



## The National HEPCAMP Association DC Internship

### Weekly Journal Entry

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Date(s): 6/26/23 - 7/2/23

### **Monday**

Today at work, I actively assisted individuals in making calls to a hotline. The project I was assigned gave me a sense of fulfillment as I contributed to the community and helped individuals receive help from other foundations. In addition, I learned more about congress members and how to do time-sensitive research to allow me to be more politically involved in my community.

### **Tuesday**

Giev showed me how to apply my math skills in real work, and I gathered rental rates per square foot in DC, and then, I created a graph of all the different buildings and measurements, which included the office commodities provided. These assignments contribute to my career in economics as I have learned how to analyze data and measure the market for different buildings.

### **Wednesday**

I got the opportunity to work on a research paper directed toward my community and the issues I am interested in. I can apply the knowledge I gained from my experience working as a farmworker for over seven years. This assignment is an example of why Internships are meaningful opportunities they provide you with experiences that will help you in the long run with your future career.

### **Thursday**

I started working on an online website for a possible project in my intern placement and finished 3 flyers I was working on for my final project for my internship. Furthermore, there was a protest outside the Supreme Court. Unfortunately, I did not attend, although I saw some fellow interns on the news.

### **Friday**

In our CHCI orientation, we discussed going beyond Imposter syndrome. We took an exam that made me realize how valuable and special we are to be able to work for a cause and to represent a diverse group of students; who are determined to work to make the world a better place. In addition, we had Q&A exercises to help us better understand each other's experiences and determine many of the things we know about ourselves.