

ALL MAJORS ARE ENCOURAGED TO APPLY

The Session Internship Class of 2026 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.



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ASSEMBLY SESSION INTERNSHIP



THE NEW YORK STATE ASSEMBLY
CARL E. HEASTIE, SPEAKER

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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.
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NEW YORK STATE ASSEMBLY



Speaker Carl E. Heastie
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SESSION
INTERNSHIP

Start Your
Career Today!

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 a bachelor’s degree in political science, a master’s degree in history, and a Ph.D. in history from University at Albany. His dissertation, *Lifting the Political Fog: People, Power, and Antislavery Politics in Upstate New York, 1848-1861*, explores the complicated intersection of people and ideas that gave rise to the political antislavery movement in upstate New York.

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



Dr. Laura Rabinow

Dr. Laura Rabinow is the director of research for the Rockefeller Institute of Government, supporting the broad array of research conducted at the Institute and focusing her own research on environmental policy issues. Her prior work has moved between public policy research and practice.

Between 2023-2024, while working at the Institute, Rabinow served as a senior advisor for chemical safety at the White House Council on Environmental Quality, with a focus on issues related to PFAS.

Previously, Rabinow worked in the New York State Legislature in various roles, including as a chief of staff in the Assembly and as the environmental conservation, agriculture, and cultural affairs policy analyst in the Senate. Prior to her legislative experience, she worked in agricultural microfinance and foreign policy research. Rabinow’s more recent research considers New York State and federal policies with respect to drinking water and chemical contaminants, with a particular focus on the ways that public policy, social movements, and public health cultures co-construct the production of knowledge and ignorance about contaminants.

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.



2026 Session Internship Class



2026 Session Internship Research Paper Award Winners



2026 Mock Session

Graduate Scholars and Session Interns’ Legislative Practicum Group Photos

