Post-Undergrad Fellowships

What is a fellowship?
Fellowship is a term broadly referring to paid positions that are finite in duration. Fellowships can include paid positions students complete while undergraduates and also after graduation. This guide focuses on highlighting types of fellowships specifically geared towards recent graduates of undergrad institutions.

Please note: fellowships can also refer to positions and/or funding for students entering graduate and professional school. This guide focuses on fellowships that are not tied to graduate/professional school admission or attendance.

I'm looking to do a fellowship before I graduate. Where do I look?
Make sure to include internships in your search criteria, as positions prior to graduation often use the terms “fellowship” and “internship” interchangeably. Start by using the following on-campus resources to look for fellowships:
- Macalester Career Connection (MC2)
- Macalester Science Research Office (SRO)
- Macalester Academic Programs

Additionally, the databases shared in this guide also feature positions for students prior to finishing their undergraduate degree.

Post-Undergrad Fellowship Areas
Narrow your search by identifying 1-3 areas you are most interested in. Examples of fellowships are featured here. This guide offers databases to search, along with examples of programs. Due to the dynamic nature of programs and offerings, this guide does not offer a comprehensive list of programs. Macalester's Career Development Center also does not endorse specific programs.

How do I find post-undergrad fellowships?
Opportunities are posted in diverse ways. Regrettably, there is no single repository for fellowships. Whenever the CDC receives fellowship postings (along with all jobs and internships), they are posted in MC2. Searching by areas of focus can yield more targeted results.

Organizations that offer fellowships include:
- Local, state, federal and international governmental agencies
- Professional organizations and societies
- Foundations
- Educational institutions
- Non-profits and NGO’s
- Media organizations
- Corporations

Suggested focus areas include:
- Arts/Culture/Media
- Environment
- Food & Agriculture
- Health/Medicine
- International Affairs/Development
- Social Justice/Law/Poverty
- Community Development
- Faith-Based
- Gender/Identity
- Human Rights/Civil Rights
- Science & Technology
- Youth & Education
Effective Searches

Narrow your search by identifying your goals and parameters for the fellowship experience. The CDC recommends narrowing your search by first defining your criteria to evaluate fellowships. Variables to consider include:

**Funding**
- How is the compensation/funding structured (i.e. lump sum, hourly wage, salary)?
- Are there parameters/requirements to receive funding?
- What expenses does the funding cover? Are there expenses specifically excluded (e.g. airfare, travel to site)?
- Will funding cover your budgeted expenses?

**Geographical Area**
- Where do you want to live?
- Does it offer flexible location?
- Does it require you to travel?

**Duration**
- Is the length of fellowship specific or flexible?

**Funder/Host Organization Variables**
- Type of organization, culture and values
- Connection to your future desired path(s)
- Opportunity for training, development and mentorship
- Cohort or single fellow model?

**Outcomes required of Fellows**
- What measures define success for this fellowship?
- What quantitative/qualitative outcomes are expected of Fellows?
- Does the organization expect research as an outcome? Expect you to present findings/outcomes?

**Compensation Parameters & Benefits**
- Does compensation include additional benefits (i.e. health insurance, tuition benefits for future/past education debts)?
- Does the fellowship prohibit you from additional work during service?

**Career Paths of Fellowship Alumni**
- What have recent fellowship participants gone on to do directly after the fellowship?
- What are career paths of participants?
Highlighted Fellowship Databases

Searching online for fellowships can be a daunting and overwhelming process. These resources have been found to be the most comprehensive and useful tools. The following are shared with permission from each institution in spring 2014.

**Stanford's Haas Center for Public Service FISP Database** (Fellowship, Internships, & Service Program Database) Search by many parameters including level of education, duration, geographic preference, and topics of interest.
https://studentaffairs.stanford.edu/haas/students/fellowships-database

**USAJobs.Gov**
Fellowships, internships and full-time jobs for recent graduates are all featured in the Recent Graduates section of USAJobs website. Note, government agencies may define a position as an internship, which can also be a full-time, term-limited positions (ie. fellowships). The CDC can assist you in developing strong federal applications and navigating this system, so please feel free to bring your questions and specific postings of interest to a counselor.
https://www.usajobs.gov/StudentsAndGrads

**Michigan State's Funding for Individuals Resource**
Created by MSU's Library system, this resource features extensive grant opportunities for individuals.
http://staff.lib.msu.edu/harris23/grants/3subject.htm#univmich

**Macalester-specific Opportunities**

Macalester College offers several unique fellowship programs, coordinated through the Office of Academic Programs and the Institute for Global Citizenship. Many of these programs require an application process and nomination through the College. Some fund graduate study.

