

Angelina Zamudio-Cabrera | HEPCAMP DC Intern

Program: *California State University, Sacramento*

Placement: *The Office of Representative Jimmy Panetta – CA*

Journal Entry – Week 3

Week 3 by far has been one of the most interesting weeks. On Tuesday, I went into Congressman Jimmy Panetta's office in Salinas, California for the first time. I must admit, I had a lot of mixed feelings. I left very early to find parking, however, even though it was 8:50am and I got there 40 minutes earlier there was no parking. The time was running, and I couldn't locate a parking space. After a few minutes, I finally found parking in front of a residential home. This parking is 10 minutes away from the office, but it helps to get my daily 10k steps.

Tuesday-----

As mentioned, Tuesday was my first day and I was able to start working at the office. All staff was very welcoming and helpful. It was the first day all staff was there so that was very exciting. I started my day by reading the intern handbook. After a couple of training, I began answering phones by answering, "Congressman Jimmy Panetta's Office, how can I assist you?" and inserting all information into the right system in the computer. I also was able to experience a few one-on-one assistances with Spanish speakers which was very exciting and warming to help in any way possible. I finished my internship around 3pm and after being all day at the office, going outside and feeling the heat was definitely crazy.

Wednesday-----

Wednesday went well. I had CHCI Training and after had the opportunity to meet Lisa Gillette. Throughout this zoom call I had the opportunity to make strong connections with her and share my thoughts and experiences with the CAMP Program.

Thursday-----

I went to the office again. I was able to help one of the staff with concluding some services and inputting them into the system aside from answering phone calls. I definitely felt very productive, and time went by flying. I am excited to go in every Tuesdays and Thursday to then after enjoying myself with a cold coffee at Starbucks.

Friday-----

I had the opportunity to join the CAMP seminar with first year students where I serve as a peer-mentor. It was a great way to end the week. During the seminar, we had icebreakers where incoming students and I shared connections that will later help us through the year. We had this seminar Monday, Wednesday, and Friday, but Friday was one for the books. Below is a picture of some of the other Intern Leaders, Lizbeth Antunez, Daniella Rubio, Barbara Juarez, along with Juan Pablo Beccera who is part of our Retention Team at Sacramento State, and lastly, Jose Gallegos who is part of Outreach at Sacramento State. Fun fact, Jose Gallegos was also part of the HEP/CAMP Association in the summer of 2017.

