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Program: *Washington State University*

Placement: *The Office of Representative Raul Grijalva – AZ*

Journal Entry – Week 1

Tuesday-----

It was Memorial Day, so we did not have orientation training that day. Tuesday was more of an introduction day. It was really exciting. The CHCI cohort is a Bad Bunny lover. Which is one thing most people have in common. Knowing that made it easier to introduce myself. We had the CEO introduce himself and took questions students asked. I asked him if he ever went through “imposter syndrome”. He gave a good answer and said that if we think of it as ‘I deserve to be here’ rather than ‘what am I doing here’, then you will get more out of an experience. The VP and the head leadership coordinator also talked about the CHCI program. Where I got to learn more about the program.

Wednesday-----

We got to listen to logistics about Latinx people in the United States. Some of the information I had already heard in my Latinx Politics class. One thing that was interesting was the statistics about how within every generation the Spanish language gets lost. Which wasn't a surprise because I see that around me. We also did a show and tell. Which was very impactful. I got to know people just by the one item that was presented.

Thursday-----

It was a more focused in a congressional setting. We had two presenters who had previously interned in a congressional setting and how much they loved it. One thing that I did want to

mention but I didn't was how people like me aren't on a congressional platform. Sometimes I get discouraged listening to others who have it easier in society (white males). I know that my own experience will not be the same as theirs. I just know that there is a woman who has struggles to be where they are and I would love to listen to her. I feel like I would be more encouraged to push forward. Along with having people come in and talking about experiences, we also got to practice writing a memo. Hanna was able to show us an example template and we did a short exercise which was SUPER helpful. The last part of Thursday's meeting was super fun. We got into the breakout room and met other interns. It was really nice because for the most part, we have similar ideas and experiences.

Friday-----

Today was super informational. We had four Latinx panelists and they talked about their experience on the hill. It was super real and vulnerable. I really enjoyed it because I felt like I could relate 100%. Being able to ask questions on their Latinidad and struggles is very inspiring because I get the full picture of what it's like to be a person of color on capitol hill. Dennis was able to give us a presentation on networking tips. One big point made today was that networking will take you a LONG way. Network, Network, Networks. Especially if you want to go to capitol hill. Overall, there was a lot of networking this Friday. It was really nice getting to know more about people in the program and alumni.