**Institute for Global Citizenship**

**Davis Project for Peace:** An initiative for all students at the Davis United World College Scholars Program partner schools to design their own grassroots projects for peace that they themselves will implement anywhere in the world annually during the summer. Through a competition at more than 90 campuses, projects will be selected for funding at $10,000 each. Both current students and seniors (who plan to complete the project the summer after graduating) are eligible to apply.
http://www.macalester.edu/igc/socialentrepreneurship/davisprojectsforpeace/

**Academic Programs**

For full details, including this year’s campus deadlines, please visit:
http://www.macalester.edu/academicprograms/studentopportunities/

**Carnegie Endowment for International Peace Junior Fellows Program:** Each year the Endowment offers 8-10 one-year fellowships to uniquely qualified graduating seniors and individuals who have graduated during the past academic year. These highly competitive fellows require excellent research and writing skills.
**Jack Kent Cooke Graduate Arts Award:** The Cooke Foundation awards scholarships of up to $50,000 a year to outstanding arts students pursuing their first graduate degree. These highly competitive awards are for individuals planning careers as practicing artists.

**Gates Cambridge Scholarships:** Awarded to outstanding candidates from outside the UK to pursue a postgraduate degree in any subject offered at the University of Cambridge. These highly competitive, full-scholarship awards are granted on the basis of intellectual ability, leadership capacity, a person's desire to use his or her knowledge to benefit the world, and the fit between the applicant and the graduate program at Cambridge.

**Fulbright Grants:** State Department-sponsored research/study grants and English Teaching Assistantships for U.S. citizens in countries outside the U.S. Although the requirements for each type vary from country to country, research/study grants typically require fluency in the language of the country and substantive knowledge of the topic to be investigated. Teaching Assistantships usually require a commitment to and experience in teaching, broadly conceived. In addition, Fulbright partners with MTV on fellowships dealing with international music cultures, and with National Geographic on fellowships for digital storytelling. Open to seniors and recent graduates who are not enrolled in graduate school.

**Marshall Scholarship:** Marshall Scholarships allow students to study for a degree, at either the undergraduate or graduate level, at any British university. These highly competitive scholarships require a compelling reason to study at a specific UK institution.

**National Science Foundation (NSF) Graduate Fellowships:** NSF administers a program of fellowships for graduate study in the natural and social sciences, mathematics and engineering. The GRE exam is not required, but research experience is highly recommended.

**Thomas R. Pickering Graduate Foreign Affairs Fellowships:** Provide financial support toward tuition and living expenses for the first and second years of graduate school, and paid State Department summer internships in Washington, D.C. and overseas, pending availability of funding.

**Charles B. Rangel International Fellowships:** Promote positive change in the world as Foreign Service Officers for the U.S. Department of State. Fellowships provide up to $90,000 in benefits over two years to fund tuition, mandatory fees, and living expenses for completion of two-year master's programs in international affairs or related fields.

**Rhodes Scholarships:** Enable students to study at Oxford University following their graduation from Macalester. These highly competitive scholarships require academic excellence and demonstrated leadership experience.

**Rotary Peace Fellowship:** Scholarships fund tuition, room and board for a two-year, masters-level degree program in international studies, and peace and conflict resolution at one of the six Rotary Peace Centers around the world.
Soros Fellowship: Provides opportunities for continuing generations of able and accomplished New Americans to achieve leadership in their chosen fields. Grants are for up to two years of graduate study in the United States.

Watson Fellowships: Enable students of unusual promise to spend a year abroad engaged in an independent study project immediately following their graduation from Macalester.

**Arts/Culture/Media Fellowship Examples**

**American Prospect:** Offers journalists at the beginning of their career the opportunity to spend two full years at the magazine in Washington, D.C., developing their journalistic skills.
http://prospect.org

**Fulbright MTVU Fellowships:** Research on an aspect of international musical culture, and focus on contemporary or popular music as a cultural force for expression or change. Applications will be accepted for any country to which there is an active Fulbright U.S. Student Program for Academic and Arts fields.
http://us.fulbrightonline.org/fulbright-mtvu-awards

**McKnight Fellowships:** Specific fellowships in diverse mediums including ceramics, choreography, music composition, dance, media art, music, theater, visual art and writing. Fellows selected in conjunction with MN arts organizations.
http://www.mcknight.org/

**National Public Radio Kroc Fellowship:** 1-year dedicated to rigorous, hands-on training in every aspect of public radio journalism, both on-air and online, including writing, reporting, producing and editing.
http://www.npr.org

