



<https://www.internshipsfor.online/job/opm-internship/>

OPM Internship Program For Graduate Students 2026

Description

As an intern with OPM, you will have the opportunity to gain hands-on experience in a dynamic and impactful government agency. This program is designed to provide graduate students with exposure to the diverse responsibilities of OPM, fostering professional growth and a deeper understanding of federal workforce management.

Responsibilities

- Assist in conducting research on human resources policies, workforce trends, and federal regulations.
- Support the development and implementation of strategic initiatives related to federal personnel management.
- Collaborate with OPM professionals on projects involving employee engagement, performance management, and training.
- Contribute to the analysis of data and preparation of reports for senior management.
- Attend meetings, training sessions, and networking events to enhance professional development.

Qualifications

- Currently enrolled in a graduate program in human resources, public administration, or a related field.
- Strong academic record with a minimum GPA of [minimum GPA requirement].
- Excellent communication and interpersonal skills.
- Demonstrated interest in federal workforce management and public service.

Experience

- Previous internship or work experience in human resources or government administration is a plus.
- Familiarity with federal personnel policies and regulations.

Skills

- Proficient in Microsoft Office suite (Word, Excel, PowerPoint).
- Analytical mindset with strong problem-solving skills.
- Ability to work independently and collaboratively in a team.
- Detail-oriented with excellent organizational and time management skills.

Job Benefits

- Exposure to the inner workings of a key government agency.
- Networking opportunities with professionals in federal human resources.
- Potential for mentorship and guidance from experienced professionals.
- Enhanced understanding of federal workforce management.

Hiring organization

OPM

Employment Type

Intern

Duration of employment

6 Months

Industry

Government Administration

Job Location

Washington, D.C., United States,
20001, Washington, D.C., United States

Working Hours

8

Base Salary

10

Date posted

August 6, 2026

Valid through

25.02.2027

How To Apply

Interested candidates should submit a resume and a cover letter expressing their interest in the internship to <https://www.opm.gov/policy-data-oversight/hiring-information/students-recent-graduates/>. Please use "OPM Internship Application" as the subject line.

OPM is an equal opportunity employer, and we encourage candidates from diverse backgrounds to apply. Successful candidates will be contacted for interviews. Thank you for considering OPM for your internship experience.