Internships are an important part of students' professional development, offering valuable work experience, insight to possible careers, and networking opportunities. If considering an internship, it is important for students to consult with their faculty advisor and/or academic internship coordinator, as some academic programs require internships or may offer academic credit upon completion of non-required internships. The Center for Career and Professional Development assists students with researching internship opportunities through a variety of online databases and application support is available.

http://www.utica.edu/student/career/cs/internships.cfm

The Oneida County Office of Workforce Development offers programs, like the Oneida County College Corps Internship Program, for young people so that they can get the start they need that will lead to a great career.

http://www.ocgov.net/workforcedev/collegecorps2010

The New New York Leaders – Internship opportunities with New York State! Governor Cuomo’s Student Intern Program is a centralized location that provides access to New York State Government Internships.

https://nysinternships.cs.ny.gov/nnyl/

The Assembly Session Internship is a comprehensive academic program which gives qualified students the chance to work in the New York State Assembly. The program is not just for government and politics majors.

http://assembly.state.ny.us/internship/

From the halls of higher-learning to the halls of the State Capitol, New York State Senate Student Programs offer undergraduate and graduate students exciting opportunities to learn about state government and to experience firsthand the legislative process.

https://www.nysenate.gov/student-programs
The Federal Government has taken steps to help students and recent graduates join the Federal service. New opportunities will appear on USAJOBS as agencies post them. We encourage you to visit this site periodically, or set up a saved search. Note that excepted service agency internships and job opportunities may not be posted on usajobs.gov and must be accessed on individual agency websites.

https://www.usajobs.gov/StudentsAndGrads

The White House’s and other selected Federal internship opportunities may be found here.

https://www.whitehouse.gov/participate/internships

For over 35 years, The Washington Center for Internships and Academic Seminars has helped more than 50,000 students from around the world gain valuable experience, and set them on a course of achievement, leadership and engagement in their communities. Utica College has an affiliation agreement with The Washington Center.

http://www.twc.edu/

Find U.S. representatives in the House and Senate and access their individual websites and internship opportunities!

https://www.govtrack.us/congress/members/NY

The Public Service Fellows internship program is an opportunity for undergraduate and graduate students, as well as recent graduates, to contribute to the Partnership’s mission while developing valuable professional skills.

http://ourpublicservice.org/about-us/internship-program.php