**Smithsonian Fellowships:** Diverse fellowships that are institution-wide and also at specific museums, research centers and units.
http://www.smithsonianofi.com

**Community Development Fellowship Examples**

**Coro Fellows:** Full-time, nine month, graduate-level experiential leadership training program that prepares diverse, talented and committed individuals for effective and ethical leadership in the public affairs arena. Offered in Los Angeles, New York, Pittsburgh, San Francisco and St. Louis.
http://www.coro.org/Coro-Fellows-Program

**Public Allies Americorps Program:** 10-month fellowship for diverse young adults. Leadership preparation through paid full-time nonprofit apprenticeships and rigorous leadership training. Sites in 21 U.S. communities.
http://www.publicallies.org
**VISTA Americorps:** Summer or year long commitment to serve on a specific project at a nonprofit organization or public agency in locations throughout the United States. Efforts focus on building the organizational, administrative, and financial capacity of organizations that fight illiteracy, improve health services, foster economic development, and otherwise assist low-income communities.
http://www.nationalservice.gov/

**Urban Fellows:** New York-specific programs sponsored by city government to develop professionals interested in public policy.

### Entrepreneurship Fellowship Examples

**Ashoka:** Fellowships and grants to act as change agents for society, seizing opportunities others miss to improve systems, invent new approaches, and create solutions to change society for the better.
http://www.ashoka.org/

**IDEX:** Pairs a select number of young professionals with leading social enterprises in India and Kenya to equip next generation leaders with the experience, skills, and networks necessary to propel them into leading roles within the social sector while accelerating impact on the ground.
http://www.idexaccelerator.com/apply/become-a-fellow

**Venture for America:** Work for two years at emerging start-ups and early-stage companies in lower-cost cities (e.g., Detroit, Providence, New Orleans). Modeled after Teach for America, Venture for America will provide a path for entrepreneurship to college grads who want to learn how to build companies and create jobs. The goal is for a substantial proportion of VFA Fellows to become successful entrepreneurs, preferably rooted in the communities to which they are assigned.
http://ventureforamerica.org/

### Environment Fellowship Examples

**U.S. Department of Energy Scholars Program:** Operating in several locations in the U.S., fellows work on scientific research in energy security, nuclear security, environmental responsibility and management conducted through the U.S. Department of Energy (DOE).
http://orise.orau.gov/doescholars/description/index.html

**Green Corps:** 1-year organizing fellowship jumpstarting campaigns for groups such as Food & Water Watch, Sierra Club, Toxics Action Center and Environment America across the US. Green Corps organizers have built the campaigns that helped reign in unsafe factory farms; led to new laws that support clean, renewable energy; convinced major corporations to stop dumping in our oceans and much, much more.
http://www.greencorps.org
National Wildlife Federation (NWF) Fellowships: NWF’s Fellows confront global warming on their campuses and in their communities to help educate and engage the campus community on global warming impacts and solutions. In addition to a modest grant, fellows also receive project support, leadership development, recognition of their accomplishments and other perks.
http://www.nwf.org/

Student Conservation Corps: As part of the Student Conservation Association (SCA), fellows work in opportunities protecting and restoring national parks, marine sanctuaries, cultural landmarks and community green spaces in all 50 states. Fellowships vary in length.
http://www.thesca.org

Faith-Based Fellowship Examples

Avodah- Jewish Service Corps: A year working on urban poverty issues full-time at local non-profit organizations. During their year of service, participants live and study together, forming a community of people making a connection between social activism and Jewish life.
http://www.avodah.net/

Christian Appalachian Project: Kentucky-based, interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual, and emotional support through a wide variety of programs and services. Long-term volunteers are funded through Americorps and work in diverse social services throughout region.
http://www.christianapp.org

Lutheran Volunteer Corps: Unites full-time stipended volunteers with financial supporters, non-profit organizations, and ministries to work for peace with justice across the nation. In addition to working for justice, LVC Volunteers live together in intentional household communities of 4-7 people to encourage simple, sustainable living.
http://www.lutheranvolunteercorps.org/

Food & Agriculture Fellowship Examples

Emerson Congressional Hunger Fellowship: Unique leadership development program that trains, inspires, and sustains emerging leaders committed to social justice. Year long program offers practical experience fighting hunger and poverty through placements in community-based organizations across the country, as well as policy experience through placements in Washington, D.C.
http://www.emersonapplication.org/
Mickey Leland International Hunger Fellows: During each two-year fellowship cycle, 12-15 Leland Fellows are placed with international development organizations that include international and local NGOs, U.S. government agencies and multilateral organizations. Fellows work on a variety of food security issues, such as agricultural development, nutrition, natural resource management, agribusiness development, and women’s empowerment. The program begins with a one-year field placement in a developing country in Asia, Africa, or Latin America.
http://www.lelandapplication.org/

