

School Partnerships Overview: Academic Year 2025 – 2026

The Internship Program



PROGRAM SUMMARY

The Internship Program provides paid, mentored internships in a wide range of industries for NYC high school juniors and seniors. Participating students gain exposure to professional careers, acquire and practice essential work skills, and begin to build professional networks. At the same time, Participating businesses gain access to a pipeline of talented, motivated youth.

PROGRAM COMPONENTS

- Candidate interviews and feedback modeled after real-world job interviews and assessments.
- Placement at positions with employer partners that have been carefully vetted and prepped to host high school interns. Students are matched to positions based on their interests, experience level, and available positions.
- Hands-on paid work experience with one of Futures and Options corporate, healthcare, small business, or nonprofit partners.
- Orientations and workshops that prepare students for their internships and complement on-the-job experiences.
- Individualized coaching with their designated Futures and Options Program Coordinator throughout the program.

COSTS

Program Management*: \$1000/intern

Intern Wages : \$1428/intern (*\$17.00/hour for 75 hours plus 12% payroll taxes/fees*)

Sample budget for 10 interns: \$24,280

Futures and Options is MTAC Certified

*Program management includes recruiting, assessing, and onboarding internship host sites; providing ongoing support for participating supervisors and worksite mentors; conducting student recruitment, interviews, assessment, and selection; coordinating interviews and hiring at internship host sites; planning and facilitating career development workshops; visiting interns at sites midway through the program; communicating with interns and supervisors and troubleshooting issues as they arise; managing intern payroll; evaluating participant and program outcomes; collecting feedback from participating supervisor.



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Career Readiness Workshops



PROGRAM SUMMARY

Career readiness workshops are designed to improve hard and soft skills that will prepare students for the workforce. Workshop topics include: effective communication, teamwork and conflict resolution, resume writing, interviewing skills, mock interviews*, public speaking, time management, field trip*.

PROGRAM COMPONENTS

- Interactive workshops.
- Futures and Options is able to offer flexibility around workshop topics, length, and number of sessions in order to meet the needs of your students and school.
- Workshops happen in-person, on site at your school. Specialty workshops happen in-person at off-site locations.

COST

Career Readiness Workshop fee: \$500/workshop

Career Readiness Specialty Workshop fee*: \$750/workshop

Workshop fees are based on 1 class period of up to 60 minutes. For workshops longer than 1 hour, the fee may increase.