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Program: *University of Idaho*

Placement: *The League of United Latin American Citizens (LULAC)*

Journal Entry – Week 1

Before beginning the first week of this internship I was full of excitement, but I was also incredibly nervous. Not only was I nervous about doing an internship completely virtually, but it was also my first internship ever! Regardless of all my doubts, however, the first week of the internship went great! We had four days, four hours each, of orientation and training from the Congressional Hispanic Caucus Institute (CHCI). While it is a bit hard to meet everyone as everything is virtual, in the beginning of the orientation, there was a lot of focus put on introductions and reviewing the different expectations and procedures that were expected to be followed as part of our involvement as CHCI interns. I'm really glad they took the time to do this because I was also able to relate to a lot of them and it's great to be able to put a story and personality to each individual on my zoom screen. The times we were put in smaller breakout groups everyone was also incredibly kind and easy to get along with. I hope to be able to get to know everyone in my cohort a lot more by the end of the ten weeks!

I was able to learn a lot this week through different speakers that came in to talk to us as well as different sessions that were put on. The CHCI training did a great job at finding different ways to prepare us for our internship placements. They took the time to go over different practices and skills that are important to have while interning at Capital Hill and while interning remotely/virtually. They also found ways for us to put what we learned to practice. One of my favorite parts was learning more about networking and being given the opportunity to network at the end of the day with CHCI alumni and staff! I was able to learn a lot and it was interesting to

hear about their individual journeys to where they are now and to hear the advice they had for us. Throughout the internship asking questions was really encouraged and we got to delve deeper into topics covered as well as ask more personal questions. CHCI made these sessions very comfortable and we were able to address and discuss different topics such as dealing with imposter syndrome. The speakers were all very informative and more than willing to share advice and key tips they had gathered during their own personal experiences.

By the end of the CHCI orientation and training week I feel a lot more confident and prepared for the upcoming weeks. I am excited to see what the rest of my time as an intern will be like and I am looking forward to continuing to learn and grow!