

Program Eligibility

All applicants must:

- Be at least 20 years of age by September 1 of the fellowship year.
- Have a bachelor's degree by September 1 of the fellowship year and either a cumulative undergraduate GPA of 2.5 or higher or a GPA of 2.5 or higher in the last 60 (semester) or 90 (quarter) units.
- Have a demonstrated interest in state government and public policy.
- Be authorized to work in the United States for the duration of the fellowship program.

How to Apply

Applicants must submit the following by the application deadline:

- Completed online application at csus.edu/capitalfellows
- Statement of purpose and policy statement
- Resume
- College transcript(s)
- A list of three individuals who will write letters of recommendation

Applications and specific dates and deadlines can be found online at csus.edu/capitalfellows

For more information, contact

Center for California Studies, California State University,
Sacramento (916) 278-6906; capfellowsoutreach@csus.edu



"Participating in the Senate Fellowship program was one of the most rewarding and instrumental experiences of my professional career. I had the privilege of working on legislation that directly impacted millions of Californians, while receiving support and mentorship from the most dedicated team. The fellowship gave me the space to grow, learn from my mistakes, and played a crucial role in shaping who I am today."

Nune Garipian, Senate Fellow, 2020-2021



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The SENATE FELLOWSHIP PROGRAM

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THE SENATE FELLOW EXPERIENCE

Established in 1973 and jointly sponsored by the California State Senate and the Center for California Studies at Sacramento State, the Senate Fellowship Program places Fellows as full-time legislative staff in the offices of California's 40 State Senators or in Senate policy committee or caucus offices, offering a rigorous and immersive experience in the lawmaking process. Fellows directly contribute to policy research, legislative analysis, and the development of public policy. This hands-on role provides insight into how complex issues are addressed and how Senators represent their constituents across large and diverse districts.

The program emphasizes professional growth through mentorship and hands-on experience, launching Fellows into public service careers. The Director of the Senate Fellowship Program manages the fellowship, provides training, and serves as the direct supervisor for Fellows. The Director offers guidance through regular one-on-one meetings, helping Fellows navigate the transition into a fast-paced environment. The Director serves as a key resource for reflection, problem-solving, and professional growth. Fellows are also paired with an on-site mentor who ensures opportunities for meaningful assignments in their placement office.



"The highlight of my fellowship has been the discussions with experts that challenge and expand my beliefs, coupled with the privilege of working closely with Senator Seyarto and his fantastic team. Additionally, I cherish the bonds I've formed with my fellowship class, who have become like a second family to me."

Christian Lopez, Senate Fellow, 2023-2024

The Nature of Fellowship Work

The 11-month fellowship begins in October with an intensive orientation during which Fellows learn the legislative process and current policy issues from senior legislative staff and other key decision makers. Fellows are then placed in the office of a State Senator, a Senate policy committee, or a caucus office, where they become part of a legislative team mentored by experienced staff. The program is bipartisan and places Fellows in offices of their political party. Fellows perform the duties of a legislative aide, including:

- Staffing bills through the legislative process, conducting policy analysis, and making vote recommendations
- Writing speeches, talking points, and press releases
- Staffing the Senator at meetings and events and working with constituents, lobbyists, and advocacy groups

Program Benefits

- Paid full-time employee status, health, vision, and dental benefits
- Graduate Certificate in Applied Policy and Government
- Paid university enrollment and student fees for units in the Political Science Department
- Student loan deferment



Academic Seminar

Senate Fellows participate in weekly academic seminars with their cohort, where they study Political Science. The seminar allows Fellows to apply theoretical academic concepts to real-world responsibilities in their placement offices. Upon completion of the fellowship, Fellows earn six graduate units in Political Science, at no cost for tuition or fees.

