



# Paid summer internship for high school students

Get your first job or add to your resumé.

Minimum requirements:

Here's a unique, 6-week paid summer internship program for high school students. Interns will get an inside look into professions that could inspire career choices through an internship in 2026.

Apply today at [sacramentoworks.org/youth/SMUD2026](https://sacramentoworks.org/youth/SMUD2026)



For a complete list of participating schools and to apply, visit [sacramentoworks.org/youth/SMUD](https://sacramentoworks.org/youth/SMUD).

- Be 16 years of age or older by June 2, 2026
- Be a current Junior or Senior in high school
- Have a 2.5 or better GPA
- Must have no relatives working at SMUD
- Attend mandatory (unpaid) program orientation via ZOOM  
Saturdays: April 04, 11, 18, 25 & May 02, 2026 — 8:00 AM
- Attend mandatory (unpaid) 2-day Work Readiness Workshops
- Friday, May 15, 2026 – Virtual Work Readiness (Zoom)
- Saturday, May 16, 2026 – In-person Video Interview
- Attend mandatory In-person Intern Selection Interview
- Attend mandatory (paid) 3-day Internship Onboarding Training
- June 15, June 16 and June 17 (8 a.m. – 4 p.m.)
- Be able to work 36 hours per week
- Internship Start Date- Monday June 22
- Internship End Date-Friday, July 31

Contact:  
Benjamin Murti  
Sacramento Employment & Training Agency  
[SacramentoWorksFor.Youth@seta.net](mailto:SacramentoWorksFor.Youth@seta.net)

- **Opening Date and Time:\*\* 8:00 a.m., Monday, March 23, 2026**
- **Closing Date and Time:\*\* 5:00 p.m., Friday, May 01, 2026**

**“ Please note: An application does not automatically guarantee an interview or an internship position.”**



Powering forward. Together.



## Candidate selection process

- Step 1.** All applications received by 5:00 p.m., Friday, May 1, 2026 will be accepted and reviewed for minimum qualifications to attend mandatory Orientation.
- Step 2.** Eligible applicants will be invited by via email to attend an unpaid mandatory program orientation.
- Step 3.** Students that attend the mandatory program orientation will be entered into a computerized random drawing. 55 to 60 students will be randomly based on pool of applicants to then attend a 2-day unpaid Workshop & Video Interview.
- Step 4.** Students attending the work readiness workshop will be evaluated on Video Interview, Resume, Transcript and eligibility by SMUD Managers. Candidates selected will then be invited to a in-person interview with SMUD managers for final selection for Onboarding Training with SETA.



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**If you have any questions, please contact:**

Benjamin Murti, Workforce Development Planner  
Sacramento Employment & Training Agency

[SacramentoWorksFor.Youth@seta.net](mailto:SacramentoWorksFor.Youth@seta.net)



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