

## The National HEPCAMP Association DC Internship

Weekly Journal Entry

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Date(s): 06/26/23 - 07/02/23

*Monday, Jun 26*

### **Start of Recess**

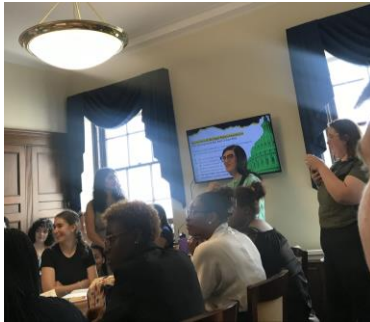
Congress finally went into recess and that means it was going to be at a slower pace. During recess, we get to be more casual and wear jeans. We also get the opportunity to work from home. Most of our staff was working remotely and it was only Lezlie, Carlos - our supervisor, Sayanna, and myself in the office. Today was productive but a slow day. We had fewer assignments to do as the staff uses this time to catch up on work. But I think I like recess more than during voting weeks for sure. We ate lunch with Carlos and had the opportunity to tell him how we feel about the office. Something that I really appreciate about my office is that they are always trying their best to give us a great experience and to not burn us out. I value that Carlos always checks on us and makes sure we have our lunch and that assignments are doable. We actually got to leave a little earlier than usual because of a “storm”. The forecast said there was even a slight chance of a tornado but soon we realized after we left that it was not going to happen. But at least we got to the gym safely.



*Wednesday, June 28*

### **Tired From Work...Not at all**

Today we went into the office at 10:00 am which I'm really happy about since it gives me the opportunity to sleep in a little more. We started our morning by catching up on the news and getting our emails organized. Starting last week I promised myself I would not drink coffee and today makes a week. It's been hard to live without caffeine but I think it's doing better on my body now that I don't consume it.



Throughout the day I was researching gun violence, violent crimes, and how gender can play a crucial role in the crimes committed. To my amazement, I found out that within Arizona almost 75% of the population in prison are men, making me want to know more about it. I came to find a documentary that was filmed in a prison and inmates were the topic. These inmates created a workshop in which they discussed toxic masculinity and expressed that societal norms and pressure in some way the peer pressure from society led them to be violent or even commit certain crimes. Through this research, I was able to see truly that I have a passion for the criminal justice system but I don't know specifically what I would like to work within it.

One of the reasons why I decided to apply to this internship was because I needed guidance and/or experience that would allow me to find what my passion is or what career I would like to go into. I've always said I love my major with a passion but I really don't know what to do with it and here is where my internship comes in. I've been able to learn what job duties I like and which I don't. One of them is being at a desk. I learned that I'm more of a hands-on person so most of the time when I get the opportunity to attend hearings or briefings, those are my favorites.

Today I actually got to attend the Equality Rights Amendment briefing which was hosted by the office. They did an amazing job at defining what this amendment is and how women are benefiting from it. We got the back history of the amendment and how it's been progressing through the years. Lastly, they told us that this amendment is in the Constitution and it's the 28th.

I've learned so many things coming here that I feel like now it's common sense to me. Such as how a committee works to how not to get lost in the metro. Because just in case you do not know, I have not gotten lost in the metro since I got here obviously with the help of Google but now I don't even need it:)

*Friday, June 30*

### **Self Growth...**

I almost forgot there was programming this week. This week so far has been one of the most laid-back, easy-going weeks. Even though I do enjoy having little to do I would have to say that I prefer to be busy. I think that when I'm busier time tends to go quickly which is good when I'm in the office.



This week's programming revolved around moving away from imposter syndrome, the story of self-session, and mock interviews. Our first session on imposter syndrome was relatively helpful as it allowed me to be more aware of the aspects of imposter syndrome and which I currently should be working on. The story of self-session evolved around creating the "I am" poem. I think that until now I've been giving myself the opportunity to explore my identity and how my experiences have impacted my identity. Lastly, the mock interviews were one of my favorites since I don't have much experience with interviews. It allowed me to receive feedback and tips on how to make my responses to interview questions

better. Programming can be a little draining as it does take place through most of the day but I really enjoy exploring and learning topics.

After programming we got dinner at Buffalo Wild Wings. Then we headed back home to get comfortable clothes and head to Georgetown. We walked to Georgetown to go watch the Little Mermaid. For all those who say that D.C. is not a walkable city that's a lie.



*Sunday, July 2*

### Casual Weekend

Today we started our day at the National Building Museum. We got to see the new exhibit they have on “The Wall.” I personally did not like it as it focused more on the history of why the border was made. I think personally that in some way they overlooked the suffering many migrants go through because of the border. But in some way, with the items that were exposed, I felt at home. I kept seeing it everywhere in Yuma, AZ. It was the first time in this whole time here that I saw my little town but this time it was in a negative way. After we went back home, we made some pizzas for lunch and enjoyed ice cream.



Our day ended at the Fashion Center at Pentagon City. This has been one of the biggest malls I have seen so far; it was four floors. I had to stop myself at some point because there were so many stores with so many good deals. Once we were done shopping we headed to Kong Dog to try Korean corn dogs. I got the hot Cheetos with mozzarella and I would rate it a 9/10. I would recommend trying them if you haven't yet.



I've realized that since I've been here in D.C. I've been able to see more Latinos from all different nationalities. I've eaten more Honduran, Salvadoran, and Dominican food than Mexican. I have been able to learn more about other cultures.