

Elvia Valdovinos-Cruz | HEPCAMP DC Intern

Program: *Heritage University*
Placement: *The United Farmworkers of America (UFW)*

Journal Entry – Week 4

Monday-----

I started my day by meeting with my supervisor to go over all my assignments for this week. Later, I joined my Monday programming class with Dr. Nancy Augustine. In her class, all the interns took a quiz where we had to examine images of real social media content and decide whether it was from a legitimate account or an internet troll. Following the quiz, an expert educated us on the best ways to avoid and catch internet trolls.

Tuesday-----

Today was fully working day. I woke up early to start organizing information about the H2A Program (program that allows U.S. employers to bring foreign nationals to the United States to fill temporary agricultural jobs.) After organizing data for some hours, I moved on to doing research on immigration and about what is being done to support agricultural workers. I ended my workday by reading some articles to prepare for programming on Wednesday. Also, I got my first dose of the Moderna vaccine!

Wednesday-----

I started my day by joining an interns mixer in which I was able to meet the United Farm Workers Organization staff and other interns. Later, I joined today's programming meeting with CHCI. In today's programming, we learned about what underlines Impostor Syndrome and what are the best ways to deal with it. BY being constantly dealing with Impostor syndrome, todays programming was very helpful to me. I ended my day by joined a meeting in which I met some of the member of the executive team of the National HEP/CAMP association.

Thursday-----

I started my day by conducting Media Research regarding the Farm Workforce Modernization and Agricultural Immigration. Following this, I did some political research about the candidates

for California State Senate. Later, I did some media tracking. Then, I ended my day by working on assignments for my CHCI programming sessions.

Friday-----

I worked for most of the morning on updating a research database. Later, I worked on a summary of an onsite informational event hosted by the United Farm Workers Foundation that I attended. After I finished the summary, I moved on to work on a presentation for my supervisor. Lastly, I met with another intern to study for a simulation hearing in which, as union representatives, we have to voice our opinion as to whether the city should offer a grant program to help performing arts centers get back on their feet.