Credit for a political science internship is offered in both fall and spring semesters. The internship class is a flexible course offering designed to support students in pursuing hands-on professional experience while carrying a full class load.

**Internship course information:**

- A political science internship provides three credit hours, with grades based on work completed for the course (rather than at the internship)
- Coursework includes regular, weekly update reports on internship responsibilities, activities, observations, and lessons learned; a semester-long research paper; and occasional one-on-one meetings between the intern and internship coordinator (there is no regularly-scheduled class meeting)
- Students secure their own internship positions, with assistance and suggestions provided by the internship coordinator. There are numerous opportunities in Colorado, including with state and local government (such as the Colorado state legislature in the spring semester), local offices of Colorado members of Congress, and policy research and advocacy organizations
- Specific guidelines, including current opportunities, can be found on the Political Science Department’s internship page: [https://www.colorado.edu/polisci/undergraduate/internships](https://www.colorado.edu/polisci/undergraduate/internships)

**Why do an internship?**

There are many benefits, including:

- Gaining inside knowledge of political institutions, organizations, and processes
- Examining the connections between political science theory and practice
- Acquiring hands-on skills and professional knowledge
- Contributing to an organization that matches personal goals and interests
- Building a network of professional connections