

Week 2: Perfecting, but Never Perfected.

I arrived one hour earlier than scheduled at the Longworth House Office Building due to miscalculating my departure time. I sat in the cafeteria for a while, then walked through the fifth floor of the House Representatives. Afterwards, I finally entered the office of Representative Raul Grijalva. I was welcomed by my supervisor and introduced to staff. When the other two interns arrived, we discussed the overview of the internship duties. I was faced with a problem, however. I had a cold for the past week of being in



Washington, D.C. I was coughing constantly. I noticed that air conditioners aggravated my cough. I suspect that I had not completely adjusted to the hot, humid temperatures of Washington, D.C. and the cold, air-conditioned buildings. I was advised three hours into my first day to go home for the next day or two to alleviate my cold.

I felt out-of-place as I was heading back to the George Washington University dorms. I had never taken a day off due to being sick. Regardless, I took the steps necessary to alleviate my cold.

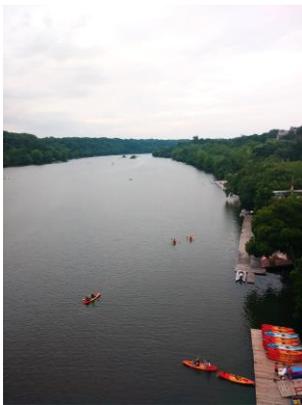
My cough, however, did not improve on the second day, so I was advised to say home for an extra day.

I was ready to jump to work on Wednesday. I felt that I was behind in the trainings, but my co-interns told me not to worry. My supervisor walked me through



answering calls, greeting constituents, and guided me through the Canon tunnel to get to different offices.

Thursday came along and I followed the same duties as the day before while receiving training for different roles. The highlight of Thursday was receiving tour training for the U.S. Capitol. I have the great opportunity to show constituents of the 3rd Congressional District of Arizona the beautiful statues, paintings, and architecture.



I find that every time I end a phone call with a constituent or a staff member from a different office, I always think of things I could have said to improve the call. I try not to beat myself over it, and I understand it takes time to get

the phone calls down. I write down my thoughts on a sticky note and paste it in the frame of the computer monitor.



Every duty in the office takes time to learn, and I must not be afraid to make mistakes. I remember a quote that my first year seminar professor in Adams State University, Jess Gagliardi, said to me when I visited him in his office. I do not remember the exact phrase, but he said something along the lines of: **“The more you try to perfect yourself and everything you do, the more mistakes you will make. If you do not learn how to make mistakes, it will hurt you in the long run”**



As for the title of this week’s journal, I strive to learn from my mistakes in the hope to become better. I do not expect to be absolutely perfect, because there will always be a task or assignment that I need to learn and develop my skills. I am okay with that; and, I think that this internship will allow me to grow in a mindful and spiritual way.

Every Friday is reserved to attend the Congressional Hispanic Caucus Institute (CHCI) class and activities. We discussed basic roles of the U.S. Congress and were given a reading assignment. We had five speakers visit with us and discuss their life stories and gave us advice to manage our way through the busy streets and life of Washington D.C.

I look forward to being able to attend hearings and briefings when the opportunity comes. I am excited to network with people that are like me and share common passions.



Marlene's Notes:

- **Washing and drying machines at George Washington University District House costs \$1.75 each. It is advisable to go to a bank and exchange quarters since nearby stores like Whole Foods and CVS will only exchange \$2.**
- **It can become easy to compare yourself to other interns. Just because an intern is doing a more challenging task than you are does not mean that you are not worthy of doing that same task. It is easy for any intern to become discouraged, and I have heard this experience from other interns. Do not be discouraged; remember you were placed in that specific office for a reason. Prove your worth through your skills and actions.**