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Program: *State University of New York - Oneonta*

Placement: *Poder Latinex*

Journal Entry – Week 7

This week I felt more occupied compared to the rest of my weeks with the program. For the most part, I was energetic when engaging in class and completing my assignments for both my placement and CHCI. I wrote an op-ed, studied for class, and completed more proposals which I was very happy about. Of course, at times I felt overwhelmed but remained positive and confident in my skills to complete my tasks and take care of my mental health. I think this will be essential as I enter the professional world. The topic for Monday's class was voting; we learned about gerrymandering and the issues communities such of color face when trying to be civically engaged and obtain representation.

On Wednesday, the cohort got the opportunity to meet and converse with the president & CEO of GreenLatinos, Mark Magaña. He talked about the environmental issues that continue to impact our communities, the importance of being involved as young leaders, the complexity of climate change, and what the organization actively works on to help solve these environmental issues. I believe this week was an eye-opening experience for many. I got to reflect on many of these issues which inspired me to advocate even more for my community.

The programing continued with a workshop about public speaking by Karima Mariama-Arthur Esq., Founder & CEO of WordSmith Rapport. I found great educational value during this session, and I absorbed a lot of information about the topic and gained insight on how to engage an audience. Something that I found very powerful was when the guest speaker talked about her own experience which helped me overcome some of my fears when it comes to public speaking.

On Friday, I traveled back to Oneonta to live on campus and I got to see the scenery on the way there, which was amazing since it was a very nice day. I'm particularly excited about seeing some of the CAMP staff in person for the first time and sharing time with more students.

As I get near the end of this experience, I'm reflecting on what I have learned, my changing perceptions, and what I want to challenge myself to do as a student. I will miss having the daily

interactions with my fellow interns and people at Poder Latinx, but I know it won't be the last time I connect with them because members of CHCI and HEP/CAMP become family. I also know that new opportunities wait for me.

