Internships

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Internship Opportunities

Please see our Internship Opportunities page for a list of specific internships available. We have suggestions/opportunities in many areas, including congressional offices; campaigns and parties; federal, state, and local government; NGOs; fundraising; and more.

The Political Science Department has a longstanding relationship with two internship programs:

The Washington State Legislative Internship Program: Winter quarters. Students work in Olympia as staff for members of the Washington State House of Representatives or Senate. Admission is competitive drawing from all four-year schools in the state of Washington. Applications are due in October and open to students from all majors. No political experience is required, but strong writing and good people skills are important. Students earn 15 credits of POL S 497 (5 of which can count for Political Science major requirements). Mark Weitzenkamp, weitzen@uw.edu, is the liaison for this program at UW.

The Washington Center Internship Program (TWC): Autumn quarter or semester, Spring semester, or Summer quarter. This 15 credit Washington, D.C. program finds placements and provides housing and additional services to students who want to intern in our nation's capital. Meera Roy, meroy@uw.edu, is the liaison for this program.

Academic Credit

You may earn academic credit for your internship through POL S 496. Pol S 496 credits do not count towards the major or minor. Only 15 credits of Pol S 496 may count as general electives towards your UW degree.

Pol S 496 credits require supervision by a member of the Political Science faculty. It is your responsibility to find a member of the faculty to supervise. See a Pol S adviser if you need help.

Download and print an application here: Pol S 496 Internship Application. Please follow the directions carefully and submit the completed form to 215 Smith Hall by the first week of the quarter to avoid late add fees. Forms must be complete and must be legibly written. Incomplete forms will not be accepted.

In order to earn academic credit for your internship you will need to tie your internship experience back to what you have learned in your Political Science courses. Work with your faculty supervisor to decide the writing assignments you will complete, when they will be due, and if there are other requirements such as additional meetings or readings. The writing assignments and satisfactory performance in your internship will be the basis of your Pol S 496 grade.

At the end of the quarter, you will fill out a brief survey sent to you by email. Your internship site supervisor will also fill out an evaluation of the work you have done at the internship site.

Contact an adviser in 215 Smith with any questions.

Email: polsadvc@uw.edu
Phone: (206) 543-1824

Tools to Search for More Internships

HuskyJobs is run from the University of Washington Career Center. It specifically lists jobs and internships in which the employer is seeking current students or recent graduates. This is one of the places that paid internships are sometimes found.
Idealist is a posting site for internships, jobs, and volunteer opportunities around the world. It is particularly interesting because it lists more than 80,000 organizations.

IE3 Global Internships Contact Study Abroad and the Political Science Advising office for information on how to receive Pol S credit for the internships listed below.

Looksharp is a third-party online platform to search and apply for internships on the West Coast. They list internships with established business, start-ups, and some non-profits.

Military Friendly Employers with Internships for Student Veterans

Public Service Opportunity Bulletin is a blog run from the University of Washington’s Carlson Leadership and Public Service Center.

United Way of King County has a searchable volunteer opportunity tool. Many of the organizations listing on this source have more volunteer or internship options than they have listed on United Way. Be sure to click through to the organizations themselves.

USA.gov is a portal that links to all of the agencies and offices of the US government. This is a useful resource since most of the internships offered are listed through the individual agencies.

Volunteermatch lists primarily volunteer opportunities, but also many internships.

Internship-Related Resources

Tips for Evaluating Internships
This information sheet designed by the UW Career Center should help you think about whether or not the internship you are considering is good enough for you.

EHS- Educational Housing Services
Housing option for students interning in New York City

WISH- Washington Intern Student Housing
Housing option for students interning in Washington D.C.

Links for Surrounding counties: Island County, King County, Kitsap County, Pierce County, Skagit County, Snohomish County.

Washington State Lists of Institutions: Washington State Agencies, Boards and Commissions; Washington Associations and Organizations (A-Z); Washington State Associations and Organizations (by Subject)