

# Daniela Carvajal-Macias | HEPCAMP DC Intern

**Program:** *Washington State University*  
**Placement:** *The Office of Rep. Raúl Grijalva (AZ)*

## Journal Entry – Week 10

### Monday-----

This week will probably be a little slower because we are in recess. I worked on the news dailies and looked through my email to see if I had any people sign onto a letter. I later finished my presentation and my exit memo. My presentation is seven slides and it includes a summary of my time in the office along with a testimony.

### Tuesday-----

Today was pretty slow. I went through our voicemail and digital mail. This week kind of feels like a cool down week. Calls have been slow and work itself has been slow. What I do during my down time is to look up the news. While looking at the news I try to report the interesting articles. In our D.C. group chat, people do that all the time and they appreciate it when it is shared.

### Wednesday-----

I worked on the news dailies and looked for casework. I also handled calls. Calls were slow and the people that did call asked for emails of staffers. Outside of the office, I have been gathering my belongings into boxes because I will be moving to Pullman next week.

### Thursday-----

Today is my last full day of work. Tomorrow, CHCI is having Darren Soto speak to us. I will present my slides to the office, and at the end of the day I have CHCI programming. I am working on last minute things and moving my files onto my intern folder.

### Friday-----

Today is my last day in the office. I am sad because I will miss working for the constituents and helping with letters. I will type my testimony that I wrote for the office.

During my time in the office, I have learned many things that I didn't think I was capable of. Like taking calls, it was one thing I was most scared of because I wasn't confident in myself to handle calls that I didn't know the information to. Being able to receive the right resources from the staff and getting help when I needed it was something I don't really do during school, either because I don't know where to go or because I'm shy. But when I had a question, I asked and Marilyn could testify to that. Honestly, without this awesome opportunity I wouldn't have met the awesome staff and my fellow intern friend. I have been inspired to travel to D.C. and Arizona at some point. Getting to see the staff come together for a friend, Alex, and get the bill passed was something that truly brought me joy even if I didn't know the Great Alex. So, thank you staff for letting me bother you and thank you Congressman Raul Grijalva for letting me intern in your office.