SOUTHEASTERN CONNECTICUT COUNCIL OF GOVERNMENTS

5 Connecticut Avenue
Norwich, CT 06360
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secogct.gov

Representing 22 towns, cities, and boroughs in Southeastern Connecticut.

Regional Planning Internship- SECOG

Norwich, CT

The Southeastern Connecticut Council of Governments (SECOG) seeks one or more interns to assist SECOG staff during the fall 2026 academic term. Interns will support activities across all program areas, including SECOG's regional planning, environmental, transportation, and municipal services programs.

About the Position

SECOG seeks students aspiring to careers in planning and/or government to provide support for the agency's regional and local planning initiatives. This will provide exposure to multiple areas of planning, including transportation and local land use planning. Interns will participate in comprehensive regional planning activities, assist in planning and administering transportation projects, and contribute to municipal technical assistance projects. Interns will have the opportunity to participate in tasks including the following:

Fieldwork:	Documentation of existing conditions related to parks and open space, transportation
Public Outreach:	Develop presentations, meeting materials and social media related to housing development, assist with event planning, newsletters, and other topics
GIS/Regulatory Analysis:	Assist with the analysis of factors that impact the potential development of properties for housing, and other topics
Writing/Communications:	Contribute to research papers and reports (topics may include demographic trends, land use regulation, flood hazards)

Current SECOG projects include developing a regional housing needs assessment and growth plan, supporting a regional stormwater partnership, and directing the development of a long-range transportation plan and plans related to transit and bike/ped infrastructure.

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Schedule and Compensation

Interns are expected to work between 14 and 36 hours per week with full-time students limited to 21 hours. Most work will be conducted at SECOG's offices in Norwich.

Compensation: $20 per hour (undergraduate)
$23 per hour (graduate)

Qualifications

Candidates must be enrolled or recently graduated (within one year) in a college or graduate school program. Successful candidates will have demonstrated interest/experience in local or regional planning and have a willingness to collaborate with coworkers, partner agencies and local and regional stakeholders. Applicants should have excellent verbal and written communication skills and experience with project management, analyzing and presenting data, and preparing technical written reports. Technical skills should include familiarity with Microsoft products and ArcGIS. Reliable access to transportation is required.

Application Process

Send cover letter, resumé, and writing sample to:

Amanda E. Kennedy, AICP, Executive Director
Southeastern Connecticut Council of Governments
5 Connecticut Avenue, Norwich, CT 06360
akennedy@secogct.gov

Closing date: August 7, 2026
Applications will not be accepted without a résumé and cover letter.

About the Southeastern Connecticut Council of Governments

Watch video: "We Are SECOG"

SECOG serves as the region's Metropolitan Planning Organization for 22 municipalities. Primary focus areas of SECOG are studies, plans, and projects that promote the responsible development of the region; transportation planning and prioritization of State and Federal transportation funding; and municipal services, which includes staffing local land use commissions.

An Affirmative Action/Equal Opportunity Employer