Food Corps: One-year of paid public service building healthy school food environments in limited-resource communities. Service sites are community organizations that operate throughout U.S.
https://foodcorps.org/

Gender/Identity Fellowship Examples

Asian Pacific Americans Institute for Congressional Studies (APAICS) Fellowship: Offers full-time legislative and public policy fellowships in Washington, D.C, providing exceptional graduates and young professionals with an opportunity to work on policy issues as staff members of a congressional office. The program aims to build leadership skills, encourage political civic engagement, and foster a strong interest in public service careers.
http://apaics.org

Institute for Women’s Policy Research’s (IWPR) Mariam K. Chamberlain Fellowship: In honor of pioneering feminist economist Mariam K. Chamberlain (MKC), the IWPR offers a fellowship in public policy to a promising scholar each year. The Mariam K. Chamberlain Fellow contributes to a variety of research projects to inform policies affecting women. Research activities may include reviewing literature; collecting, checking and analyzing data; gathering information; and preparing reports.
http://www.iwpr.org

Morris K. Udall Foundation Native American Congressional Internships: Ten-week summer internship in Washington, D.C., for Native American and Alaska Native college juniors, seniors or recent grads who wish to learn more about the federal government and issues affecting Indian Country. The internship is fully funded: the Foundation provides round-trip airfare, housing, per diem for food and incidentals, and a stipend at the close of the program.
http://www.udall.gov/

Health & Medicine Fellowship Examples

Global Health Corps: Year-long fellowship for young professionals from diverse backgrounds to serve on the frontlines of the fight for global health equity at existing health organizations and government agencies. Fellows are currently working in Rwanda, Burundi, Uganda, Malawi, Zambia and the United States.
http://ghcorps.org
**Center for Disease Control's Public Health Associates Program (PHAP):**
Competitive two-year paid training program with the Center for Disease Control and Prevention. PHAP associates are assigned to a state, tribal, local, or territorial public health agency and work on prevention alongside other professionals across a variety of public health settings. After completing the program, PHAP graduates will be qualified to apply for jobs with government public health agencies.
http://www.cdc.gov/phap/

**HealthCorps:** Developed by Dr. Mehmet Oz, HealthCorps’ national peer mentoring program spans 62 high schools in 13 states (AZ, CA, DE, FL, MD, MS, NJ, NC, NY, OH, OK, OR, TX) and the District of Columbia. Health Corps Coordinators commit to two years of service to work full-time in a designated high school and community in the U.S. HealthCorps provides a salary-based position, health insurance and other fringe benefits.
http://healthcorps.org/

**Sowing Seeds for Change Fellowship:** Six-month leadership development program for college students and recent graduates to improve farmworkers’ access to healthcare as well as advocate for improved living and working conditions. Fellows work directly with rural health clinics in North Carolina providing health education, case management, and interpretation for farmworkers.
http://saf-unite.org

**Human Rights & Civil Rights Fellowship Examples**

**Humanity in Action:** Fellowships for international groups of college students and recent graduates to explore national histories of discrimination and resistance, as well as examples of issues affecting different minority groups today.
http://www.humanityinaction.org/

**Herbert Scoville Jr. Peace Fellowship:** Provides recent college and grad school graduates with the opportunity to gain a Washington perspective on key issues of peace and security. Twice yearly, the fellowship’s Board of Directors selects a group of outstanding individuals to spend six to nine months in Washington. Supported by a salary, the fellows serve as full-time junior staff members at the participating organization of their choice.
http://scoville.org/

**International Affairs/Development Fellowship Examples**

**American Indian Foundation (AIF) Clinton Fellowship:** Ten-month fellowship working on diverse projects aimed to make meaningful contributions to NGOs and social enterprises in India and develop the leadership potential to become leaders on development issues.
http://aif.org
Congress-Bundestag Youth Education-Funded by the German Bundestag and U.S. Congress, fellowship provides 75 American and 75 German Young Professionals the opportunity to spend one year in each others’ countries, studying, interning, and living with hosts on a cultural immersion program. The program is open to candidates in all career fields who are interested in a year of cultural exchange.  
https://www.cbyx.info

