

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
- Personal statement 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 Fellows 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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CAPITAL FELLOWS

The SENATE FELLOWSHIP PROGRAM



THE SENATE FELLOWS EXPERIENCE

Jointly sponsored by the California State Senate and the Center for California Studies at Sacramento State, the California Senate Fellows Program is one of the most distinguished experiential learning programs in the nation. Senate Fellows work full-time as policy staff in a Senator's Capitol office or on a Senate policy committee.

Many Senate Fellows continue their career as Senate staff upon completion of their fellowship. Elected officials at the federal, state, and local levels of government, senior legislative staff, and leaders in the executive branch trace their political beginnings to their time as Senate Fellows. The program provides the professional development, mentorship, and support necessary to continue in legislative work, and also teaches transferable skills of benefit in other career or academic pursuits.

The California Senate Fellows Program is highly competitive and seeks applicants who are passionate about California, the world's fifth-largest economy and a global leader in public policy-making. Recent college graduates and mid-career professionals from every academic discipline or professional background interested in a career in public policymaking may apply.



"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

Academic Seminar

Senate Fellows attend weekly seminars at the Capitol during the fall and spring semesters, earning six graduate units from the Political Science Department at Sacramento State. Upon successful completion of the fellowship, Fellows earn a graduate certificate in Applied Government and Policy. The seminars provide an academic perspective on the experience gained in Fellows' office placements.

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



The Nature of Fellowship Work

Eighteen Fellows are selected each year. The 11-month program begins in October with a six-week intensive orientation. Senate Fellows interview with multiple Senate offices in an effort to find the right match for them and for the Senate office in which they will be placed.

Fellows work full time in the Senate, learn about the legislative process, and hear from noted policy experts and senior legislative staff about current policy issues. Senate Fellows perform all the duties of a legislative aide or committee consultant, which may include:

- Advising staff and the Senator about vote recommendations on bills.
- Writing speeches, talking points, and press releases related to assigned policy areas.
- Working with the district office to address constituent concerns.
- Analyzing bills referred to the committee for a legislative hearing.

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