

ALL MAJORS ARE ENCOURAGED TO APPLY

The Session Internship Class of 2025 was comprised of students representing 22 courses of study from 23 different colleges and universities.

We will provide a stipend of \$8,800 for the Spring Semester.

You are eligible to receive up to a full semester of academic credit for your internship.



Build your resume and develop professional skills.



Begin your career in public service or public policy advocacy.

ASSEMBLY SESSION INTERNSHIP



THE NEW YORK STATE ASSEMBLY CARL E. HEASTIE, SPEAKER

INTERN COMMITTEE ASSEMBLYMEMBER ALICIA HYNDMAN, CHAIR

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Email: internapplication@nyassembly.gov
Website: <https://nyassembly.gov/internship/>

The New York State Assembly is an Equal Opportunity Employer.
The New York State Assembly Intern Committee seeks to attract to its Internships qualified persons of diverse backgrounds, and pursuant to this policy, no applicant is discriminated against because of race, color, creed, sex, religion, age, sexual orientation, national origin, disability, domestic violence victim status, genetic predisposition or carrier status, marital status, or military status.
A copy of the Assembly's Affirmative Action Policy is available upon request.

NEW YORK STATE ASSEMBLY



Speaker Carl E. Heastie
Assemblymember Alicia Hyndman, Chair



The Assembly’s Session Internship Program is the only legislative internship in Albany with a structured academic requirement. No other internship has independent faculty-in-residence teaching its classroom component. It is the only internship that submits to an independent evaluation process conducted by the National College Credit Recommendation Service (National CCRS). To view a copy of the 2022 National CCRS revalidation report, please visit our website at <https://nyassembly.gov/internship/>.

Professors-in-Residence



Dr. Angela D. Ledford

Angela D. Ledford received her Ph.D. in Political Science from the University of South Carolina. She specializes in contemporary political theory (particularly gender theory and transnational social movements and collective violence). She teaches courses primarily in democratic theory, feminist theory, modern political thought, and race and class in America. Dr. Ledford has published articles on topics such as the movement to relocate the Confederate flag in South Carolina and the relationship between political representation and social class. Her first book, *Group Representation, Feminist Theory, and the Promise of Justice*, was published in 2012 and makes the case for alternative electoral arrangements to increase the representation of women and minorities in America. In her current project, she argues that desire (rather than being “natural or biological”) is powerful and deeply internalized, yet ultimately constructed. Her argument traces the emergence of a highly bifurcated sex binary and reformed racial hierarchy in the mid-to-late 19th century and makes the case that these are instrumental and necessary forces that propelled the rise and expansion of industrial capitalism in the west. Dr. Ledford received the YWCA of the Capital Region’s Resourceful Woman of the Year Award in 2022 and was Professor of Political Science at The College of Saint Rose for 22 years.



Professor Nick Thony

Nick Thony is the Deputy Director and Professor-in-Residence with the New York State Assembly Internship Program, where he draws on over sixteen years of public service to mentor and guide undergraduate and graduate students through the inner workings of state government. Nick began his career in the Assembly as an intern in 2008 and went on to serve as Legislative Director to a senior Assemblymember, where he collaborated with constituents, advocacy groups, and state agencies to craft impactful legislation and secure funding for vital community initiatives.

Before stepping into his current role, Nick also served as Director of Public Relations for the Albany Housing Authority, further deepening his understanding of public policy and community engagement.

Nick holds both a master’s degree in history and a bachelor’s degree in political science from the University at Albany, SUNY, and is currently completing his Ph.D. in history, specializing in New York State politics, nineteenth-century reform movements, and antislavery activism. His dissertation, *Lifting the Political Fog: People, Power, and Antislavery Politics in Upstate New York*, explores how grassroots political discourse in the 1850s shaped the state’s engagement with the slavery.

An experienced educator, Nick has taught American history at the University at Albany and Siena College. He is also the host of The History Tavern Podcast, where he interviews historians on topics ranging from political biography to public memory.

Discover The Pod Experience: A Gateway to New York State Government

Step into the heart of New York’s legislative process through the New York State Assembly Internship Program’s Pod Experience—a dynamic, hands-on opportunity for undergraduate students. Guided by Graduate Scholars, each small “pod” fosters close mentorship and collaboration. Interns engage in immersive simulations, including Mock Budget Hearings and a full Mock Legislative Session, gaining a real-world understanding of policy-making. Along the way, participants sharpen their communication and writing skills, build a professional network, and create a portfolio of meaningful work. The Pod Experience is more than an internship—it’s preparation for a successful career in public service and beyond.



2025 Session Internship Class



2025 Session Internship Research Paper Award Winners



2025 Mock Session

Graduate Scholars and Session Interns’ Legislative Practicum Group Photos

