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Program: *Washington State University*

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

Journal Entry – Week 4

Monday-----

Mondays are easier days. I started off my day with catching up on emails and reading Slack messages from the weekend. I try not to pick up my computer during the weekend because it can lead to burn out, but this weekend there weren't very many things to catch up with. The other intern in the office and I had a meeting with our supervisor, and we did a reflection exercise which was really nice because Mondays are hard. Later in the day, I attended the weekly programming with CHCI.

Tuesday-----

The beginning of the week tends to be easier. I started off the day by jumping on the office's digital mail. I was also just doing small work here and there. I also received an email from my supervisor asking me to help her with adding a new bill onto a legislative letter.

Wednesday-----

I usually have programming on this day with CHCI. This seminar was about assimilation and impostor syndrome. Which is one thing many students feel. I know I struggled during my first semester trying to picture myself in the classroom I was in but I could. I made myself believe that I don't belong there, but I was wrong. I knew that the material I was learning was what I loved to learn and become educated on. The CEO of CHCI said something really memorable, he said

something along the lines about acknowledging where you are because you are exactly where you are supposed to be. I have enjoyed being in seminars. I am still trying to figure out

Thursday-----

I was really busy today. I started off the day by checking all my emails and Slack messages. I got assigned a very LONG task. I had to write all the cosponsors of a bill onto a sheet. There were more than 100 cosponsors and I had to type them in individually. Which was a very time-consuming task, but it was not super bad. I was trained on how to schedule Tours, even though they aren't scheduling any right now. I thought it was cool how interactive my office is with their constituents. After that training, I had training on writing news updates on our congressman. The days I have assigned are on MWF and it seems pretty easy, but we will see this upcoming Monday.

Friday-----

Today in our office, it was a half day. Most of the staff was at a funeral so everyone checked out. Which was very intimidating because that was the first time the staff was letting us work on our own. It was quite shocking how much I know. I know my way around much more. My day ended at 1:00PM EST. I did have one programming session at 12:00PM EST. The AJC Goldman interns met the CHCI interns. It was quite an experience because it has not happened before. It was great to meet new people, but I learned about myself that I need to educate myself more about the Jewish community.