



stepup

With 20 years of experience and unparalleled access to hundreds of talented Minneapolis youth, Step Up connects more young people to jobs in our city than any other program. Step Up trains and places more than 1,400 youth each year in paid internships with over 200 employers in 15 industries. Student participants who do not access an internship can build skills and earn money through our Online Career Exploration Program.

Step Up helps organizations diversify their workforce and build a competitive pipeline of young, skilled workers for the entire region. Since 2003, Step Up has provided over 31,000 paid experiences in partnership with businesses large and small.



Zihaam Nor,

Chef Jeff Catering
Admin Support Intern

Zihaam completed four Step Up internships at Pillsbury United Communities, U.S. Bank, and Chef Jeff Catering, which helped her discover her interest in management information system careers. "My many internship projects helped me gain confidence and skills in time management, communication, problem-solving and leadership," she says. In 2022, Zihaam was honored as a 2022 Step Up Intern of the Year.

STEP UP INTERNS

92% youth of color

83% youth from low-income families

51% youth from immigrant families

23% youth with disabilities

SUPPORTING INTERN SUCCESS

- Work readiness training builds job and career skills
- Interns are carefully matched with employer opportunities
- Our Online Career Exploration Program introduces new careers
- Coaching and support is provided throughout the program
- Participants can earn academic credit

stepUp + your organization

Step Up provides internships at employers of all sizes in every sector—from large Fortune 500 companies and small businesses, to government agencies and nonprofits.

Through Step Up, interns get their foot in the door, discover new careers and show you what they're capable of. Their unique voice and ideas can change the future of work.

From the most basic to the most advanced tasks, our team can support you in creating high-quality internships that are a good fit for your organization.



STEP UP BENEFITS FOR EMPLOYERS

- **Prepare** to compete in a global market by building a pipeline of dynamic, diverse workers.
- **Learn** how to make your workplace more welcoming by bringing in new energy, skills and fresh perspectives.
- **Provide** professional development opportunities for junior staff to be supervisors for the first time.
- **Interns** get real work done. Nearly 90 percent of supervisors say they would consider hiring their intern as an employee.
- **Count on** our Step Up job coaches, who provide support throughout the internship.

BECOME A STEP UP EMPLOYER



Get Started

Begin planning internships with our team and submit a Jobs Pledge Form.



March 31

Submit a Job Description Form for each unique internship.



May

You will receive intern placement information from our team.



June 20

Summer internships begin this week.



SELECT STEP UP EMPLOYERS

American Institute of Architects
Boston Scientific
General Mills
Hennepin County
M Health Fairview
Mercury Mosaics
City of Minneapolis
Minneapolis Public Schools
Thrivent Financial
University of Minnesota
Xcel Energy

"It's been awesome having someone from the next generation at our company. The energy, spirit and excitement our intern brought to the workplace has been amazing!"

Alyse, Mercury Mosaics