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Program: *California State University - Sacramento*

Placement: *The Office of Rep. Jimmy Panetta (CA)*

Journal Entry – Week 7

For this week, I can say I learned a lot and took a lot of notes. CHCI had great sessions! One session that I learned a lot from was the Public Speaking. Even though I consider myself a very outgoing person, I still get shy when speaking in public. This session helped me think thoroughly about certain things that follow up with public speaking engagements. One example is that your body language and some gestures say a lot without having to verbally speak. I took notes and tips on how I can improve my public speaking skills especially in an online setting.

Overall, this week was full of notes and a lot of learning for present and future occasions.