

My Journal

By Karla Denise Arana
Week of June 11-17, 2018

My first week working in a congressional office was filled with emotions and packed full with events. During my first day (Monday), I felt overwhelmed by the fast pace at Capitol Hill and the reality that I was part of it. Meeting the staff members was exciting as they were extremely



nice. It stuck out to me how busy they were working in the fast-paced environment of Capitol Hill. My supervisor was very friendly, and he took me to the House Floor during the first day. Being there on the House Floor was a life changing moment for me because I realized I was in DC! In that moment, I realized how thankful I was to my parents because they made this experience possible by working hard and supporting me along the way.

On the second day (Tuesday), the staff and I celebrated Congresswoman Roybal Allard's birthday and I had the opportunity to introduce myself to her. We had a quick conversation and she told me she was happy to have me there. I feel very fortunate to be working with her and the other staff members in her office.

On Wednesday, I went to a press conference with the Congresswoman where she and other democratic members talked about the "Zero Tolerance Policy." Being in front of Congress Members with names that I recognized was an amazing experience for me because I realized that I'm working in the same place as all of these experienced people. The same day, my supervisor told me he got me into a tour of the White House which is something that's incredibly amazing for me personally.

On Wednesday, I went to a press conference with



On Thursday, Victor, the chief of staff, got tickets for everyone in the office to go to the congressional baseball game. I went to the game with everyone else in the office and it was

very fun. I was very happy because Democrats won the game and because I got to spend time with people from the office.

On Friday, people from the Department of State talked to HEP/CAMP Interns and the CHCI Interns about Foreign and Civil Service, which was very interesting to me. In fact, I'm planning to do more research about it. After that, we went to the Mexican Embassy and were given a tour. Our guide talked about the history of Mexico and some fascinating stories about the country. The first week was very eventful and I learned more than I thought I could learn in a week. I look forward to continuing to learn and to do more exciting things.