

# Daniela Hernández | HEPCAMP DC Intern

**Program:** *State University of New York (SUNY) - Oneonta*  
**Placement:** *Poder Latinex*

## Journal Entry – Week 4

### Monday-----

My fourth week began on Monday with a presentation on media bias by Amber Palmer-Halma; she is a strategic communicator. Before the meeting, we had to take a bias test—it included various profiles that could be either real or false people—and these profiles shared political information and our goal was to determine which was real or false. I did great with some of the profiles and received feedback and hints on how to notice the false ones. I was also able to reflect on my own bias after getting some answers wrong; this was mostly for profiles that shared information I agreed with or was more inclined to believe based on my political views. During the meeting, the speaker described bias and fact-checking and then provided tools to be an aware consumer of news and information from mainstream media.

### Wednesday-----

The week continued with a conversation about identity and the workplace on Wednesday. This meeting was inspirational because I heard from people of color about the interaction between identity and the professional world. It opened my eyes to some of the aspects of assimilation that many within my community experience. The speakers talked about the lack of understanding when it comes to the experiences of some minorities. Another topic of conversation was impostor syndrome, which is feeling like someone who does not belong in certain places such as the workplace because of the constantly occurring thought that others provide more or are more knowledgeable. Furthermore, I also learned that there are different types of impostor syndrome; I was already familiar with the term, but I was quite surprised after learning this.

### Friday-----

On Friday we meet with the AJC Goldman Fellows. It was a short meeting to learn about the Jewish community and some of the issues the community faces. This week was also filled with new experiences; I began working for the Latinx organization which was very exciting. The organization is expanding, and thus new projects and ideas are being presented and implemented. I started working on writing proposals for grant applications and created a checklist with my supervisor of things I will learn to do as an intern, as well as professional and personal goals to accomplish.