE OBTAINED/COMPLETED ALL OF THE FOLLOWING DOCUMENTS
TO COMPLETE THE APPLICATION PROCESS.
FOR INFORMATION CONTACT MEGAN FREITAS AT mfreitas@hcoe.org

CHECK WHEN COMPLETED	APPLICATION REQUIREMENTS – DUE BY MARCH 6, 2026
	Required Documentation: <ul style="list-style-type: none">• Unofficial Transcript: Obtain digital copy from your school office• Attendance Record: Obtain digital copy from school office
	Letter of Interest <ul style="list-style-type: none">• Write a Letter of Interest - prompt continues on the next page
	HESI Application Form <ul style="list-style-type: none">• The application is a Google form that can be found on the HESI web page at hcoe.org/hesi. You will be required to upload your transcript, attendance record, and essay.
	Teacher Recommendation Form <ul style="list-style-type: none">• You will need to have a teacher submit a recommendation form on your behalf. Once a teacher has agreed to do so, direct them to hcoe.org/hesi where they can find a link to the Teacher Recommendation Form.

Application AND Teacher Recommendation must be submitted via Google Forms no later than **March 6, 2026**.
Applicants will be notified of interview status via email on March 17, 2026.

Interviews will be held **March 23 - 26 & March 30 - April 3**.
Applicants will be notified of acceptance status via email on April 4, 2026

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Letter of Interest

As part of this application, you need to submit a letter of interest. This letter helps us learn more about you—not just your grades. It's your chance to tell us why you want to join this program, what you hope to learn, and how this experience could help you.

Prompt:

Please write a one-page letter (300–500 words) expressing your interest in the 2026 Health-careers Exploration Summer Institute (HESI) program. This is your opportunity to tell us about who you are, what motivates you, and why you would be a great addition to this year's HESI cohort.

Your letter should address the following topics:

Why are you interested in the HESI Program?

- What draws you to healthcare or medicine?
- What do you hope to learn or experience through HESI?

Why are you a strong candidate and a good fit?

- What personal strengths or qualities would help you succeed in the program?
- How does this program align with your goals?

How do you stand out from other applicants?

- What makes you unique—your perspective, background, goals, or experiences?

What relevant skills or experience do you have?

- Include any volunteer work, classes, clubs, jobs, family responsibilities, or life experiences that helped you grow.

Tips for Success:

- Be honest, specific, and reflective—use real examples from your life.
- Show your personality and passion for healthcare.
- Stay within one page and keep your word count between 300–500 words. Make sure it's a continuous, readable letter—not bullet points or separate Q&A responses
- Proofread for grammar and clarity.
- Submissions may be reviewed for AI-generated content