



United States Department of Agriculture | National Institute of Food and Agriculture | 4-H National Headquarters

Federal Internships and Early Career Opportunities

Most Federal agencies offer internships and opportunities for recent graduates through the Pathways Program. The Pathways Program includes internships for students from high school through post-graduate school. Many of these Federal internship opportunities can open the door for full-time jobs and serve as an excellent way of entering the Federal workforce.

The Federal Internship Program (Pathways)

This Program is designed to provide students enrolled in a wide variety of educational institutions, from high school to graduate level, with opportunities to work in agencies and explore Federal careers while still in school and while getting paid for the work performed. Students who successfully complete the program may be eligible for conversion to a permanent job in the civil service. Additional information about the Internship Program can be found at [USAJOBS](#).

The Recent Graduates Program

This program affords developmental experiences in the Federal Government intended to promote possible careers in the civil service to individuals who have recently graduated from qualifying educational institutions or programs. To

be eligible, applicants must apply within two years of degree or certificate completion (except for veterans precluded from doing so due to their military service obligation, who have up to six years after degree completion to apply). Successful applicants are placed in a dynamic, developmental program with the potential to lead to a civil service career in the Federal Government. Additional information about the Recent Graduates Program can be found at [USAJOBS](#).



1Student interns pause for a photo.

Presidential Management Fellows Program

The Program attracts and selects the best candidates possible, but is really designed with a more narrow focus - developing a cadre of potential government leaders. It provides some sustenance during the first years of employment and encourages development of leadership capabilities. The PMF Program inculcates a lasting bond as well as a spirit of public service, ultimately encouraging and leading to a career in the government. Additional information about Presidential Management Fellows Program can be found at [PMF](#).

USDA Internship Program

Student employees gain valuable professional experience as an assistant in scientific, professional, technical, and/or administrative areas. The Student Intern Program (SIP) could be a paid or unpaid internship. The internship opportunity gives students insight into considering a future career with USDA.

Annually USDA employs thousands of students nationwide throughout our 7 Mission Areas, 19 agencies and 16 Administrative Offices. Additional information about USDA SIP can be found at the [Office of Human Resources Management](#).

Virtual Student Foreign Service (VSFS)

U.S. citizen college students can make a real difference in the work of the U.S. government through the Virtual Student Foreign Service (VSFS). VSFS harnesses the expertise and digital excellence of U.S. citizen students to move the work of their government forward on multiple fronts. Since 2009, thousands of VSFS eInterns have expanded the efforts of the U.S. government around the world – from dorm rooms to libraries and coffee shops, to wherever the students happen to be. Additional information can be found at [VSFS](#).

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