Kiva Fellows- Working across the U.S. and in over 70 countries around the globe, fellows help to further Kiva’s mission by strengthening partnerships and scaling new initiatives, while connecting Kiva’s staff and the lender community to the field.  
http://www.kiva.org

Peace Corps-Serve abroad for two years plus training, working directly with communities to build capacity in education, health, youth in development, environment, community economic development, and agriculture.  
http://www.peacecorps.gov/

Princeton in Africa, Asia & Latin America-Provide transformative, service-oriented experiences for bright, talented graduates and to serve the needs of the region.  
Africa: http://www.princetoninafrica.org/
Asia: http://piaweb.princeton.edu/about-us
Latin America: https://www.princeton.edu/~pila/

Science & Technology Fellowship Examples
Please note: there are many science and technology fellowships for students during their undergrad education, and also those connected to graduate-level study. For the purposes of this guide, these are programs that do not require plans to attend or admission to graduate school.

Oak Ridge Institute for Science & Education: Established as an official U.S. Department of Energy (DOE) institute in 1992, with programs dating back to 1946, the Oak Ridge Institute for Science and Education (ORISE) is a national leader in science education and research. ORISE offers diverse opportunities for collaboration through partnerships with DOE facilities, other federal agencies, the academic community and industry.  

National Institute of Health Technical Intramural Research Training Award: The NIH Technical IRTA Program (CRTA, Cancer Research Training Award in the National Cancer Institute) is designed to produce a cadre of highly trained research support personnel. College graduates and individuals who hold a master's degree spend two years (possibly three) mastering the latest and most advanced techniques for basic and/or applied research working in an environment devoted exclusively to biomedical research.  
https://www.training.nih.gov/programs/tech_irta
Social Justice/Law/Poverty Fellowship Examples

**New Sector Summer Fellowship:** Intensive 11-month and 11-week fellowships for current and recent undergraduate students and graduate students who are committed to the social sector. Fellows are selected from a highly competitive pool and serve in a cohort of 25 fellows with organizations in Boston, Minneapolis, San Francisco and Chicago areas. Fellows serve full-time to strengthen nonprofit and community organizations, while engaging in intensive professional development activities to strengthen their skills for immediate and future impact.
http://www.newsector.org

**Justice Corps:** Under the supervision of court attorneys, Justice Corps members assist court staff with legal workshops, help self-represented litigants complete legal forms, provide information and referrals, and offer language assistance to customers when necessary. Funded by the California Judicial Branch and an AmeriCorps grant, Justice Corps members work in Los Angeles, the Bay Area, and San Diego.
http://www.courts.ca.gov/justicecorps-about.htm

**Paul Wellstone Fellowship:** Families USA offers one year-long fellowship where the fellow will learn about health reform implementation, health equity, Medicaid, and other important health policy issues. The Wellstone Fellow’s primary responsibilities include developing content for the Families USA website and email lists; and assisting in the organization of conferences and trainings for advocates.
http://familiesusa.org/about-us/careers/wellstone-fellowship

Youth & Education Fellowship Examples

**College Possible:** Intensive mentorships with high school students for college prep in several U.S. cities. Coaches, serving as AmeriCorps members, guide high school students through all of the key aspects of preparing for college during after-school sessions for two hours twice a week.
http://www.collegepossible.org/

**CityYear:** Intensive tutoring and mentorship in 25 U.S. cities. Funded as AmeriCorps members, fellows spend your 11 months serving hands-on with small groups of students to change their educational outcomes and their futures as a whole.
http://www.cityyear.org/locations.aspx

**MatchCorps:** 1-year teaching fellowships in Boston & Lawrence, MA, and Chicago, IL. Program especially beneficial for those looking to teach full-time (Teacher Residency Program) after the fellowship, and also for those looking to gain exposure in education policy/reform.
http://www.matcheducation.org/join-us/match-corps-boston
Next Steps:

**Highlighted CDC Services**
Career Counseling Appointments for:
- Clarify strengths & interests
- Discuss potential career plans
- Review resume
- Plan job search strategies
- Interview prep

Networking & Personal Branding:
- Tools to Access Mac Alumni
- Social Media Inventory
- LinkedIn Profile Review

**Complimentary CDC Guides**
- Resume & C.V. Guide
- Writing Professional Letters
- Key Career Skills Workbook
- Informational Interviewing
- Developing a Professional Online Presence

All guides are available for download on the CDC Web site.

Need help? Questions?
- Scheduled 30- or 60-min. appointments
- Drop-in Appts: M-F: 2-4pm
- Appointments in person, phone & Skype.

Connect with CDC